



ENCORPS eNews

Up to the minute developments at ENCorps •• Feb/Mar 2012

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Don Nodine: Keeping Trails Open for Winter



It's winter in Maine. For some, that means hunkering down by the fire. But for others, it means getting outside and enjoying the snow and the crisp, fresh air. ENCorps member, **DON NODINE**, is one such fellow. A year-round outdoorsman, Don spends a good deal of his winter on the cross-country trails of Millinocket.

Don, and other volunteers with the Northern Timber



Cruisers Snowmobile and Cross Country Ski Club, groom and maintain about 20 miles of free cross-country trails in the Millinocket area. Don got involved about 19 years ago, and according to the Katahdin Area Chamber of Commerce website, is considered, "one of the trail systems' originators, architects, groomers and a die-hard x-c skier."

One set of free trails is located at the Northern Timber Cruisers' Clubhouse on the Baxter State Park Road, where light lunches are served on weekends. The cross country trails, groomed with tracks for traditional skiing, are maintained separately from the snowmobile trails.

Skiers may take 3-5 mile loops through the woods, where it's sheltered from the wind, or extend their trip to about 9

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ENCorps member Don Nodine puts in 200 hours each winter to maintain the cross-country ski trails in Millinocket. Using the Northern Timber Cruisers' snowmobile with a groomer/track setter he grooms the trails after each snow storm of over six inches and clears any debris he finds.

Find the heart! ❤️ Find all of the hearts (not including this one!) in this issue of ENCorps eNews and email your total to **carol@encoreleaders.org** by February 14 to enter to win a \$25 LL Bean gift card!

Trails... from page 1

miles across Little Smith Pond to a warming hut on the northern end. This open area offers views of Mt. Katahdin on a clear day, but only after the wet areas are well frozen.

Cross country skiers can find another set of free trails at the Bait Hole Area (named for a small pond baitfish were kept in, isolated from the larger nearby lake by a causeway.) Located on Route 11 South, just three miles out of town, the Bait Hole trails provide good views of Mt Katahdin and can be skied with a minimum of snow cover. The trails are wide, well-groomed, and mostly flat. Skiers and snow-shoers can take the 3 mile Bait Hole Loop or take short cuts or add side loops to reduce or increase the distance from 1-8 miles.

Don spends about 200 hours preparing the trails in the off-season. He utilizes his chain saw to cut up "blow-downs" and removes the debris from the trails. He also requested and received an ENCorps

stipend to repair the parking lot. Don spends another 200 hours maintaining the trails during the winter. He uses the Northern Timber Cruisers' snowmobile with a groomer/track setter after each snow storm of over six inches to groom the trails and he clears any debris he finds.

You can learn more about Millinocket's free cross country ski trails by logging on to their website at www.katahdinmaine.com. Click Recreational Activities, then click X-Country Skiing. To make a donation, send your check to: Northern Timber Cruisers, P.O. Box 269, Millinocket, ME 04462, Attention "Ski Trails."

For updated ski conditions on the trails, please call Don Nodine at 207-723-4329. Thank you, Don, for encouraging us to get outside and enjoy our Maine winters!

Resources & Links

Free eBook: The Next Big Event

<http://bit.ly/pncFpo>

Download the eBook *10 Resolutions for Online Fundraising and Marketing Success in 2012* to get a taste of how to start putting fundraising first, make little website changes that have a huge impact, determine your mobile needs and strategies, use social media even more wisely, and much more.

Hour Exchange Portland

www.hourexchangeportland.org

The concept is simple. Help a neighbor in need and earn credit for each hour of service. In exchange, you can spend your time credits on any of the hundreds of different services that other members offer.

Got News?

Share your news, stories and updates with ENCorps eNews!

Email carol@encoreleaders.org

Grant Station Free E-Newsletter

<http://www.grantstation.com>

If you want to learn more about possible funding opportunities for your organization, sign up today to have the GrantStation Insider delivered to you every week. This newsletter is the most widely distributed funding bulletin worldwide. For the next several months you can sign up to receive the Insider every Monday through April 2, 2012 at no cost.



