



ENCORPS eNews

Up to the minute developments at ENCorps •• June/July 2012

In This Issue

2

Summit Photos

3

Upcoming Events

4

Volunteer
in Action:
Conrad Wurtz

6

Volunteer
Opportunities
Resources & Links

7

What is CEP?
Celebrate ENCorps!

8

New Members

9

Volunteer Hours

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ENCORPS Members Take to the Summit

More than 95 Maine volunteers gathered at this year's ENCorps Summit, held at Point Lookout Resort in Northport in May, to share ideas, learn new skills, and become inspired to continue their work with renewed enthusiasm.

The 2012 Summit featured exciting presentations by Dan Burden, Executive Director of Walkable and Liveable Communities, who explained how walkability and livability benefit a community; Linda Silka, Director of the Margaret Chase Smith Policy Center, who talked about how diverse organizations can find commonalities that make it possible to work together to strengthen communities; and Nancy Smith, Director of GrowSmart Maine, who explored Charting Maine's Future, which was released in the fall of 2006 at a statewide summit attended by more than 800 people, which attracted the enthusiasm of people across the state with a common vision of Maine's promise and who support bringing that vision to reality.

Skill-building workshops were offered throughout the day on Tuesday, including breakout sessions featuring ENCorps member roundtables on the topics of Environment and Conservation, Health and Wellness, Building a Sense of Community, and Economic and Business Development.

Participants chose an afternoon activity on a gorgeous Monday afternoon that included a ride on the historic Belfast & Moosehead Lake Railroad, a tour of downtown Belfast, visiting the famous Belfast Food Co-op or hiking Mount Percival, and the day ended with an on-site nature walk on the trails of Point Lookout.

On Monday evening, the North Star Sisters and John McIntire entertained the group with a contra-dance.

The 2012 Summit was a true success – incorporating networking and learning opportunities for Maine's experienced volunteers. Stay tuned for the announcement of next year's Summit dates. And remember, training programs and events, including the Summit and upcoming workshops (see page 3), are free for ENCorps volunteers. We'll see you there!

Summit photos page 2



Speaker Dan Burden meets ENCorps members at the Summit at Point Lookout in May.

Find the SUN ☀️ (because we could really use it about now...!) Find all of the suns (not including this one!) in this issue of ENCorps eNews and email your total to carol@encoreleaders.org by June 15th to enter to win a \$25 LL Bean gift card!

Summit 2012





Upcoming Events

9TH ANNUAL ORONO BOG BOARDWALK YARD SALE

WHEN: Saturday, June 16, 8 am - 4 pm

WHERE: 139 Main St, Orono

To donate items, contact ENCorps member Lynn DeGrenier at 207-942-2264 or

kayakcats@myfairpoint.net.

WHERE ARE THE VOLUNTEERS – AND WHAT DO YOU SAY AFTER “HELLO?”

WHEN: September 13, 11:00 – 1:00

WHERE: Portland TBD

Are you looking for people in your community to help you with a project or fund-raiser? Does your organization need “new blood?” Anne Schink, Principal of ABS Consulting, will share her years of experience recruiting and retaining volunteers. This workshop will cover:

- Where do you find volunteers of all generations?
- What would you like them to do?
- Making the ask

COMMON GROUND FAIR

WHEN: September 21-23

WHERE: Unity, Maine

Encore Leadership Corps is looking for volunteers to represent ENCorps by staffing our table at the Common Ground Fair. Eight volunteers will receive a ticket for free admission. If interested, please contact Patti Foden.

DEALING WITH CHALLENGING PEOPLE

WHEN: October 19, 11:00 – 1:00

WHERE: Augusta TBD

A representative from Dale Carnegie will lead this informative workshop and provide strategies for communicating and working with the challenging people in your organization.

REGIONAL MEETINGS

WHEN: October 2012, date TBD

WHERE: Locations TBD

ENCorps regional meetings will be held in Portland, Augusta, the Midcoast area and Bangor.

FROM CAMERA TO COMPUTER & BEYOND

WHEN: November 6, 10:00 – 1:00

WHERE: Coastal Enterprises Inc., 36 Water Street, Wiscasset

Marty Welt will demonstrate how to get your photos from camera to computer and beyond. This workshop will be useful to those who produce newsletters, flyers or other marketing materials for your organizations.

➔ 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.



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!



