

Capital Area Collaborative

Tuesday, September 9, 2008 ~ 8:00 am to 10:30 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: Vanessa Broga, Spectrum Generations; Marie Bronn , Chateau Cushnoc; Martha Cushing, SpectrumLink; Steve Garascia, Public Health Nursing; Rob Gordon, United Way; Pat Greenleaf, Spectrum Generations; Jennifer Howe, Sexual Assault Crisis; Joanne Joy, HCCA; Mary Nicholas, Spectrum Generations; Betty Pratt, Town Sponsored Senior Citizen Program; Carol Smith, St. Mark's Home; Janet Sawyer, MGMC Prevention Center; Barbara Srach, Richmond Town Sponsored Senior Program; Holly Stover, DHHS; Karen Tucker, HCCA; Amy Wagner, HCCA

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| 8:00-8:30 | Networking |
| 8:30-8:45 | Welcome Introductions: Getting to Know Who is in the Room |
| 8:45-9:15 | Sub- Committees: Up Dates Website- Steve Garascia Membership-Martha Cushing Matter of Balance-Joanne Joy Scheduling Topics- All |
| 9:15-9:30 | Money Management Program: Pat Greenleaf, Spectrum Generations |
| 9:30-10:00 | Sexual Assault: Jennifer Howe, Sexual Assault Crisis and Support Center |
| 10:00 -10:30 | Home Heating Concerns Group: Rob Gordon, United Way Kennebec Valley |

Next Meeting: November ? (second Tuesday is Holiday)

MEETING NOTES

Networking: The group gathered and networked until 8:30, when Martha Cushing formally welcomed all, and started the meeting.

Welcome/Introductions: Getting to Know Who is in the Room: *Martha Cushing, SpectrumLink*
Martha asked that those present briefly introduce themselves and their organization to the group.

Housekeeping: **Due to the Veterans Day Holiday in November, our next meeting will held on November 18th**, instead of the 11th, and will begin at 8:30 without any formal invitation to network prior to that time.

Sub Committees:

Website: Steve Garascia

Steve referred to the handout provided, which supported his having registered www.maineccac.net with Google. This is a free service and was done just to get us started. Steve asked for the group's direction and posed several questions to ponder:

1. Is there a non-profit in our group with the capacity to share documents, etc., over the web
2. Is there a need?
3. Who would be the provider?

A short discussion followed, starting with Steve noting that the 201 site is a static website, in other words, it does not allow for forms to be filled out. The group agreed creating a web presence would be useful, the concern is sustaining it. Steve suggested we start with a pilot project, perhaps using a SharePoint server. HCCA offered that we have the ability to add a page to our website for CAC's benefit, and could post the group's meeting minutes, and other items of interest to the group and the public.

Action: *Steve, Karen and Jennifer will meet to discuss the feasibility of a pilot project and bring recommendations back to the group at the next meeting*

Membership: Martha Cushing

Martha provided a list of identified groups to consider inviting to join our Collaborative.

Members offered additions to the list: Home care, autism, Department of Labor, Department of Justice, Law Enforcement, Council of Churches, NAMI, Disability Rights, Kennebec Behavioral Health.

Matter of Balance: Mary Nichols/Amy Wagner

Mary and Amy shared content of their committee's meeting, which included action Steps and recruiting strategies.

Some of the six action steps were:

1. Compile a list of lay leaders
2. Identify scholarship sponsors
3. Recruiting strategies for where to hold programs, recruit participants and lay leaders
4. Spectrum Generations will have brochures at the Senior Expo on Sept 12th and 13th
5. Invite someone from the Richmond health Center to the next meeting
6. Confirm whether Granite Hill Estates is conducting MOB classes

Since our meeting, Amy discovered there are no MOB classes currently being held.

The goal is to have ongoing classes offered at set times of the year at set places – for example: each fall a Matter of Balance class will be held at the Cohen Center.

Mary Nicholas sent letters to possible class sponsors.

It was suggested we link in with *Living Well*.

MOB Classes are offered two times a week for four weeks. Components that need to be in place are: teachers, participants, location, materials, and healthy snacks.

