

Capital Area Collaborative Initial Meeting
William S. Cohen Community Center, Hallowell, Me.
May 7, 2008
8:30 to 10:30 a.m.

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

Agenda

- 8:30-8:45 Registration - Breakfast & Networking
- 8:45-9:15 Welcome
 Introductions: Getting to Know Who is in the Room
 Martha Cushing, SpectrumLink
- 9:15-9:45 Keynote: What Comes After the Economic Roller Coaster Ride?
 Diana Scully, Office of Elder Services
- 9:45-10:15 Benefits of Collaboration & Networking
 Joanne Joy, HCCA
- 10:15-10:30 Staying connected
 Next Steps – Next Meeting?

Meeting Notes:

Registration: All but one person who registered attended. Three additional participants registered at the door. Please see the list of attendees attached.

Welcome: Martha opened the meeting by welcoming all present. She thanked the days sponsors: Healthy Communities of the Capital Area, Spectrum Generations, the City of Augusta and United Way. Martha then introduced Diana Scully, **DIANA SCULLEY, Director, Office of Elder Services, Maine Department of Health and Human Services**

Appointed to serve as Director of the Office of Elder Services in January 2006, Ms Scully is responsible for and knowledgeable about a broad array of services and supports for older Mainers. She also has knowledge of workforce and entrepreneurial issues resulting from her consulting business in operation for 15 years as well as her previous positions as Maine's Director of Welfare Employment and Director of Rehabilitation.

Key note, Diana Scully: *What Comes After the Economic Roller Coaster Ride?*
Diana Scully began her presentation by asking the question, given that the population in Maine is aging, and the economy is turbulent, how do we approach our work?

She then shared statistics projecting that by 2030 39% of the Maine population will be over 55 years of age. This is due to the youth population shrinking as the adult population is growing.

Diana then gave a brief overview of the recent legislative process resulting in difficult budget cuts with “equal opportunity pain”. She expressed that the Legislature had a challenging and difficult situation, and given that situation, made good decisions overall; half of elder services cuts were restored, as were other vulnerable groups.

Diana did assure us the roller coaster ride continues, with concerns still in place and leaving many services to cope with doing the same with less money. She recognized the economic impact on individuals, including family members and caregivers, especially coupled with the rising cost of transportation and heating fuel.

Diana then discussed “How we approach our work” through five perspectives:

- 1) Aging and Disability Resource Centers
- 2) Evidence Based Programs
- 3) Rebalancing Long-Term Care
- 4) Civic Engagement
- 5) Adult Protective Services

1) Aging and Disability Resource Center (ADRC):

The purpose of the ADRC is to link aging and disabled individuals to services. There are three of five agencies participating in and excited about this work, which is in the 5th year and receives Federal Funds. This type of service is embedded in the Older Americans Act and is expected to continue via the Request For Proposal process. The purpose of these centers is to link older people and people with disabilities to services and a way to provide access to services.

2) Evidence Based Programs:

A grant was received, with Maine being one of eight states selected, to tackle how to sustain efforts across sectors. The National Council on Aging recently came here for a site visit and was happy with what is being done in the state. One of the challenges is financial sustenance.

3) Rebalancing Long-term Care Systems:

After a 1980 Governor’s Task Force determined that Home Care needed more money, Elders and those with Disabilities began to receive more resources. In 1995, another study resulted in an increase in medical eligibility, and people were diverted from care while other options were created. It is time to review this again. An assessment is needed with a projection of what the needs will be to the year 2015. This assessment needs to be done continually. We have lost ground in homecare and need to rebalance the system again. Using available data to choose how to spend resources and to project the financial impact of those choices is advised.

4) *Civic Engagement:*

Civic engagement of older people includes those working for pay and those volunteering their time. Maine is one of eight states participating in Policy Academy. The Academy consists of a variety of groups looking at how to promote opportunities for older people; in other words “connecting the dots”. It is a “DO tank” rather than a “think tank”.

5) *Adult Protective:*

Adult Protective connects referrals to services.

Diane then thanked everyone for their attention and for coming to the first meeting of the Collaborative of the Capital Area. She hopes her message, with the images of the (age) wave and the (economic) roller-coaster, revealed the (service and individual) stars in the social service systems that continue to shine and inspire, many of which she noted were in the room. She expressed her hope that those present decide to come together and work for the Capital area, because working collaboratively is key to succeeding.

She ended with a quote about the Stars: “When it gets dark enough you can see the stars.” And Longfellow: “For age is opportunity no less than youth itself, though in another dress, And as evening twilight fades away, the sky is filled with stars, invisible by day.”

