

**Capital Area Network of Elder and Disability Services
Meeting Notes**

**Tuesday, November 10, 2009 8:30 am to 10:00 am
Cohen Community Center Maxwell Room
22 Town Farm Road, Hallowell**

NEXT MEETING: JANUARY 12, 2010 at 41 ANTHONY AVE. AUGUSTA

Present: Julie Adley, MGH Prevention Center; Marie Bronn, Chateau Cushnoc; Diane Fregon, Blind and Visual Impaired; Rob Gordon, KV United Way; Lesley Graham, Spectrum Generations; Pat Greenleaf, Spectrum Generations; Brooke Jansen, Spectrum Generations; Leona McKenna-Mc Shay; Carol Smith, St Marks Home for Women; Karen Tucker, HCCA; Amy Wagner, HCCA; Ellen Willingham National Able network;

8:30 Introductions: Getting to Know Who is in the Room

This is a facilitated networking time, where participants are invited to share news and information about their services and request information of the group.

9:00 Speaker: Patricia Greenleaf, Spectrum Generations

Money Management Program assists older adults and adults with disabilities in the Spectrum Generation 7 county area. Trained and bonded volunteers assist with bill paying, mail organization, developing budgets and balancing checkbooks.

Highlights of this program are:

- Volunteers assist people disabled or 60 years of age or older in managing their monthly finances.
- The person cannot have more than \$35,000 in the bank or \$44,000 for two person families.
- The volunteer makes regular visits, helps manage money so the people can continue to live independently.
- Have not offered designated Payee service. Every triple AAA has these services.
- This is an AARP supported, created program.
- Volunteers are bonded and insured.
- Referrals come from adult protective, neighbors, family and self.
- Intake is a home visit to review finances. If the people qualify, a volunteer is matched and taken for a visit.
- Visit times are set up by the volunteer and client.
- Mileage - \$.40 a mile for the volunteer.
- Currently 26 volunteers with 24 to 26 clients with some individuals waiting to be matched.
- Volunteers are teamed with a monitor who goes over all work done- they visit quarterly and review all transactions.
- If you or someone you know is interested in volunteering or becoming a client contact [Patricia Greenleaf at Spectrum Generations](#).

9:20 Diane Frigon and Leona McKenna, Division for the Blind and Visually Impaired

Casework Supervisor and Vocational Rehabilitation Counselor providing case management, and vocational and employment counseling to blind and visually impaired individuals.

Highlights of this program are:

- This program is a Division of the State of Maine's Department of Labor.
- There are three programs, infants through supporting elders to live independently:

- Education – starting as soon as a newborn, infant or child is identified as visually impaired.
- Vocational rehabilitation: Helps retain or return individual in their employment; also transitions youth from school to work, ages 14 and up; Homemakers are considered in this demographic, as homemaking is a vocational role.
- Independent Living Services - Specific to vision impairment. Most people using the service currently are over the age of 65. Macular degeneration, orientation and mobility experts. Less funding, so expensive services usually fall under another program
- For many who lose their high quality of vision their world stops – mobility is lost and rehabilitation is necessary for individuals to reenter the world and be active, take control of finances, their lives, etc. the programs above coach and train on how to manage their lives from time they get up in the morning to going to bed with clothes laid out for the next day, all matched and ready for morning.
- This service works closely with the Iris Network
- Take referrals, individuals can contact the Department of Labor directly, and the program can be reached through the 211 Maine network.
- Social Clubs are very active and a great resource:
 - Sunshine Club: Waterville
 - Rainbow Club: Augusta Inn at City Hall: Second Monday of each month at 10 a.m. Great network of people. Newcomers are welcome, just please call to let them know in advance. A simple meal is often served for a small donation (\$4.00?) The group is for visually impaired, but you can be a part of the group if you want to volunteer or become involved.
 - Blind Bowlers: sponsored by the Lions Club. Candlepin bowling.
- They Serve Kennebec county area- the program is statewide.

9:40 Sharing of upcoming activities and issues of interest

- ***Spectrum Generations:*** training program Dec 2-10 leader training for Living Well Chronic Disease Self Management Program at the Cohen Center. Volunteers interested in co-facilitating a program for people living or taking care of someone with a chronic condition. The program is 6 two and one half hour sessions and includes: action planning, diet, exercise, mind techniques to deal with symptoms, communicating with healthcare providers, advance directives. This class was developed for lay leaders to become trained. Program has an evidenced based curriculum and is well planned. Two people lead the class, with a new person matched with an experienced one. For more information contact [Vicki Foster at Spectrum Generations](#)
- ***St Marks*** is going to offer a Matter of Balance class open to non-residents in the beginning of the year – hopefully beginning January 7th.
- Health Fair one week from today at Prince of Peace in Augusta Eastern Avenue. Many vendors 11/17.
- Fundraiser for St Marks Home. At St Marks church: Nov 21st 10 to 2 in the church hall

9:45 Wrap up and evaluations (see attached) Meeting Closed at 9:50

Next Meeting: January 12, 2010

Minutes submitted by: Karen Tucker, HCCA 11/24/09

Please send corrections, comments to ktucker@mcd.org

Evaluation Comments:

1. **How helpful was today's meeting? In what ways?**
 - Networking
 - Very- division of Blind Social Groups
 - Resources available to my residents in housing.
 - Very – finding resources is valuable.
 - It's good to stay in touch with what's happening in our area.
2. **What was most useful? Why?**
 - The information sharing services for the blind was very helpful
 - Division of Blind
 - Info on flu shots
 - Resource sharing Very Helpful
 - RE: visual Impairment – Dep. Of Labor!
 - Money Matters infor – I know people who could benefit.
3. **What was least useful? Why?**
 - Nothing
 - Nothing
 - Not applicable
 - All is useful
 - I didn't have anything to contribute this time.
4. **What would you add or suggest for future meetings?**
 - Coffee
 - We need to encourage more attendance by community providers.
 - Sharing times were very informative.
 - Keep the programs coming
5. **Does this meeting meet or accomplish your expectations? Why or why not?**
 - Yes – it is so helpful to stay connected
 - Yes
 - Very much so, updates are always necessary.
 - Yes, I have residents who's needs change so any/all information is valuable.
 - Yes, it connects me to others.
6. **Other Comments:**
 - Good group – wish more would attend.
 - Plan to attend next meeting on Jan 12th at DHHS 8:30 to 10