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Promoting Person-Centered Options for Living & Aging in Our Communities

Spring 2017 Newsletter

Celebrate Inspirational Longevity with Age of Champions

On April 22nd, CACL will celebrate longevity by hosting the 5th annual [UNH Age of Champions](#) event.

The event promotes and raises awareness regarding healthy, active aging from a holistic perspective. It will take place on Saturday, April 22 at UNH's Field House in Durham from 10:00 am – 1:00 pm.



Each year, CACL endeavors to create a multi-generational environment where individuals from all generations can gain knowledge and inspiration about what “healthy, holistic aging” means. Community members, UNH faculty and students, and a variety of stakeholders come together to to optimize the experience of older adulthood while empowering older adults to remain engaged, active, and healthy.

This year's agenda includes “Opening Ceremonies” featuring keynote and musician [Stan Davis](#) and “[Inspirational Awards](#)” honoring 3 local community members for their healthy aging lifestyle. The event will feature a health fair including interactive assessments, demonstrations, and opportunities to attend a quick movement class. We hope to see all of you there! Come and experience the joys of healthy, active aging! *Age of Champions' Gold sponsor is [CIGNA](#) and the [Alzheimer's Association](#) is this year's Silver sponsor. Thank you*

to our sponsors!

STAFF HIGHLIGHT

Melissa Mandrell, This Year's NH NASW Social Worker of the Year

One of CACL's project directors, Melissa Mandrell, was chosen to receive the honor of NH Chapter NASW Social Worker of the Year. She was selected because of her dedication to social work practice and commitment to social justice. In her professional work Melissa is passionate about all people, particularly older adults and individuals with disabilities. Through systems level work, Melissa strives to support



the dignity, worth, and equity of all people by changing policy and structures. Melissa has worked on multiple Aging and Disability Resource Center Grants with the NH Department of Health and Human Services to support the ServiceLink Resource Centers (SLRC) statewide, often citing the need for continuing peer support for

ServiceLink staff. Melissa recognized that these front line workers were experiencing burnout and advocated for a peer support system to be put into place. This structure has now been a part of the SLRC network for over five years, and was recently recognized in an national [AARP report](#).

Melissa has also participated in the growth and development of UNH's Center on Aging and Community Living since its inception. She has been integral to the daily operations of CACL and continues to help CACL thrive.

CACL Money Follows the Person Technical Assistance Contract

[The New Hampshire Community Passport Program](#) (CPP), also known as the CMS Money Follows the Person (MFP) program, was established in 2007 through a grant from the Centers for Medicare and Medicaid Services (CMS). Over the course of the grant, 308 elders and individuals with disabilities were assisted to transition from living in institutional settings to home and community based settings. Final transitions under the NH Community Passport Program were completed on March 31, 2016.

In 2010, NH DHHS first contracted with the Institute for



Health Policy and Practice to provide technical assistance. The needs of the population required the program expansion from one full time employee in addition to the MFP Project Director to include additional employees focused on technical assistance for Behavioral Health Transitions, Long-term Care Ombudsman, Data, and Housing under the contract.

Since the completion of formal transitions under the CMS MFP program, Scott Trudo, project director at CACL, has been working with NH DHHS to create a plan for sustaining the systems developed during the grant, which will ensure that elders and people with disabilities have the information, resources and supports they need to access home and community based services as an alternative to an institution or nursing facility. The contract ends June 30, 2017.

CACL to Partner with The Browne Center to Host Workshop “Methods, Models, and Tools for Facilitated Person-Centered Planning”

Pam McPhee and Patty Cotton are once again offering this class which can be taken as a masters-level for-credit course or as a workshop. Focusing on teaching skills used to support increased collaboration, this workshop will take place over 5 days, June 15th, 16th, 22nd, 23rd and 26th. Students will be oriented to the impact that existing policies and practices have on individual and family control, will take a deep dive into facilitation skills, develop competency in the Drexler / Sibbet Team Performance Model, and will learn and practice techniques and strategies for managing interpersonal dynamics within planning teams.

This workshop is ideal for anyone working in a team-based field. Social workers, medical professionals, care planning teams, care managers, policy makers and care partners are encouraged to attend. [Register Here](#). **If you have questions or would like more information, please send correspondence to mary.straight@unh.edu**

In addition to this course, CACL currently offers half-day, one-day, or multi-day customizable trainings for organizations seeking to increase their knowledge and skills in supporting a person-centered approach to service delivery. The experienced training development staff at CACL can work with local or statewide organizations to identify their unique needs, desired skill acquisitions, and develop curriculum tailored specifically to meet those needs. Past trainings have focused on care transitions, planning for adults and elders, supporting families in the planning process for children with complex medical needs, and addressing person-centered needs in acute care settings including in-patient mental health facilities. For more information or to schedule a consultation, please contact Kate Crary at kate.crary@unh.edu

STAFF PRESENTATION

Laura Davie and Jennifer Rabalais recently presented at the American Society on Aging 2017 Aging in America Conference in Chicago. The presentation highlighted the work of the NH Alliance for Healthy Aging, a statewide coalition of cross sector stakeholders that is addressing aging issues in NH. The two will do a similar presentation at the 2017 Collective Impact Convening located in Boston in May. For more information visit the [Alliance for Healthy Aging](#).



ITEMS OF INTEREST

- Read about the wide impact [Meals-On-Wheels](#) is having in the community beyond providing nutritious meals.
- The Scan Foundation [explains the "Business Case" for providing Person Centered Care](#).
- An article in the Union Leader discusses [incentives for young people to stay in NH](#).
- A National Public Radio [interview](#) highlights the struggle of one older adult to recover from an opioid addiction and discusses how the opioid epidemic is affecting older adults.
- The American Society on Aging (ASA) is offering free full access to the Winter 2016-

2017 issue of [Generations - A Message to the President on Aging Policy](#), both online and for download. This issue includes fifteen articles that lay out actionable policy plans for the new Administration regarding the economic impact of aging, protecting retirement income, ensuring affordable healthcare, and finding realistic ways to pay for long-term care. For more information on ASA, visit their [website](#).

EVENTS

- CACL host the [5th Annual UNH Age of Champions on April 22nd](#)
- The Tri-State Learning Collaborative presents their summit, [Gray is the New Green](#) on May 8th. Save the date!
- Southern New Hampshire Area Health Education Center hosts [Conversation Café: Explore Cultural Effectiveness in Health Care](#) on May 17th, 2017
- NH Hospital (NHH), in conjunction with Dartmouth-Hitchcock Medical Center, hosts [Professional Grand Rounds for NHH employees and members of the community](#). Presentations on April 6th and December 7th will focus on topics related to geriatric psychiatry.
- New Hampshire Association of Social Workers is hosting [Suicide Prevention in Older Adults](#) on June 9th.

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