

Capital Area Collaborative

Tuesday, May 12, 2009 ~ 8:30 am to 10:00 am

DHHS

41 Anthony Avenue, Augusta

Conveners: Healthy Communities of the Capital Area (HCCA), Spectrum Generations, City of Augusta, United Way of Kennebec Valley

Present: Marie Bronn, Chateau Cushnoc; Vicki Foster, Spectrum Generations; Steve Garascia, Public Health Nursing; Carol Smith, St. Mark's Home; Gene Tobey, UM Cooperative Extension
Karen Tucker, HCCA; Amy Wagner, HCCA

- 8:30-8:45 Welcome
 Introductions: Getting to Know Who is in the Room
- 8:45-9:15 Gene L. Tobey, Senior Companion Program coordinator University of Maine
 Cooperative Extension Senior companions are volunteers who help other adults
 live independently, and support to family caregivers.
- 9:15-9:45 Vicki Foster, Co-convenor of CAC and Health Aging Coordinator, Spectrum
 Generation s Wellness Project Behavior Factors that Influence Health:
 Identifying factors that are most important and most changeable
- 9:45-10:00 Other Business
- Next Meeting: July 14th, 2009

MEETING NOTES

Welcome/Introductions: Getting to Know Who is in the Room: *Vicki Foster, Spectrum Generations*
Vicki asked that those present briefly introduce themselves and their organization to the group.

Gene L. Tobey, Senior Companion Program:

The Senior Companion Program is a sister program to RSVP and Foster Grandparents, in which volunteers provide friendship visits. This is not a personal medical health care program, as the tasks performed by the volunteers are to chat, help sort mail, have coffee – basically providing valuable social contact and checking to see if there are unmet needs that other services may be helpful in providing.

Volunteer Information:

- Training: On-going monthly trainings for volunteers to support their work.
- Volunteer population: there are approximately 34 volunteers in Kennebec County providing over 1,000 hours every two weeks
- Volunteers receive a travel allowance of \$.30 a mile for up to 150 miles a month, plus they have 11 holidays and can accrue sick and vacation hours
- A stipend of \$2.65 is paid to those volunteers who meet eligibility guidelines.
- There is a volunteer recognition event once a year with dinner and door prizes, etc.
- Currently looking for volunteers in the Augusta Area
- The program is going strong in Skowhegan and Waterville

Client Information:

The difference these volunteers have made is remarkable. For example:

“Gloria” had her death prevented by an alert and caring volunteer who, through speaking to Her on the phone recognized she was in trouble. The volunteer when to her home, which was discovered to have a faulty furnace giving off carbon monoxide. The volunteer then connected Gloria to services which were able to provide a new, safe furnace.

The typical client is age 70, though Senior Companion Program also works with disabled youth.

Senior Companion Program does take referrals.

The CAC group was energized by Tobey’s presentation and saw the potential, particularly in elderly housing facilities. There is a potential for volunteers to serve their neighbors in these facilities with a social and safety gain for all!

Vicki Foster, Spectrum Generation s Wellness Project Behavior Factors that Influence Health:

Identifying factors that are most important and most changeable

This is a three year pilot program looking at factors that influence health. The factors are categorized into three types:

- Predisposing: Attitudes, beliefs, knowledge, perceptions, values
- Reinforcing: rewards, feedback
- Enabling: barriers that hinder access to services/resources; skills that help access services/resources

The program is focusing on those just getting ready to retire and is relying on referrals to go to groups and gather information.

Vicki then asked the groups to brainstorm/identify factors in each of the above categories. This precipitated in a lively discussion of a broad base of behavioral factors influencing health.

Adjorn:

Vicki thanked Gene for his information and the group for its input; the meeting was adjourned at 9:55a.m.

Minutes submitted by: Karen Tucker, HCCA 6/9/09

Please send corrections, comments to ktucker@mcd.org