



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

Spring 2018 Newsletter

2018 Age of Champions Event a Success!

The Age of Champions event is an annual free health fair to raise awareness of and promote healthy aging from a holistic perspective. This year's Age of Champions event attracted a multigenerational audience with the theme *It's Never too Soon to Age Well!* The interactive event included demonstrations and student booths from many departments within UNH, including recreation management, nursing, nutrition, and occupational therapy. Community providers such as ServiceLink, the Active Retirement Association, and Elder Pet also attended. Vendors provided activities and demonstrations such as pickleball, Tai Chi, a laughter session presented by Granite State Giggles, and a Fall Prevention Course presented by kinesiology students.

This year's event featured two Wildcat Inspirational Awardees, Robert Kertzer and Joyce Sheffield. Dr. Kertzer campaigned for the creation of the Hamel Student Recreation Center at the Whittemore Center and developed the first cardiac rehabilitation program in New Hampshire at UNH in 1978. He is an active and engaged member of the NH Seacoast Community. Joyce Sheffield is nearly ninety years old and continues to be an active member of her community, volunteering at the Active Retirement Association and the local Unitarian Universalist Church. She has always been an inspiration to others. Earlier in her retirement she and her husband volunteered for the Peace Corps.

CACL plans to continue to grow Age of Champions to engage more participants, vendors, and students in years to come. We thank all who attended, provided support, and spread the word about the event.

Special thanks to our partner, the Endowment for Health, to our Gold Sponsor, RiverWoods, and to the Alzheimer's Association and AARP NH.

[Visit the Age of Champions webpage](#)



CACL Continues to Support a Growing NH Alliance for Healthy Aging

The NH Alliance for Healthy Aging (NH AHA), a statewide coalition focused on the health and well-being of older people in New Hampshire, launched in 2016. Through funding from the Endowment for Health, CACL provides infrastructure support to the Alliance.

NH AHA has grown to include nearly 300 stakeholders from across the state representing diverse sectors such as transportation, housing and community development, service providers, advocates, state government, faith leaders and older people living in communities throughout NH. Over 185 organizations are represented in the stakeholder group.

NH AHA works to promote communities in New Hampshire that advance culture, policies and services which support older adults and their families. The collective approach focuses on changing the conversation about aging across all sectors in the community, changing public policy to promote a strong, stable infrastructure for aging, and changing practice across public and private sectors to improve care and support for older adults, their families and their communities. To accomplish this NH AHA has established five strategic priorities around which its work is currently focused: increasing transportation options, identifying and advocating for needed zoning changes in order to promote affordable, accessible housing options across the state, creating an advocacy infrastructure for aging issues, enhancing supports to informal, family caregivers, and improving the availability of quality healthcare and social service workforces.

To learn more about the NH Alliance for Healthy Aging visit: <http://nhaha.info/> or contact Jennifer Rabalais at Jennifer.rabalais@unh.edu.

Keeping 'PACE' With the Changing Landscape of LTSS Payment Models

On June 21, the UNH Center on Aging and Community Living, as part of the NH Business Acumen Initiative, and in partnership with the Institute for Health Policy and Practice and UNH School of Law, will host a convening of key stakeholders for an overview and discussion of PACE (Program of All-Inclusive Care for the Elderly) and alternative payment models for Long Term Supports and Services (LTSS). In the morning session, experts will describe PACE, with an opportunity for Q & A. In the afternoon, a panel will explore alternate payment models within the larger NH landscape.

This event aims to bring a diverse group of stakeholders together to enrich the dialogue around LTSS. We encourage anyone interested in understanding PACE and alternate payment models to participate, including administrators, leaders, and stakeholders from community-based social service and healthcare organizations, nursing facilities, hospital systems, state and county governments, and Integrated Delivery Networks.

There is no cost to register. Please [register today](#) and invite others to join the conversation. This event is made possible through funding from the Endowment for Health.