Get Ready!
2012 ENCorps Summit



See page 6 for details!



Meet **DAVE STANSFIELD**, a former engineer at the Portsmouth Naval Shipyard and current member of Encore Leadership Corps. Dave lives in South Berwick where he serves on Town of South Berwick Building Committee and as a volunteer for the Friends of the South Berwick Library.

The library, which has been housed for the last 40 years in the historic Jewett Eastman House – the childhood home of 19th century author Sarah Orne Jewett – offers only 1500 sq ft of space, leaving very little room for programming and book stacks.

The people of South Berwick, a town of about 7,000, have been wanting a new library for the last decade, so when the former St. Michael's Catholic Church, circa 1880, came up for sale, the town decided to buy it and the 2.5 acres of land it sits on. Located in the center of town and bordering the South Berwick Central School, the site also includes a walking path.

In 2009-2010 Dave and the Building Committee worked with the Town Council to propose and pass a \$1.5 million bond. In addition to bond monies, the committee got a Brownfields and Land Revitalization grant from the EPA to remove hazardous materials such as lead paint, mold and asbestos, and a perimeter drain to remediate a mold issue.

The new library, with an 1,800 square foot addition, will offer more than four times the space of the old library. The addition, into which the library is slated to move on March 1, 2012, will include a children's area and a portion of the book collection, along with office and work areas, and restrooms. Two temporary walls separate the addition from the rest of the library in the former sanctuary, which will be completed later.

Geothermal wells will provide basic heating and



Dave Stansfield (top) and renovations to the former St. Michael's Church, soon to be the new site of the new South Berwick Library.

cooling and the heating system will be a hybrid that includes geothermal energy and a supplemental propane hot air system. The steeple is being restored, with new siding and shingles added near the top to make it water tight. A handicap accessible main entrance and stairway near the back of the building will open onto the driveway/parking lot area. The library entrance area will also serve as a patio that provides social space.

As the Friends of South Berwick Library continue to raise money, interior construction work will include electrical, millwork, plaster and paint, and carpeting. Funds also will be raised to buy furniture and equipment and to landscape the property.

One of the casualties of the renovation was the old St. Michael's Rectory, which needed to be

continued page 4

Library... from page 3

removed to accommodate the new addition. Many in town, including the Historical Society, wanted to rehabilitate the building rather than tear it down, so local developer Russell Tarason moved the rectory intact to a new foundation on a parcel of land on Main Street, saving the town money on removal. The rectory will be rehabilitated into rental units.

Dave and the Friends of the South Berwick Library plan to raise another \$1 million to complete the project. With continued collaboration, community support, and enthusiastic champions like Dave, the town of South Berwick will have a new library that fulfills its mission as a “cultural town commons.”

Watch a Maine Watch episode on the evolving role of Maine’s libraries, including the South Berwick Library, at <http://bit.ly/yeZSEH>.

To get involved with the Friends of the South Berwick Library visit their website at www.friendsofsouthberwicklibrary.org.



The former sanctuary, above, will house the majority of the library and will be finished with money raised by the Friends of the South Berwick Library.

“Nobody made a greater mistake than he who did nothing because he could only do a little.”

– Edmond Burke

Welcome New Members!

- David Bully, Millinocket
- William Dopheide, Belfast
- Gloria Mallett, Portland
- Betty Parsons, Cedar Lake Township

Summit Workshop Survey: Give us Your Feedback!

ENCORps staff and Summit Planning Committee members would like to be sure that we provide the most current and pertinent workshop and discussion topics for members participating in the upcoming 2012 ENCORps Summit on May 21-22 at Point Lookout in Northport. Please take a few minutes to answer this important questionnaire by following the link below and respond by February 10th. Thank you!

{ <https://www.surveymonkey.com/s/F5WTF5S> }



Benefits of ENCORps Membership

- Free attendance to trainings
- Stipend awards
- Referral program
- Networking opportunities
- Two-day annual Summit
- Education from local and national experts
- Staff support

The opportunity to make a difference!