Meet **CONRAD WURTZ**. He is described by many names: Dr. Wurtz, husband, dad, granddad, and now a support coach (Sage) of A Matter of Balance. Connie volunteers as a Sage of the exercise class for Seniors held at the YMCA at Pineland Farms. For two hours, once a week for eight weeks, he inspires others to keep moving for better balance and better health.

A psychologist for over 50 years, Connie has always enjoyed helping people. He decided to take a coach training for A Matter of Balance offered by the Southern Maine Area Agency on Aging to keep up his people skills and to do something of value in his retirement. He read that research has shown regular exercise helps prevent people from falling, helps prevent broken bones and strains, and lessens medical bills. He decided it was an ideal volunteer opportunity for him.

Connie is married to Betty Wurtz and they have 5 children and nine grandchildren. Originally from



the mid-west, they came to Maine in 1972. Connie was the Superintendent of Pineland for 2½ years before he left for private practice, where he worked with children and families in Auburn and Brunswick for 30 years. Connie and Betty enjoy many activities together such as party politics, productions at the Portland Stage Co, programs at LA Arts and the Acorn Theater, reading informative books, and of course, Encore Leadership Corps.

At 86, Connie continues to help others and inspires us to keep moving, stay connected, and be an active member of the community. Thank you, Connie!



A Matter of Balance

A Matter of Balance is an award winning falls prevention program designed to reduce the fear of falling and increase activity levels of older adults who have concerns about falls. The program uses trained volunteer coaches to teach eight two-hour sessions to encourage participants to take control of their health through lifestyle and behavioral changes.

The classes help participants to:

- View falls and fear of falling as controllable
- Set realistic goals for increased activity

continued next page

- Change their environment to reduce fall risk factors
- Promote exercise to increase strength and balance

Past participants report the following outcomes:

- 97% are more comfortable talking about the fear of falling
- 97% feel comfortable increasing activity
- 99% plan to continue exercising
- 98% would recommend A Matter of Balance

Partnership for Healthy Aging, created by MaineHealth, has successfully developed and distributed the Matter of Balance Volunteer Lay Leader Model throughout Maine and 36 other states. The program collaborates with Maine's Office of Elder Services, the Maine Center of Disease Control, Area Agencies on Aging, and other community partners in Healthy Choices for ME!, a statewide effort to advance evidence-based prevention and wellness programs in Maine.

To register for A Matter of Balance, or become a coach or leader, contact Michelle Nevers at Mainehealth: neverm@mainehealth.org or 207-661-7570.

To register in Southern Maine, contact Liz Weaver at 207-396-6583 or Liz Weaver lweaver@SMAAA.org.

Visit their website for more information: www.mainehealth.org/pfha.

Got News?

Share your news, stories and updates with ENCorps eNews!
Email carol@encoreleaders.org

Project Stipends Available

For those of you who were able to attend our Summit gatherings, we're sure you were struck by the enthusiasm, interest, and commitment that our volunteers have for their communities. We were!

We also had the opportunity to listen to your requests and are working hard to craft a program that supports you as a volunteer, including our line-up of workshops based on your input. As a member of ENCorps, you have access to support, education, and other assistance to help you continue vital volunteer work within your local community.

We are once again pleased to announce the availability of volunteer stipends to support your volunteer role. This stipend can be used to cover any costs associated with your volunteer work so please consider submitting a volunteer stipend request! Please see the information below for more details about this great opportunity:

There are 10 stipends available. If selected by ENCorps staff from the pool of applicants, volunteers will receive a stipend of \$200.

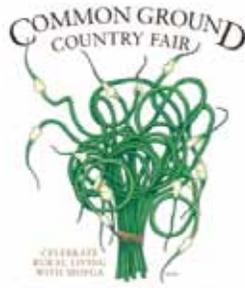
- Any active ENCorps volunteer can submit a stipend request.
- If you receive a stipend, we would like to visit you while at your volunteer location so we can see your work in action and learn more about the important issues in your community.
- Your work may be featured in the ENCorps newsletter and at the ENCorps Summit!
- Please submit your request no later than **September 15th!**

Contact Patti Foden at 207-767-5352 or info@encoreleaders.org.

Volunteer Opportunities

ENCorps at the Common Ground Fair

Encore Leadership Corps is looking for volunteers to represent ENCorps by staffing our table at the Common Ground Fair in Unity on September 21-23. Eight volunteers will receive a ticket for free admission.