2018 Senior Leadership

CACL is excited to announce the 2018 Senior Leadership Series kicked off last month! The series accepted 30 senior leaders, the largest cohort to date, selected from over 115 applicants. The Senior Leadership Series, a partnership with CACL, AARP NH and the Dartmouth Centers for Health and Aging, focuses on training older adults in the advocacy and leadership skills necessary to promote age-friendly communities.

The Series includes a total of five sessions, the first focusing on the landscape of aging issues both in New Hampshire and on the national level. The next session will be held on June 21, 2018 on the topic of The Legislative Process.

Closely connected to the Senior Leadership Series, the Senior Leadership Alumni

Network (SLAN), funded through the Tufts Health Plan Foundation, is an advocacy network comprised of Senior Leadership Alumni that focuses on advancing age-friendly issues in New Hampshire. SLAN builds capacity at both the local and state level to drive community initiatives. Recently, Alumni have gathered in the Seacoast area to collaboratively develop local goals related to aging issues in their region. SLAN also held a training and 2018 Senior Leadership Series recruitment event in December, with a presentation by Gretchen Grosky, previously the Union Leader's Silver Linings journalist.



Staff Highlight: Allison Wilder

Allison Wilder, PhD, CTRS/L, Associate Professor in Recreation Management and Policy, came to UNH in the fall of 2009. Allison has been with CACL since its early days when the Center was still being formed. Presently, Allison serves as the Faculty Fellow for CACL. In this role she functions as the liaison to the faculty, the researchers, and the Center. As a faculty member, she teaches in the areas of recreation and leisure, recreational therapy, and gerontology. Allison is a certified and licensed recreational therapist (CTRS/L) and she never misses an opportunity to share the good news about the little known profession of recreational therapy.

Allison explains a Recreational Therapist is an allied health professional who specializes in leveraging the inherently motivational characteristics of recreation and social activities to facilitate a person's ability to reach life goals. These goals may be rehabilitation-oriented or quality of life-oriented or somewhere in between. Allison remarks, "Ask yourself, what is more motivating when you have to work at rehabilitation- seemingly endless lists of exercises to be conducted alone in your living room, or participating in a



therapeutic painting or dance experience, for example, that works on the same challenges that the exercises you were given were intended to address?" The RT works as part of your health team and is especially adept at finding ways to connect people with their passions and their well-being.

Allison works diligently to ensure students at UNH have as many opportunities as possible to experience the "real world" while they are pursuing their academic studies. Toward this end, Allison's recreational therapy students taking her administration and management course organize and run the Age of Champions event each year with the support and mentoring of CACL staff. Together, the Center, the RMP Department, and the students create an exciting public health opportunity that celebrates longevity and engaged living. Allison states, "The Age of Champions event provides our students with the perfect opportunity to 'walk their talk'." Allison embraces the idea of cultivating and celebrating the dividends of aging and she believes recreation and leisure experiences are integral to capitalizing on those dividends. Her favorite quote is, "We don't stop playing because we grow old, we grow old because we stop playing." Now, go play, for the health of it!

CACL EVENTS

- **June 21st:** Keeping 'PACE' With the Changing Landscape of LTSS Payment Models from 9 AM - 3 PM. [Register](#)

OTHER EVENTS

- Upcoming Tri-State Learning Collaborative (TSLCA) Summit, *Embracing the Options: Supporting End-of-Life Care in Your Community* - June 20, 2018 | 8:30 AM - 1:30 PM, Fireside Inn, Lebanon, NH. [Register](#)
- Diversity and Cultural Competence Train the Trainer presented by New Hampshire Health and Equity Partnership, June 21, 22, 25, 26, 27 [Register](#)
- 2018 Healthy Aging Summit, July 16-17, 2018, Washington, DC. [Register](#)
- *Assistive Technology Makers Fair*, September, 29th, 2018. [Register](#)
- [Gerontological Society of America Annual Scientific Meeting](#), November 14 – 18, 2018, Boston, MA
- [Learn more about Boston University CADER's Behavioral Health in Aging Certificate offered through Boston University](#)

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