Upcoming Events

ENCOrps will offer 10 scholarships to ENCOrps members – on a first-come, first-served basis – to attend upcoming Downtown Institutes. Contact Patti Foden to apply for your scholarship.

DOWNTOWN INSTITUTES

The Maine Downtown Institute, now in its third year, provides the essential training every community leader must know to boost your local downtown economy and leave a lasting legacy. Upcoming Institute events include:

Small Business Development, Recruitment and Retention for Downtowns: *How to Survive in (Small) Business and Keep on Thriving!*

Date: February, 17, 9 AM - Noon
Location: Engine Arts, Biddeford
\$35; includes breakfast

Green Design, Good Design: *Historic Preservation and Smart Energy Solutions*

Date: March 16, 9 AM - Noon
Location: Bath Savings Institution, Bath
\$35; includes breakfast

ENGAGING VOLUNTEERS TO JUMP ON BOARD – YOUR BOARD OR PROJECT

Date: March 30, 2012, 11:00 AM - 1:00 PM
Location: University of Maine, Farmington
Deb Burwell from Paddling the Rapids will present this workshop designed to help you engage volunteers or board members in the work you're so passionate about. Lunch will be served.

FACEBOOK 101

Date: April 10,
9:00 AM - Noon
Location: 124 Eastport Hall, University of Maine, Bangor
Learn how to use Facebook to connect with others and promote your organization or project. A light breakfast will be served.



➔ RSVP to Patti Foden, Program Coordinator, at 207-767-5352 or info@encoreleaders.org. All ENCOrps meetings and workshops are free for ENCOrps members and their guests.

SOCIAL POWER: THE EMERGENCE OF SOCIAL MEDIA AS A FORCE FOR SOCIAL CHANGE

Date: April 11, 2012
Location: Colby College
Cost: Entire Conference – \$95 Members/\$140 Non-Members; Lunch/Keynote and Afternoon Workshops – \$65 Members/\$100 Non-Members; Reception/Dinner and Awards Program – \$50 Members/\$75 Non-Member

The Maine Association of Nonprofits (MANP) and Colby College invite you to the 4th annual Nonprofit Leadership Conference. This year's keynote and workshops will help participants understand the relationship between social media and collaboration for social change, the effects of social entrepreneurship and how these lead to stronger social organizations and networks. A full conference brochure will be available on February 24th with registration opening on MANP's website www.nonprofitmaine.org on February 15th.

Save the Date



ENCORPS Leadership Summit May 21-22, 2012 Point Lookout Resort

This year's ENCorps Summit is a great chance to meet new people, learn about smart growth and leadership, and develop skills that will help you as a community leader and volunteer. The summit is **free** for ENCorps members!

- Learn from local and national experts
- Be inspired by the work of fellow ENCorps members through panel presentations and exhibits
- Enjoy interactive sessions, a downtown tour of Belfast and the many amenities of Point Lookout, including outstanding views of Penobscot Bay, state-of-the-art fitness and bowling entertainment complex, hiking trails, beach access and more.

Bringing a friend to the summit this year? Now is the time to get them signed up for ENCorps! All new membership applications should be received no later than May 1, 2012, in order to attend the summit.

For more information:
207-262-7928
info@encoreleaders.org
www.encoreleaders.org

Lodging is provided, and travel is also provided for those who need it.

Full summit program will be available in early April 2012



Volunteer Opportunities



ENCorps Needs You!

SUMMIT PLANNING

- Serve as a presenter on a panel talking about your project
 - Volunteer on-site during the summit to help with registrations, time keeping for sessions, etc.
- To participate in planning for the 2012 ENCorps Summit, please contact Mia Noyes at mia.noyes@umit.maine.edu or 207-262-7931, or write to: Attention Mia Noyes, UMaine Center on Aging, Camden Hall, 25 Texas Ave, Bangor, ME 04401.