Scheduling Topics for next CAC meeting:

- Subcommittee reports
- Domestic Violence/Linkage Project

Featured Programs:

Money Management: Pat Greenleaf of Spectrum Generations

Money Management is a service offered by Spectrum Generations that is modeled after an AARP program. Money Management is volunteer – driven, with an advisory committee. Volunteers help elders organizing mail and bills and help balance checkbooks. Elders qualifying for this service would be those individuals with no more than \$23,000 per year and couples with no more than \$30,000 per year.

Volunteers are needed, as are clients. Please note that Money Management does NOT offer Representative Payee services.

Action: *Pat Greenleaf? /Spectrum Generations will send an article to HCCA for inclusion in their community e-newsletter.*

Sexual Assault Prevention: Jennifer Howe

Jennifer shared brochures with the group- both her agencies and “Silence Can Affect Your Health”.

The latter highlighted how being sexually abused often causes people to not seek health care. The Sexual Assault Prevention group offers support groups and will train other agencies staff on prevention strategies. Training for nonprofit staff are free of charge.

Services of the Sexual Assault Prevention group are victim centered.

Jennifer shared their new poster with a number/agency tear off note.

She also mentioned the September 18th upcoming training “Myth of Sexual Assault on Elderly”

Home Heating Concerns: Rob Gordon of the United Way

Rob shared the brochure on the United Way and offered several resources to call on for information on how to stay warm this winter:

- 211 Call center has a data base of resources and is sponsored by the United Way and DHHS. 211 is a fully staffed resource with a live person on the line to answer inquiries. The information they have is kept current.
- Home Heating help: for the last three years the Salvation Army and the Red Cross have focused on how to keep the elderly warm and safe through the winter.
- \$47,000 in funds, earmarked specifically for heating relief, was collected last year at local churches, and from businesses and private citizens. This is meant to be a “last resort” fund. When all other options have been exhausted. Some of the gifts are given to a specific demographic or region.
- “Good Works” this program is a collaboration of Goodwill and United Way. The process is both credible and brief. It has been noted as being successful in the area and so, this summer the program was approached to handle emergency heating funds for several local municipalities.
- The resulting “Heat Helpers Fuel Fund” will be managed by the United Way, which has the ability to track donations and recipients by community. There will be cans in stores to collect donations. Referrals can be made through United Way or Good Will. The Sheriff’s department will distribute them to gas stations. This fund is separate from the United Way campaign.
- United Way has added a staff member to focus on keeping those in need warm this winter, Holly Sour (sp?), and the Governor has a task force. United Way has the most connected partners who can distribute funds and identify needs.
- LiHeap will be available, though it is expected there will be those in need that are not eligible.
- Neighbor to Neighbor Campaign gives support in providing wood to those in need. Any wood cut and cleared can be donated.
- Salvation Army has coats and needs help distributing them. HCCA will do a monthly newsletter on energy
- Some quick tips to help our neighbors stay warm this winter:
 - o If you are aware of any public events organizations are sponsoring an event such as a “family fun day” call Salvation Army and they can distribute coats.
 - o Encourage people to apply for low income heating assistance this program is to address emergencies, as most funds will not be released until January ’09.
 - o Do what you can to focus our national legislators on this issue – it is unacceptable.
 - o Contact United Way to pick up “Heat Helpers” canisters to distribute to your local stores.
 - o Call 211 to learn the latest on what is happening statewide, as activities are happening at the grassroots level and the challenge is to keep up with them all.
 - o Call Spectrum Generations if you are aware of an elder or disabled person needing snow removal. (Randy Liberty the Kennebec Sheriff is a resource, along with possibly the pre-release center in Hallowell). The “Adopt a Senior” program has also been utilized.

Evaluations

Martha thanked the presenters and noted it was time to transition to sub-committee meetings.

Martha adjourned the plenary meeting at 10:40 a.m.

Minutes submitted by: Karen Tucker, HCCA 10/14/08

Please send corrections, comments to ktucker@mcd.org