



On Belay! News from the HLD Alumni Association
To connect, serve, learn, and advise

June 2015

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Fall Alumni Retreat

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**Yearning for Outward Bound?
Need a Leadership Booster?
We've Got Just the Thing!**

**HLD Alumni Association
Board of Directors
2014 - 2015**

The **HLD Alumni Council** has planned an HLD Alumni Retreat weekend scheduled for September 19th & 20th. This event will provide a great opportunity to re-connect with your HLD friends and colleagues and meet new friends as well.

We all have a common experience and we would like to keep our HLD Alumni community strong. The Flagstaff Hut, which is part of the Maine Huts and Trails, provides a great location to gather and there are many options of activities, such as hiking, biking, paddling, fishing, bird watching, book group conversation and whatever HLD Alumni volunteer to lead. Most importantly we will have the opportunity to visit with one another.

This is the first time that we are doing such an event and we want as many people as possible to join in - this is what will make it truly successful! A special thank you to **Poppy Arford** and **Melissa Caminiti** for all of the great work that they have done to plan this weekend.

- HLD I**
Kevin Lewis
Peter Sirois
- HLD II**
Steve Keegan
Ron Pelton
- HLD III**
Cheryl Davis
Diane Madden
- HLD IV**
Mary Ann Amrich
Sarah Dubay
- HLD V**
Michele McCormick
Chris Muffett
Lorrie Marquis
Jana Purrell
Rhonda Selvin
- HLD VI**
Poppy Thacher Arford
Ruth Erdman

HLD VII

Kelly Bickmore
Melissa Caminiti
Donna Guenther
Dee Kerry deHass

Please make a reservation at your earliest convenience so that we can continue the planning process.

Click and Make Your Reservation 

During this one night adventure, you can plan on the [agenda](#) having relaxed to more challenging outdoor activities to choose from along with time for community building activities (conversations, entertainment, etc).

If you are interested in leading a group activity, facilitating a group dialogue, or entertaining us with jokes or stories we need to hear from you. Please send an email with a brief description of what you would like to do to both [Melissa Caminiti](#) and [Poppy Arford](#) no later than **July 1st**.

RESERVATION INFORMATION

- Reservations are now open and will close on August 10th.
- 32 bunks are available in 4, 6, or 8 person bunkrooms and 8 beds available in 2 person private rooms.
- First come first serve for making reservations and selecting bunkrooms
- When all bunks/beds are reserved we will notify Alumni by email that the program is closed.
- The group rate is \$80 per person for bunkrooms and \$100 per person for private rooms.
- All fees due at time of reservation. Unfortunately, no reservation refunds available.
- The rate includes: Overnight accommodations, Saturday evening meal, Sunday breakfast, & Sunday lunch.
- Lunch available on Saturday to buy (\$8-\$12 price range). You may also pack in a lunch and/or snacks.
- Alcoholic beverages, juice, tea and coffee will be available for purchase. This is not a BYOB facility.
- Please note that charging of personal electronic devices is not allowed in the Huts.

Meet Judiann Smith: Hanley Center Executive Director and HLD Alumna

Judiann Smith (III) has started her new job as the Executive Director for the Hanley Center. Our newsletter team caught up with Judiann recently to talk about life, HLD and how to support the Hanley Center.

HLD: Tell us who are you, Judiann?

JS: Before all else, I am a wife, mother, sister and daughter. I grew up in a 2 light small town in northern

New Jersey (NOT an oxymoron!), went to undergrad at St. Bonaventure University in upstate New York (looks a lot like rural Maine out there!), and law school at Suffolk Law in Boston (where I mastered my parallel parking skills). *My work history includes working as a paralegal and an insurance adjuster during law school, briefly practicing law at a small construction law firm in Boston and then relocating to Maine with my husband.* We settled in Yarmouth where we've lived ever since.

My husband, Gary, is the Business Manager at Maine Nephrology. We have four children: Mike is a bio-chemistry sophomore at Fairfield University, Abbi is a junior at Yarmouth High School, Lindsey is in 7th grade, and Snickers, our Wheaton Terrier, is 8 years old. Most of my free time is devoted to following my children around with their various sporting and musical events, just being mom.

My roles in Maine have included supervising the election process, drafting new elections laws and coordinating recounts in the Secretary of State's office in Augusta, and then, *18 years as a senior administrator at Spurwink, Maine's largest private non-profit mental health agency.* My roles there included ten years as the Director of Human Resources and eight years working on policy and strategy.

The most significant professional decision I've made was to apply to the Hanley Center's Health Leadership Development program. *It was a game changer for me in terms of focus, passion and professional growth.* The projects I was able to become involved with and the network I gained had a tremendous impact on my work, enabling me to move into a broader healthcare space, seeing beyond my deeply embedded behavioral health silo. And, personally, I gained a large number of new dependable, warm hearted and generous friends that I know I can call upon at any time. I hope they all know they can count on me equally.

HLD: What are you most excited about in your new role?

JS: I am most excited about meeting with healthcare leaders around the state, learning what their needs are, and finding creative ways for the Hanley Center to help meet those needs. There is so much change going on in healthcare and we are ready to support healthcare organizations, not only with our well established HLD & PELI programs, but *with new programs such as dyad training, team training, strategic planning and facilitation services and executive coaching for physicians and other health leaders.* We will continue to add chapters to the "book of Hanley".

HLD: What is your favorite HLD memory?