PROGRAM DEVELOPMENT & PROMOTION

- Serve on ENCorps' Advisory Board (upcoming)
- Serve as a local Ambassador by promoting ENCorps during a brief presentation to local groups
- Tell your friends and family about ENCorps
- Serve as a workshop presenter

REGIONAL GATHERINGS

- Serve as a host for local regional gatherings by helping us find a meeting location, welcoming people, running meetings, and setting up future meeting dates.
- To participate in program development/promotion or the regional gatherings, please contact Patti Foden at info@encoreleaders.org or 207-767-5352, or write to: Attention Patti Foden, UMaine Center on Aging, Camden Hall, 25 Texas Ave, Bangor, ME 04401.

Living Well for Better Health Volunteer Leader Training

FREE four day training
March 15, 16, 22, 23
8:30 am – 4:30 pm
(Must attend all four days for certification)
Southern Maine Agency on Aging Scarborough

Become a workshop leader

- Make a difference in your community
- Gain satisfaction from helping others
- Develop skills for jobs/volunteer positions
- You don't need to be a health professional to become a leader

What is Living Well for Better Health?

- A program of SMAA's Healthy Aging Division
- A nationally-recognized self-management program for adults of all ages who have ongoing (chronic) health problems or who care for people who do
- A workshop proven to lower costs and improve health outcomes
- A workshop meeting 2 1/2 hours a week for 6 weeks



For more information and to register, contact Anne Murray at (800) 427-7411, x529 or amurray@smaa.org

Volunteer Hours to Date

20+ Hours

Kyle Allen
Mary E. Andrews
Lynn DeGrenier
Elaine DuBois
Jane Fairchild
Oscar Feagin
Roberta Goodell
Jim Goodson
Harold F. Goodwin
Dorothy Havey
Sherry Miller Welch
Jim Nichols
Ingrid Perry
Sharon Phelan
Norma Simpson

50+ Hours

Candace Austin
Steve Demaio
Stephanie Emens
Kate Harris
David Howe
Ardis Mayo-McNeil
Judy Merck
Peter Reilly
Nancy Rosalie

100+ Hours

Linda Bradford
William Brown, Sr.
Dick DuBois
Leslie Gilliland
William Gilliland
Nancy Hoffman
Sandra Hopkins
William McPeck
Mary Neal
Jim Pierce
Marianne Reynolds
Joan Shapleigh
Toby Simon
Donna Waterman

200+ Hours

Mary Berger
Alice Bolstridge
Chris Corbett
Thomas Gruber, Jr.
Julia Emily Hathaway
Beverly Johnson
Sue Kircheis
Eileen Kreutz
Sue Mackey Andrews
Heidi Munro
Sandy Olsen

Leelaine Picker
Norma Rossel
David Stansfield
Lorraine Taft
Warren Wind

500+ Hours

Michael Costello
Hugo Diaz
Don Nodine
Frank Ober
Tricia Wurple

800+ Hours

Ed Anderson
Kerry Corthell
Pam Matthews
Dick Matthews
Debbie Mullen
Phyllis vonHerrlich

1,000+ Hours

Alice Morgan

**Total Hours
Reported
18,302.35!**

Why Report Hours?

The purpose of ENCorps is to support your efforts to improve your community with training and networking opportunities. All of our programming – the Summit and training events – are free for ENCorps Volunteers.

Since we are privately funded through grants, we need to report how you're doing. One tangible way is to keep track of our volunteers' hours each month. It's also a great way for us to acknowledge your good work!

Please help us by reporting your hours by the 15th of the following month (for February hours, please report by March 15). To do so go to: www.encoreleaders.org

- Click Submit Your Hours
- Fill out the form and hit SEND

Thank you for your help!

Volunteer Opportunities... cont'd.