Contact Patti Foden: 207-767-5352 or info@encoreleaders.org

Goodwill Industries of Northern New England (Portland)

Goodwill needs volunteers to teach basic computer skills at Goodwill Workforce Solutions. By sharing your knowledge of the bare-bones basics of computer use, Microsoft Word, and internet browsing and searching, you can have an enormous impact on the lives of the unemployed members of your community.

Contact Briana Markoff: 207-370-3920 or briana.markoff@goodwillnne.org

Mad Horse Theatre Company (South Portland)

Mad Horse Theatre Company is looking for people to join their Board of Directors.

Contact Stephen Gaal: 207-730-2389 or madhorsetheatre@gmail.com

Coastal Children's Museum (Rockland)

The museum is looking for volunteers for their Summer Family Day at Sharp's Point and other events that are coming up.

Contact Marcy Simpson: 207-596-3195 or info@coastalchildrensmuseum.org

American Folk Festival 1st Annual Yard Sale

Saturday, June 9, 7 am - 4 pm
Husson University in Bangor

To donate items or volunteer to help, contact Monique Bolduc at mbolduc@emh.org or Jodie Kandel at jkandel@sgceng.com

Resources & Links

Learning More About Bone Health Seniors Plus Education Center www.seniorsplus.org

Osteoporosis is a condition in which the bones become weak and can break easily. It's called the "silent disease" because there are often no signs or symptoms until a bone breaks. Alma Jordan, CMMC Technologist, will teach participants about the risk factors and prevention in this free workshop on Wednesday, June 20, 2012, 1:00 - 3:30 pm, 8 Falcon Road, Lewiston. To register, call 795-4010 or 1-800-427-1241.

L.L. Bean Steward Grants Available www.mltn.org

L.L. Bean has teamed up with Maine Coast Heritage Trust to provide grant support to Maine's land trust community. Together, L.L. Bean and MCHT will work to enhance the capacity of Maine's land trusts in support of their land conservation activities and the protection of Maine's outdoor heritage and natural landscapes. For Program Details visit the website or call 207-729-7366.

What is CEP?

Community Experience Partnership is a partnership of community foundations working on the ground to demonstrate the unique contributions older adults can make in U.S. communities.

Partnering foundations are working to tap the vast potential of America's largest, best educated and healthiest generation ever to move into and beyond its 60s.

Their work involves:

- Research into community readiness to engage people over 60 in ways that value their experience, encourage their continued development, and connect their energies, skills and passions with pressing social needs.
- Programs that bring community leaders from all sectors together to examine policies and practices, and provide people over 60 with on-ramps to learning, service and work that generate new results in areas of priority community need.

- Communications that create new awareness of the contributions of older adults and shift perceptions of their role in society – from retirees on the sidelines to active participants in building the fabric of community.

Through the Maine Community Foundation, in partnership with the University of Maine Center on Aging, CEP sponsors Encore Leadership Corps (ENCOrps). This partnership focuses on engaging experienced Mainers through ENCOrps by capitalizing on the state's rich assets, particularly its large population of older adults, and its commitment to small community life and rural character.

On June 25, representatives from across the nation from the other community foundations involved with CEP will visit Portland to explore and learn from the work of ENCOrps members, and will host a reception to meet members and celebrate their success.

See the invitation below for information on the June 25 event at the Salt Institute in Portland.

celebrate ENCOrps



Join us for a special evening
to celebrate ENCOrps

Cocktail Reception

Monday, June 25, 2012, 5:30 - 7:00
Salt Institute for Documentary Studies
561 Congress Street, Portland

RSVP to prudence.searl@umit.maine.edu
262-7925 by JUNE 14.

Welcome New Members!

- Carol Brodeur
- Charlie Cirame
- Teresa Costello
- Cindy Dunham
- Jim Dunham
- Pamela Edwards
- Jane Hall
- Ken Hamilton
- Carolyn Hardman
- Karen Hartnagle
- Mary Hitchcock
- Edward Kahora
- Pamela Kahora
- John Knox
- Gary Langrange
- Maureen Manero
- Deborah McLean
- David Morgan
- Nancy Morgan
- Becky Morse
- Frank Mundo
- Karen Mundo
- Anne Mundy
- Louise Nisbet
- Rita Page
- Amy Palmer
- Wanda Raich
- Nanette Redmond
- Greg Rossel
- Joyce St. Pierre
- Roger St. Pierre
- Marie Zwicker



ENCORPS Members Receive Awards

ENCORPS members and their volunteer projects were honored for efforts to revitalize their downtowns during at the 12th annual Maine Downtown Conference, *Innovation Meets Main Street*, held in Farmington in May.