Benefits of Collaborating and Networking: Joanne Joy, HCCA

Joanne asked the group to discuss three questions at their tables, for 5 minutes each:

1. What are the benefits of networking?
2. What are the challenges and ways to over come them?
3. What are some specific programs, projects and ways to connect the dots?

Here are the outcomes of the small group discussions:

1. What are the benefits of networking?

<ul style="list-style-type: none"> • Connects faces and names • Locating resources • Opportunities for mentoring • Directing to right resources • Decreasing duplication • Increase knowledge of contacts(?) • Support system for one another “issues and answers” • Cooperative sharing • Identifying unknown needs • Help seniors find work • Follow up on directions • Resources for the business community • Donation collection and sharing 	<ul style="list-style-type: none"> • Volunteers • E-mail help with computers • Better coordination of needed services during a poor economy • Get word about resources to central location and identify gaps • Assessment of needs • Stay informed • Get big picture • Mix of ages in the room – not just repeating the past - Fresh ideas tempered by experience and wisdom • Get resources from business community • Save money
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Other programs to ask to join the Capital Area Collaborative:

<ul style="list-style-type: none"> • Family Violence Project • Sexual Assault • Legislators and their staff • Alpha One • Maine Site • Office of Substance Abuse • Mark Griswold at the Office of Local Public Health • Housing Authority • Dept of Labor • KVCAP 	<ul style="list-style-type: none"> • Me Council of Churches • Postal Service and CMP are Gate Keepers (keep an eye on elders, disabled and those who live alone) • NAMI • Kennebec Behavioral Health • Business groups such as Chambers of Commerce • Food Assistance • Capital Gaps
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2. What are the challenges and ways to overcome them?

<ul style="list-style-type: none"> • Geography and distances <ul style="list-style-type: none"> ○ Video conferencing ○ Rotate locations ○ E-mail • Lack of training for adult to adult mentors • We are missing the business community • People perceive that needs of various populations are different, but they are usually similar, especially with basic needs (food, shelter, etc...) • Communication takes time and focus and we are already overwhelmed with what we have to get done. • We use money as a barrier but we need to see beyond that and combine resources • Think outside the box and be creative • It takes time to be creative and we have time challenges <ul style="list-style-type: none"> ○ To overcome that we must make the time to meet the challenge and opportunity 	<ul style="list-style-type: none"> • Ignorance- not understanding- stigma and rejection of people in need (food stamps, WIC) • Judgmental people are a barrier to making a better world • More make involvement, especially to help fix things. • Lack of mentors <ul style="list-style-type: none"> ○ Use faith-based groups ○ Service groups • Prejudice and ignorance <ul style="list-style-type: none"> ○ Meet together • Maine-based search and retrieval – not just Google • Time drain of meetings • Lack of mission statement • Turf issues <ul style="list-style-type: none"> ○ Open communication ○ Realize we have a common goal • Transportation <ul style="list-style-type: none"> ○ KVCAP ○ State • Change or reluctance to change is hard for some people <ul style="list-style-type: none"> ○ Overcome it by getting out there and take a risk
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3. What are some specific programs, projects, priorities and ways to connect the dots?

<ul style="list-style-type: none"> • Triad (seniors, Law enforcement, agencies) • Women, Work and Community • Living well- CDSM • Matter of Balance: Falls Program • Elder Abuse Task Force • Have each group present an orientation of what they offer for services • Training on power of attorney and advance directives • Investigate use of a “discussion server” <p>Solutions for:</p> <ul style="list-style-type: none"> • Computer training and access • Intergenerational employment • Communication • Education 	<p>Priorities</p> <ul style="list-style-type: none"> • Heating assistance • Reaching the elderly – transportation/communication • Neighborhood resources • Elder networking • Weekly supper • Quality of home life: heat, food, medicines, safety, social • Intergenerational work with elders and teens and get everyone together working on common goals • We need to have our young people working so they can contribute to the tax base. Goal: employment. <ul style="list-style-type: none"> ○ An intergenerational employment project with youth being mentored as workers by our seniors. • Elder abuse, including financial exploitation of elders
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Staying Connected: Next Steps and Next Meeting

Desired at the next meeting:

- A list of who is here and their responsibilities
- Focused agenda and less frequent meetings
- Education

Next Meeting:

- July 15 , 2008
- DHHS , 35 Anthony Avenue in Augusta. Hosted by Holly Stover
- Starts at 8 a.m. with networking; meeting begins at 8:30
- Included will be an overview of food stamps and other program eligibility. (15 minutes)
- Be prepared to provide the following information about your organization:
 - Group contact
 - Primary services
 - 2-3 ways to help other organizations
 - 2-3 ways help is needed

Meeting adjourned at 10:30 a.m.

Notes submitted by K. Tucker, HCCA