

Summer 2017 Newsletter

Annual Age of Champions Event Growing Success!

This year, CACL hosted the [5th Annual UNH Age of Champions event](#) on April 22nd. The event brought together community members, UNH faculty and students, and a variety of stakeholders dedicated to optimizing the experience of older adulthood and empowering older adults to remain engaged, active, and healthy. Centered around the award winning documentary [Age of Champions](#), this year's event truly embodied the spirit of the film and the new event tag line, "Celebrating Longevity." The event was enjoyed by all ages, from children to college aged students to older adults, who came to learn more about the dividends of aging. [Stan Davis](#) set the tone of the event with poignant and humorous music about the experience of growing older. Three [UNH Wildcat Inspiration Awards](#) were given out to Jim and Carly Hellen from Durham, NH; Jack and June Liberman from Newport, NH; and Jack Sherburne from Deerfield, NH. Participants participated in activities like pickle ball and Tai Chi. Resources were also available including student and community-based organizations running booths providing health information such as falls prevention, accessibility resources, adaptive equipment, and healthy eating.



The event was dedicated to Jacalin W. Wilder. Jacalin is the mother of the event's director and UNH professor, Dr. Allison Wilder. Jacalin was the original inspiration for Dr. Wilder in creating a culture around healthy active aging through the platform of the UNH Age of Champions event.

During the inaugural UNH Age of Champions event in 2013, Jacalin Wilder was a

participant and panelist. Her exuberance and enthusiasm was infectious.

Thank you to our sponsors: Gold Sponsor, Cigna; Silver Sponsor, Alzheimer's Association; Silver Sponsor, NH AARP

STAFF HIGHLIGHT

Alison Rataj, Research Associate

Alison Rataj, MSW, joined CACL in October of 2014. She has worked on multiple large scale federal grants through contracts with NH DHHS including the Balancing Incentive Program and the Aging and Disability Resource Center Program. Her more recent work has revolved around the Alliance for Healthy Aging (NH AHA), which seeks to create communities in NH that advance culture, policies, and services to support older adults and their families. Within this project, Alison provides measurement, evaluation, research, and workgroup support. This summer Alison will begin working on a [new CACL funded project](#) that supports the development of age-friendly advocates through the NH Senior Leadership Alumni Network. Alison is also a planning committee member for the UNH Age of Champions event, which promotes healthy active aging.



Alison is an adjunct professor in the UNH Social Work department, currently teaching a master's level course: "Human Behavior in the Macro Social Environment II", and is co-teaching with Marguerite Corvini an undergraduate course: "You've Got Your Troubles, I've Got Mine: A course on grief and loss" in Spring 2018. Along with her UNH Social Work colleagues, Alison has published two articles, and has one article under review. She wrapped up her interdisciplinary research with the Occupational Therapy Department, Social Work Department, and CACL in the spring of 2017 through the CHHS Aging and Research Affinity Group. This group has focused on the use of information technology, like iPads, for older adults and caregivers of people living with Alzheimer's Disease and is embarking on a research project looking at social and health service utilization among low-income elders in subsidized senior housing. Alison also sits on the NH National Association of Social Workers (NH-NASW) board, and chairs the NH-NASW Aging committee.

In the future, Alison plans to continue her work at CACL to develop and implement systems change related to aging. She is also setting her sights on a PhD program to help expand her research capacity around health and aging.

Banach, M., Rataj, A., & Volis, A. (2016). Exploring vicarious learning: A study of undergraduate social work teaching assistants. *Journal of Baccalaureate Social Work*, 21(1). [Read the abstract](#)

Marx, J. & Rataj, A. (2015). A Case Study in Organizing for Livable and Sustainable Communities. [Read the full article](#)

CACL Awarded Grant to Support Senior Leadership Advocacy Efforts

In July, CACL was awarded a two-year grant in the amount of \$185,311 from the [Tufts Health Plan Foundation](#) to support the development of advocates for older adults through the NH Senior Leadership Alumni Network (SLAN). The project is a collaboration with AARP NH and the Dartmouth Centers for Health and Aging. Building on the Senior Leadership Series, SLAN will further develop a grassroots effort for Series alumni to engage in an advocacy network. Additional goals of the project include inviting alumni to help develop and leverage the upcoming 2018 Senior Leadership Series, and building the alumni network's at both a local and state level. Stay tuned for more updates and details as this project unfolds!

STAFF PRESENTATION

CACL Staff Assist with Medicaid Training for New England States

CACL staff members Laura Davie and Kate Crary joined University of Massachusetts and University of Maine in the development and delivery of a two-day learning collaborative-style training on different aspects of Medicaid's Long Term Services and Supports through the New England States Consortium Systems Organization's (NESCSO).

Laura and Kate's curriculum focused on Service Delivery within LTSS, person-centered practices, and how the social determinants of health impact the individual receiving care. Kate also provided graphic recording during the two-day session to increase engagement, retention of ideas, and to facilitate decision making. Attendees came from New Hampshire, Vermont, Massachusetts, Connecticut, and Rhode Island, and representatives from the Centers for Medicaid and Medicare Services were also in attendance. The training was well received, and CACL looks forward to continuing their relationship with NESCSO moving forward.



ITEMS OF INTEREST

- The Center on Aging and Community Living recently launched a YouTube Channel to highlight new and existing CACL videos. The channel will house some of CACL's training videos about person-centered practices as well as videos highlighting CACL activities, like the annual Age of Champions events. [Visit the channel and explore!](#)
- Read the 2017 NH Disability & Public Health Report- [Health Disparities: NH Adults with Mobility & Cognitive Limitations](#)
- Watch the Endowment for Health's video about how to tap into the older adult workforce in NH: [Gray is the New Green: Tapping Into the Older Workforce in NH](#)
- The MLTSS Institute released a report titled *Demonstrating the Value of Medicaid MLTSS Programs*. [Read more.](#)
- Here is a great video on navigating how and when to make the difficult decision to transition someone to an assisted living. [Watch the video](#)
- Visit the [Frameworks Institute](#) for information and resources on elder abuse.
- Read [The Community Guide to Adult Oral Health Program Implementation](#) on the Oral Health website.
- Learn about recommendation or integrating older adult behavioral health into long term care through the [Integrating Older Adult Behavioral Health Into Long-term Care Rebalancing](#) report from the National Coalition on Mental Health and Aging.
- Review State of [NH's report](#) on the activities of the Balancing Incentive Program.

EVENTS

- The Northern New England Geriatric Education Center is sponsoring a Motivational Interviewing training on August 4. [View details/register](#)
- Save the Date for the [Maine Wisdom Summit](#) – Cultivating the Opportunities of our Age at the Augusta Civic Center on September 20th from 9:00AM-3:30PM (registration 8:00-9:00AM). Hosted by the Maine Council on Aging.
- Save the Date: October 4, 2017! The Northern New England Geriatric Education Center hosts [Falls in High-Risk Populations](#) at SERESC from 9 am to 4 pm.
- Save the date for the [Inaugural Symposium on Race & Equity in NH](#) happening on October 16, 2017. [Register here](#)

- Attention NH Seacoast Area Health Care Providers: Save the date for the [Motivational Interviewing Seminar](#) taking place on 10/17/17 at UNH MUB in Durham.
- The University of Maine Center on Aging hosts [Emerging Perspectives on Death, Dying, and Bereavement](#) on Friday, October 20, 2017.
- The [New England Rural Health Conference: Transitions in Care](#), will take place on November 15- 16 - 2017 Rural Health Conference: Transitions in Care. [Register here](#)

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