PHYLLIS VONHERRLICH and the Augusta Downtown Alliance received the Maine Downtown Network of the Year award.

LORAIN FRANCIS and Rockland Main Street, received the Outstanding Promotional Event of the Year award for the Lobster Trap Tree.

“One is not born into the world to do everything but to do something.”

--Henry David Thoreau

Thank You for Helping Us Grow! ☀

ENCORPS has welcomed 52 new members since the beginning of the year! The more members we have the better networking opportunities we can provide. Much of our membership recruitment is done through word-of-mouth so it is our current members who help us to grow.

Call or email Patti Foden at 207-767-5352 or info@encoreleaders.org if you'd like to have ambassador cards (see right) to hand out to potential members. And thank you for helping our numbers multiply!!!



Volunteer Hours Since Joining ENCorps

20+ Hours

Mary Andrews
Elaine DuBois
Jane Fairchild
Oscar Feagin
Roberta Goodell
Jim Goodson
Harold Goodwin
Jane Hall
Marie Khoury
Eileen Liddy
Jim McGrath
Deborah McClean
Sherry Miller Welch
Jim Nichols
Ingrid Perry
Gail Peters
Sharon Phelan
Greg Rossel
Joyce St. Pierre
Roger St. Pierre
Mary Turner

50+ Hours

Lynn DeGrenier
Cindy Dunham
Jim Dunham
Stephanie Emens
Kate Harris
Dorothy Havey
Ardis Mayo-McNeil

Judy Merck
Frank Mundo
Priscilla Payne
Nancy Prince
Peter Reilly
Norma Simpson

100 + Hours

Candace Austin
William Brown, Sr.
Steve Demaio
Richard DuBois
Leslie Gilliland
William Gilliland
Nancy Hoffman
Sandra Hopkins
David Howe
William McPeck
Mary Neal
Amy Palmer
Jim Pierce
Marianne Reynolds
Nancy Rosalie
Joan Shapleigh
Toby Simon

200 + Hours

Alice Bolstridge
Linda Bradford
Chris Corbett
Thomas Gruber, Jr.
Beverly Johnson

Sue Kircheis
Sue Mackey Andrews
Heidi Munro
Sandy Olsen
Norma Rossel
David Stansfield
Lorraine Taft
Donna Waterman
Warren Wind

500 + Hours

Mary Berger
Hugo Diaz
Julia Emily Hathaway
Eileen Kreutz
Frank Ober
Leelaine Picker
Patricia Wurplel

800 + Hours

Ed Anderson
Kerry Corthell
Michael Costello
Debbie Mullen
Don Nodine
Phyllis vonHerrlich

1000 + Hours

Pam Matthews
Dick Matthews
Alice Morgan

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 June hours, please report by July 15). To do so go to:

www.ensembleaders.org

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

Thank you for your help!

Total Hours Reported:

21, 969

8th Annual Secret Gardens of Portland Tour

Take a self-guided tour to discover some of Portland's urban sanctuaries. Speak with local gardeners and learn their tips and tricks. Stop in at the Reiche School for demos, food, crafts, and garden tours led by students.

Proceeds from ticket sales benefit The Opportunity Alliance's Foster Grandparent and Senior Companion Programs.

Buy tickets at **www.opportunityalliance.org**.

Saturday, June 16, 2012

10 AM-3:30 PM

Rain or Shine

\$17.50 in advance

\$20.00 day of the event

ENCorps Staff

Dr. Lenard Kaye, D.S.W./Ph.D.
Program Director

Jennifer Crittenden, M.S.W.
Program Manager

David C. Wihry, M.P. A.
Research Associate

Patti Foden, B.A.
Program Coordinator

Carol Hammond, B.A.
Marketing Coordinator

Mia Noyes
Graduate Assistant

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.

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Call 207-262-7928

E-mail staff at info@encoreleaders.org

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community**experience**
PARTNERSHIP

