



## News Release

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### **Area senior citizens thanked for providing assistance to future nurses at teas held in Presque Isle and Houlton**

*Aroostook County* - Local senior citizens who allowed nursing students from Northern Maine Community College into their homes this fall as part of the College's Well Elder program were thanked for their generous assistance during a tea on November 23 held on the Presque Isle campus as well as the NMCC Off-Campus Center at the Houlton Higher Education Center.

The Well Elder program pairs members of the first year nursing class with healthy senior citizens who volunteer to allow students into their homes throughout the semester to practice their assessment techniques. The unique program has been a part of the nursing curriculum at NMCC for more than a decade.

When visiting their "well elders" NMCC student nurses take vital signs and review medications, home safety and general health lifestyles. Students also gain valuable experience practicing their interview and listening skills.

"You provide a wonderful opportunity for our students to observe and experience 'normal' aging in a home environment," said Kim Esquibel, director of the NMCC nursing and allied health department, to the seniors gathered in Presque Isle and via videoconference to the seniors gathered in Houlton. "The well elder program allows the students to reflect and gain a broad perspective of the aging process. You play an important role in helping to mold the future generation of nurses and we are so appreciative of you allowing the students into your homes."

This was a sentiment shared by the students during the tea, as each had the opportunity to speak briefly, introduce their 'well elder' and share some of their personal thoughts regarding the experience. Several commented on the positive attitude and level of activity of their respective 'well elders', as well as the wonderful life stories they were privileged to hear.

A total of 39 students enrolled in the first year nursing class on the Presque Isle campus and an additional eight students participating in the NMCC nursing program offered at a distance at the Houlton Higher Education Center were engaged in the well elder program this fall.

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*Central Aroostook area residents participating in the Well-Elder program assisting Northern Maine Community College nursing students this fall recently gathered on the NMCC campus for a celebratory tea where they were thanked by the students. Among those gathered at the celebration were (seated, from left) Carol Allen of Presque Isle; Terry Cheney of Mapleton; Clark Jalbert and Marlene Kelley, both of Presque Isle; Carroll Bagley of Mapleton; James Tweedie of Blaine; and Florence Cook of Bridgewater. Standing behind each of their respective well-elders are NMCC first year nursing students Emily Cyr, Leslie Cote, Amy Durland, Reid Hankins, Wendy Adams, Danielle Guerrette, and Amber Bennick.*



*Also taking part in the Well-Elder program and being recognized at the tea on the NMCC campus were were (seated, from left) Claudette Plourde of Fort Kent; Beverly Derrah of Limestone; Annis Roope of Castle Hill; Lavina Corey and Charlene Maynard, both of Washburn. Standing behind each of their respective well-elders are first year nursing students Alix Curtain, Meagan Pelletier, Jessica Reed, Michelle Doody and Jennifer Pinette.*



*Southern Aroostook area residents participating in the Well-Elder program assisting Northern Maine Community College nursing students this fall recently gathered at the Houlton Higher Education Center for a celebratory tea where they were thanked by the students. Gathered at the celebration were (seated, from left) Lowell Cornell, Jr. and Judith Oliver of Haynesville, Richard Desautel and Helen Hagan of Houlton, Arthur Holman and his wife Ann (standing) of Island Falls. Celebrating with and expressing their gratitude to the well elders were (standing, same order) Michele King, Tory Rouse, Jamieson Romanelli, Theresa Duff and Kevin Schmidt.*