

What Are Our Partners Working On?

The scope of work is robust! Here are a few examples:

What Matters Most

3D Food Printing: Students at **The University of Maine School of Food and Agriculture** are getting creative about addressing the challenges of a soft food diet. Thanks to the purchase of a 3D food printer, students are finding ways to make pureed meals more appetizing.

Southern Maine Health Care's Sanford Family Medicine is finding out What Matters Most to their older patients.. [This simple questionnaire](#) can be easily adopted by other practices and is helping put the 4Ms into practice and keeping care person-centered.

Mind

Senscio Systems designs virtual programming to help patients and practitioners manage chronic conditions. Inspired by the increase in subclinical symptoms of depression brought on by the pandemic, AgingME and Senscio developed a tool to screen for subclinical depression and to teach Senscio Systems members how to take charge of their brain health through personalized early intervention.

Medicines

[AgingME's Patient Education Toolkit](#), features "how-to" information on deprescribing, the planned process of reducing or stopping medications that may no longer be of benefit or may be causing harm. Deprescribing was covered in AgingME's Dementia Reconsidered training [Using Medications Wisely](#).

Mobility

Maine's 5 Area Agencies on Aging have all continued to deliver programs throughout the pandemic. Many of the online classes and events target mobility and social isolation. The agencies offer traditional, evidence-based falls prevention programs like Matter of Balance and Tai Chi as well as newer innovations like Bingocize® (a combination of exercise, health education, and bingo).



- What Matters most (to you): planning the care you want for your future
- Your Mobility: balance and walking
- Your Mind and memory
- Your Medicines

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