

You are invited to join the...

UNE Legacy Scholars Program



*Where generations
learn and grow
together online and in
person...*



INVITATION

The Center for Excellence in Aging & Health invites adults, aged 55+ years, from Maine and elsewhere, to join with our students, faculty and staff in shared scholarship and service in support of healthy, meaning-filled aging.

LEGACY SCHOLARS

Legacy Scholars are willing to participate as subjects in research studies on healthful aging. What's asked will vary by study. One study might involve an online survey or telephone interview. Another might include activities or tests on the UNE campus. Scholars choose the studies they wish to support.

COMMITMENT

Serving as a Legacy Scholar involves volunteering for at least one research study in a given 3-year period. Time commitments can vary from a few hours per year to a few hours per week based on individual preference.

All Scholars support aging-related research at UNE by:

- *Joining a listing (registry) of persons interested in volunteering for research studies. Invitations for studies are sent by email and posted online.*
- *Filling out an annual survey on health & wellness (online or mailed paper).*
- *Being willing, if invited, to participate in interviews with students from various professional disciplines (online or in-person if local).*
- *Attending an Annual Research Summary Workshop where findings are shared and all are acknowledged for their service (online option).*

Does it cost anything to join?

Membership is free. Scholars cover their own travel to in-person classes, study appointments, and events.

How does it benefit volunteers?

Scholars help to advance research at UNE, and lessons from this work may improve the lives of others.

Once enrolled, Scholars become part of the UNE's "Age Friendly" Family and are invited to online lectures, discussion groups, and on-campus events throughout the year.

*** Legacy Scholars are free to say "no" to any research or other activity that does not correspond with their time, energy, or interest. ***

What's the first step?

Prospective Scholars complete the initial registration form (on reverse) or online. A more detailed registration process follows within a few days; this includes a consent form and completion of the first annual survey on personal health and wellness.



INNOVATION FOR A HEALTHIER PLANET

Center for Healthy Aging (CHA)

716 Stevens Avenue, 109 UNE North, Portland, ME 04103

<https://www.une.edu/cha>

Dr. Mary DeSilva, Principal Investigator

mdesilva1@une.edu; (207) 221-4567

UNE Legacy Scholars Program — Initial Registration Survey

Becoming a Legacy Scholar is a two-step process:

- (1) **You indicate your interest** by providing your name, contact information, and a little about you. This information is reviewed by Dr. DeSilva, and you will be assigned an unique ID number as a new Legacy Scholar.
- (2) **Final Registration** occurs a few days later. You will receive an online link by email (or a paper packet to your home if you choose) which explains the commitment to support research at UNE and a consent form to review. If you are comfortable proceeding and sign the consent, the next step is to complete your first annual survey on personal health and wellness. Your answers will help Dr. DeSilva with relevant studies. All personal information you provide is kept confidential.

Once final registration is complete, new Scholars begin receiving our monthly newsletter and invitations for open studies, attending events, recording a life story, etc.

***** I want to join the UNE Legacy Scholars Program. I understand that I can change my mind about participation at any time. I will call Dr. DeSilva at (207) 221-4567 if I have any questions.**

Today's Date: _____ Your Age: _____ Gender: _____

First Name: _____ MI: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Daytime Phone: (_____) _____ Is this your? ___ Cell ___ Land Line

Email: _____ Years of Education (HS = 12): _____

Marital Status: ___ Married ___ Partnered ___ Widowed ___ Divorced/Separated ___ Single

Race: _____ Employment Status: _____

*Please hand in your survey to Dr. DeSilva or her UNE colleague,
OR scan & send it by email, **OR** paper mail it to the address below, **OR** complete it online:*

https://redcap.link/Legacy_Scholars_Registration



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