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

## Winter 2018 Newsletter

### JENNIFER RABALAIS: NEW CACL CO-DIRECTOR

Jennifer Rabalais was recently promoted to fill the co-director position for CACL. Jennifer joined the Institute on Disability as a Project Director for DirectConnect in 2010 and the Center on Aging and Community Living in 2011. Jennifer has spent the last 21 years working with older people, as well as chronically and acutely ill populations in community based settings. She has been the lead of the CACL communications committee and assisted CACL in developing our brand. Jennifer will continue to focus on her portfolio of projects, including leading the backbone support for the NH Alliance for Healthy Aging. Please join us in welcoming Jennifer to this role!



### AGE OF CHAMPIONS

[Age of Champions](#) is a FREE annual, interactive health and wellness fair that promotes and raises awareness of healthy aging from a holistic perspective. This year's family-friendly focus encourages all (young and old) to learn how to age well because "It's Never Too Soon To Age Well!"

The event will take place on Saturday, April 28, at UNH's Field House in Durham from 10:00 am – 1:00 pm.



# Age of Champions

*It's never too soon to age well!*

**Save the Date!**  
 April 28, 2018 | 10 am - 1 pm  
 UNH Field House

Promoting Healthy Active Aging  
 at a FREE Multigenerational Health Fair!

We will be featuring vendor booths,  
 student booths, health assessments,  
 and exercise classes.

[www.agingandcommunityliving.org](http://www.agingandcommunityliving.org)

Presented By:  College of Health and Human Services  
 Center on Aging and Community Living

CACL and UNH Recreation Management and Policy (RMP) have joined together for that past 6 years to create this unique opportunity for all to explore the multifaceted ways one can age well. This event is aimed at promoting healthy and active living across the lifespan. Age of Champions is a family-friendly, interactive wellness fair that is free and open to the public. Participants can engage with UNH students, faculty, and organizations who will be conducting wellness assessments, skill demonstrations, and leading a variety of hands-on activities. Come and enjoy this bonanza of state and local resources for aging well. Free, ample parking and raffle prizes, too! Remember, "It's never too soon to age well!"

## CONGRATULATIONS ABBOTT WILLARD

It is with mixed emotions that we say farewell to Abbott Willard. Abbott first joined the CACL team in 2012, providing expertise in the area of data analysis, Abbott focused on analyzing information around long term care and aging issues in order to assist public policy and decision making on a local and national level. He also engaged in research activities and participated on a number of initiatives to standardize and develop tools for capturing long term care and aging data. After six years with CACL, Abbott has accepted a position with Cigna, providing



analytic support for their collaborative care and alternative payment arrangements.

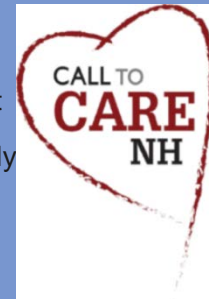
Abbott's professional contributions, wit, humor, and friendly demeanor will be deeply missed.

Please join us in wishing Abbott the very best of luck and the greatest of success in his future endeavors.

### **A CALL TO CARE**

Through the work with the Alliance for Healthy Aging, CACL was involved in the production of *CALL to CARE NH*, a NHPBS segment that discusses direct care workforce issues for seniors in NH. In early December, the Endowment for Health hosted a premiere event to launch *CALL to CARE NH* and provided free DVDs and an associated [Discussion Guide](#) to individuals and organizations who attended. The plan is for those with a *CALL to CARE NH* DVD to host a community session to view and discuss the direct care workforce issues the documentary brings to light. It is an issue that crosses many CACL projects.

If you are interested in learning more about the documentary and/or receiving a DVD to host an event (personally or professionally) contact [Laura Davie](#). *CALL to CARE NH* is a companion program to the national documentary *AMERICA REFRAMED: CARE*.



### **IN MEMORY OF PROFESSOR RENE BERGERON**

Dr. René Bergeron was an integral part of the CACL Community. She was steadfast in her support of ServiceLink Center staff: she wrote standards for staff early in the development of New Hampshire's aging and disability resource centers, and she was the original leader of the Peer Support System for staff that was first developed in 2012. She was an advocate for older adult issues as well as a supporter of learning opportunities for UNH students. She developed the UNH Gerontology Minor,



and mentored many students including CACL's Alison Rataj. Her influence will continue to be felt at CACL and indeed for all the students and people she interacted with.