Beginning with Habitat

Beginning with Habitat (BwH), is a habitat-based approach to conserving wildlife and plant habitat on a landscape scale. The goal of the program is to maintain sufficient habitat to support all native plant and animal species currently breeding in Maine. BwH compiles habitat information from multiple sources, integrates it into one package, and makes it accessible to towns, land trusts, conservation organizations and others to use. BwH is a collaborative program of federal, state, and local agencies and non-governmental organizations.

Go to www.beginningwithhabitat.org for more information and to see how you can help.

Healthy Aging Lunch & Learn

On December 6, Nadine Villani, FNP / Patient Educator from the Health Access Network joined ENCorps members and their guests to discuss healthy aging. Since the number of Americans with diabetes has more than tripled from 1980 through 2009, Nadine began with some facts about diabetes. The Centers for Disease Control and Prevention have reported the following statistics:

- Among US residents aged 65 and over, 10.9 million or 26.9 %, had diabetes in 2010.
- In 2005-2008, 50% of adults aged 65 and over had pre-diabetes.
- Diabetes is the leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the United States.
- Diabetes is a major cause of heart disease and stroke.
- Diabetes is the seventh leading cause of death in the US. Overall, the risk for death among people with diabetes is about twice that of people of similar age but without diabetes.

The good news... The Diabetes Prevention Program (DPP), a large prevention study of people at high risk for diabetes, showed that lifestyle intervention to lose weight and increase physical activity reduced the development of Type 2 diabetes by 71% among adults 60 years and older in a 3 year period.

Nadine explained that losing just 10% of body weight is effective in preventing diabetes. She



recommended reading nutrition labels, looking especially for serving size, carbohydrates and sodium. The intention is to keep the carbohydrate count to 45 grams per meal and 15 per snack. Some serving sizes are deceiving, such as bread, where a label may state a serving as 1 slice.

She also emphasized the importance of exercising 3-5 times a week for 20-45 minutes. This helps the body absorb sugar, burns calories, and keeps one feeling good. Consider taking a walk, using the stairs or vacuuming. Housework counts!

A final caution from Nadine concerned beverages. A 12 oz can of soda contains 40 grams of sugar, which is close to 10 teaspoons. Many sports drinks are high in sugar as well. Nadine recommends drinking water instead.

Healthy volunteers are helpful volunteers. To stay healthy remember to eat a well-balanced diet; include 2 1/2 – 5 cups of vegetables / fruit, whole grains, lean protein, and 2-3 servings of non-fat or light dairy a day; exercise regularly; and drink plenty of water.

Type 2 diabetes was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes. In adults, Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes. It usually begins as insulin resistance disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce it. Type 2 diabetes is associated with older age, obesity, family history of diabetes, history of gestational diabetes, physical inactivity, and race / ethnicity.

– Centers for Disease Control and Prevention

Please cut out and share this with the organizations for which you volunteer!



Call for Exhibitors!

Encore Leadership Corps (ENCORPS) is a volunteer training and support program for individuals 50+ across Maine who are interested in doing volunteer work that helps to build stronger communities and a healthier environment in the state.

- **Showcase Your Volunteer Opportunities**
- **Share Information About Your Program/Service**
- **Reach an Enthusiastic Group of Older Adults**

WHAT: The Encore Leadership Corps Leadership Summit

WHERE: Point Lookout Resort & Conference Center, Northport, Maine

WHEN: Monday, May 21 & Tuesday, May 22, 2012

WHO: This event will provide your organization with the unique opportunity to showcase your program and/or services to older adults who are community-minded volunteers.

BOOTH RATES: **FREE!** However, available tables are limited.

Table reservations are on a first-come, first-serve basis.

To reserve your table, please contact:

Prudence Searl

(207)262-7925

prudence.searl@umit.maine.edu



community**experience**
PARTNERSHIP

ENCORPS Staff

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ENCORPS is a program of the University of Maine Center on Aging in partnership with the Maine Community Foundation and with the cooperation of local, state, and national organizations. Initial project funding is provided by the U.S. Environmental Protection Agency's Aging Initiative and the Atlantic Philanthropies.

Call 207-262-7928

E-mail staff at info@encoreleaders.org

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