JS: My favorite HLD memory was the crazy presentation my practicum group made to our HLD III class back when practicum projects were quite a bit less structured than they are today. We all dressed up as different fruits and vegetables and *I played guitar as we sang childhood obesity related lyrics to a Billy Joel song*. Gee, too bad that wasn't captured on video!!

HLD: Why is HLD important to you?

JS: I feel extremely fortunate to have been give this opportunity to lead and grow the Hanley Center for Health Leadership. *Jim Harnar has been a wonderful mentor*. Shadowing him for the past several weeks has provided me with a strong foundation from which to launch. The staff and board are fantastic and I am confident our statewide impact in healthcare will be felt for many years to come.

HLD: What is your leadership philosophy?

JS: While I won't espouse a particular philosophy, I believe the most important traits in a leader are *humility, kindness, integrity and honesty*. I hope the individuals I work with and for will see those traits in me over time.

HLD: How can alumni support the Hanley Center?

JS: Oh my gosh, how many pages do you want to make this newsletter!! There are so many ways, but I think two come to mind above all others.

Engage with the Hanley Center, whether it be through Hanley requests for assistance on specific issue related work (we have a new project coming this summer where we'll be seeking work group assistance in deriving a statewide 5 year plan for health leadership under the SIM project), assisting us in recruiting future class members for both HLD and PELI, donations to the organization's endowment, service on the alumnae council, responding to surveys that go out on occasion as we continue to fine tune our work, and I'm sure there are more engagement opportunities.

Use the tools you've gained through the HLD & PELI programs in all the work you do. Nothing can serve the Hanley Center better than having 500+ trained health leaders and providers working in our communities demonstrating collaborative leadership and well informed management decisions. At the end of the day, it's all about the patients served by our organizations. The buck stops there, and I know patient lives have already improved because of the work of our alumni and the skills and knowledge they gained through Hanley programs.

Here is a link if you would like to contact [Judiann](#).

Alumni Spotlight: Lorrie Marquis

Lorrie Marquis (V), Director of the Pathways to Excellence Department with the Maine Health Management Coalition (MHMC), along with 20 invited guests from 10 states, was in Washington, DC last month to attend the Robert Wood Johnson Foundation's three day [Connect Project](#) event.



The purpose of the event was to bring together health leaders from around the country to learn about effective strategies for communicating with state and federal legislators and to meet with key lawmakers and staffers to discuss issues impacting healthcare in their respective region.

During her visit, Lorrie and Elizabeth Mitchell, CEO of the Network for Regional Health Improvement, met with Senator Susan Collins to brief her on MHMC and NRHI's work and to talk about opportunities for alignment on the federal level. Marquis and Mitchell also met with Senator Angus King and Legislative Aide Patrick O'Neil to discuss strategies for meeting the Triple Aim of improved health, lower costs and improved patient experience.

"I can't thank the Robert Wood Johnson Foundation enough for this incredible opportunity," said Marquis.

Results of Alumni Association Fundraising Survey

The HLD Alumni Association supports an annual HLD scholarship along with annual HLD alumni events. Funds have historically been raised in a variety of ways. In March, the HLD Alumni Council sent out a survey to all HLD alumni to determine interest in setting up a regular alumni dues or fundraising system.

Forty alumni responded to the 5-question survey. The results were:

- 80% of respondents favored an annual drive to collect \$25 dues or fees from each HLD alum.
- 73% supported an option to allow alum to contribute an additional \$25 to cover alum who may be unable to pay their own dues.
- 55% agreed to adding a \$10 fee to HLD Alumni Association events in lieu of dues collections.
- 65% supported an option to allow HLD alum to volunteer their time/ talents in lieu of dues payments.
- Only 28% said that "passing the hat" at HLD Alumni events was a viable alternative to fundraising.

The HLD Alumni Council, consisting of representatives



Tips for communicating with older adults

Does your loved one seem to ignore what you say half of the time? They might not be ignoring you at all...they might just not be able to hear you! There are some simple things you can do to make sure your message is heard.



Common Challenges

More than 1/3 of adults over 65 and over half of those over 85 suffer from significant hearing loss.

Hearing Loss



More than 15 million Americans provide unpaid care for a person with Alzheimer's Disease or other dementias.

Memory Loss



The number of people with cognitive impairment living in the United States is equal to twice the population of New York City.

Cognitive Impairment



What you can do to help

Try not to shout. Shouting actually makes it more difficult for you to enunciate, making it harder for your loved one to understand you.

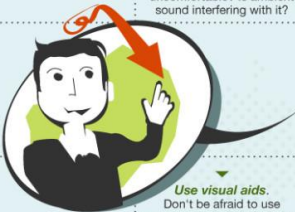


Communicate face to face. We all rely on lip-reading skills to help us understand what we are hearing.

Try to eliminate background noises. Even small noises like radios, TVs or lawnmowers outside can muffle the sound of your voice, making it harder for your loved one to hear you.



Remember that **hearing aids don't always work perfectly.** If you find your loved one is having trouble hearing well with their hearing aid or if they have stopped using it entirely, ask questions to find out more. Is it uncomfortable? Is ambient sound interfering with it?



Slow down and enunciate. Try not to rush through your sentences. You'll be more easily heard by any age.

Use visual aids. Don't be afraid to use your hands or point to objects you are referring to as ways of illustrating what you are saying.



SOURCES: <http://www.chchearing.org/about-hearing-loss/facts-about-hearing-loss>, http://www.wildpoints.org/wild/speech_disorder, http://www.alz.org/downloads/facts_figures_2012.pdf, <http://www.wildpoints.com/Communicate-With-Elder-Adults>

lift simplified caregiving

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