### **STAFF HIGHLIGHT: STACY DRISCOLL**

Stacy Driscoll, M.Ed., ATP, Assistive Technology Special Program Coordinator for New Hampshire's Statewide Assistive Technology Act program, Assistive Technology in New Hampshire (ATinNH), joined the IOD in February of 2014 and joined CACL in 2017. One role she especially enjoys as program coordinator is providing a variety of training opportunities around assistive technology for all ages. She is especially fond of the work she is doing to help support and train seniors and service providers.



Stacy has spent the past year and half working with the Aging and Disability Resource Center (ADRC) ServiceLink program in NH to implement a device demonstration and loan program as part of NH's No Wrong Door System. Through this program, each ServiceLink office has been provided with a variety of devices and training regarding the use of each device in order to provide device demonstrations and device loans to their clients. Through her membership in the Aging Research Affinity Group, Stacy is assisting with the research study, *Social and Health Service Utilization Among Low-Income Elders in Subsidized Senior Housing*. She hopes to be able to identify individuals' knowledge and use of assistive technology, eventually determining a means to get assistive technology into the hands of those seniors who need it. In the future, Stacy anticipates pursuing a Ph.D. program combining her love of teaching with her desire to serve and assist our aging population.

### **ITEMS OF INTEREST**

- Visit the [NH Alliance for Healthy Aging website](#) to learn how you can get involved in creating a strong and stable infrastructure for healthy aging in NH.



- Visit the [Tri-State Learning Collaborative on Aging website](#) and follow [TSLCA on twitter](#) and [Facebook](#) to stay connected to community efforts occurring across Maine, New Hampshire, and Vermont.
- Learn about a program called [Bathing Without a Battle](#), that teaches a person-centered way to assist individuals with Alzheimer's and related dementias during the bathing process.
- The [Portsmouth ServiceLink was featured in the Union Leader](#) for their effort to create NH's first "Dementia Friendly Community."
- [AARP Family Caregiving Survey: Caregivers' Reflections on Changing Roles by Laura Skufca, AARP Research, November 2017](#) details a survey among caregivers and care recipients to examine the emotions they experience as well as how their relationship with their loved one may have changed as a result of caregiving.
- [AARP ReACT Toolkit-Resources for Working Caregivers](#): Online toolkit to help employers support working caregivers.



## CACL EVENTS

- [UNH Age of Champions event](#), April 28, 2018, hosted by CACL on UNH Durham campus.
- [Supporting Choice and Preferences: Tools for Caregivers](#), May 8th or June 6th, 5-7pm in Concord.

- [Assistive Technology \(AT\) for 21st Century Seniors](#), April 24th or May 22nd, 5-7pm in Concord.
- [Webinar: Awesome Reminding and Finding Apps, Devices, Accessories, and Strategies](#), May 15th.

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## OTHER EVENTS

- The [NH Chapter of the National Association of Social Workers \(NASW NH\)](#) [will be holding an inaugural two-day conference](#) on May 24th & 25th, 2018 at the Mountain View Grand Resort in Whitefield, NH.
  - Save the dates! [NH Alliance for Healthy Aging](#) Quarterly Meetings: March 14, June 14, September 12, December 13 from 9-12 at the NH Audubon McLane Center in Concord.
  - Save the Date! [Reframing Health Care April 26<sup>th</sup>](#)
  - Save the Date! [Aging in America Conference](#), San Francisco, CA. March 26-29, 2018.
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[See our ad in the Union Leader Wellness Edition](#)



CENTER ON AGING AND  
COMMUNITY LIVING

Offering educational opportunities  
to help NH residents live and age in  
the communities of their choice.



### Age of Champions

*It's never too soon to age well!*

April 28, 2018 | 10 am - 1 pm  
UNH Field House | Durham, NH

Attend a FREE multigenerational health  
fair promoting health active aging.



### Supporting Choice and Preferences

*Tools for Caregivers*

May 8, 2018 or June 6, 2018  
5 pm - 7 pm | Concord, NH | \$35

Learn about tools available to ensure as  
much choice as possible when receiving  
long-term services.



### Assistive Technology (AT) for 21st Century Seniors

April 24, 2018 or May 22, 2018  
5 pm - 7 pm | Concord, NH | \$35

### AT & Aging with a Disability Webinar

May 15, 2018 | 3 pm - 4 pm | Online | \$25



Center on Aging  
and Community Living

For more information and to register visit:  
[www.agingandcommunityliving.org](http://www.agingandcommunityliving.org)  
Contact: (603) 862-5031 | [cacl.chhs@unh.edu](mailto:cacl.chhs@unh.edu)

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