

Holding Space in Hard Moments:

Supporting Loss,
Caregiver Fatigue, &
End-of-Life Conversations

Tuesday, May 5, 2026
9:00am – 2:00pm
In-Person and Virtual
Hannaford Hall, USM



**Thresholds
Conference**



About

Thresholds is an annual educational conference presented by Andwell Hospice of Southern Maine that brings together members of the public, caregivers, healthcare professionals, business leaders, faith leaders, and individuals from all walks of life to engage in meaningful conversations about end-of-life issues.

Welcome & Our Mission

Welcome to the 2026 Thresholds Conference!

If you're new to Andwell Health Partners, we're glad you're here. As Maine's largest nonprofit independent home and community-based health care organization, we serve individuals of all ages across all sixteen counties, bringing compassionate care into homes and communities. In a health care system often driven by profit, Andwell remains guided by a simple belief: care should always be about people.

As you may have heard, Hospice of Southern Maine has merged with Andwell Health Partners. This union strengthens our shared nonprofit mission and expands our ability to ensure all Mainers have access to high-quality, nonprofit hospice care. We are committed to serving everyone, regardless of age, background, or ability to pay. Our interdisciplinary team, including physicians, nurse practitioners, nurses, social workers, chaplains, hospice aides, grief counselors, and volunteers—provides personalized care that supports patients and families in achieving their health goals. We also offer education and bereavement support as part of our commitment to the communities we serve.

Today's Thresholds Conference continues that mission, offering space for learning, reflection, and meaningful conversation about what matters most at life's critical moments.

Thank you for being with us.

Andrea LeBlanc
Vice-President of Hospice Services
Andwell Health Partners

We Remember Anne L. Hunter



With heartfelt gratitude and deep appreciation, we pay tribute to the Reverend Anne L. Hunter, MD (1943-2013). Dr. Hunter remains etched in our memories as a trailblazer in both medical and spiritual end-of-life care. She was a visionary and a driving force behind the establishment of Hospice of Southern Maine.

Following her retirement from medical practice, Anne felt a profound calling to ministry, and in 2006, she answered that call by becoming an ordained deacon through the Deacon Formation Program of the Diocese of Maine.

During her final days, Anne was tenderly cared for by Hospice of Southern Maine, a fitting testament to her life's work. Through her foresight and generosity, she established an endowment to advance education and address the spiritual dimensions of healthcare at life's end. In recognition of her commitment, the Thresholds Conference now bears her name as a lasting tribute to her legacy.

Schedule

8:00am	Registration Opens	11:45pm	Lunch and Book Signing With Dr. Lucy Hone and Dr. Aditi Nerurkar
9:00am	Opening Remarks Andrea LeBlanc, RN, BSN, MBA <i>Vice President of Hospice Services</i> Andwell Health Partners	12:45pm	Keynote Presentation and Q&A Dr. Aditi Nerurkar
9:05am	Keynote Presentation and Q&A Dr. Lucy Hone	1:55pm	Closing Remarks Andrea LeBlanc
10:15am	Stretch and Restroom Break		
10:25am	Breakout Rooms and Q&A		
	<i>Guiding Complex Conversations at End of Life & Beyond</i> Kelly Blanchette, CT, CCLS, <i>Bereavement Services Manager</i> Maria McCann, LCSW, <i>Bereavement Support Counselor</i> Rev. Lindsay Roan, LSW, <i>Chaplain</i> Taylor Watts-Hall, LCSW, <i>Bereavement Support Counselor</i>		
	<i>The In-Between Life of Caregiving at Home</i> Annette Drouin, RN, CHPN, <i>RN Clinical Manager</i> Betsy McCarthy, LCSW, <i>Social Worker</i> Allen Wilbur, MLSW-cc, <i>Hospice Volunteer</i>		
	<i>Insights into Dementia: Supporting Meaningful Connections</i> Amy Angelo, <i>Senior Program Manager Alzheimer's Association, Maine Chapter</i> Kim Crabill, <i>Provider Relations Consultant</i> Kimberly Mann, <i>Provider Relations Consultant</i>		

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Andrea LeBlanc



Andrea LeBlanc, RN, BSN, MBA is a seasoned healthcare leader with extensive experience in home health and hospice care. She previously served as Chief Operating Officer at Androscoggin Home Care & Hospice (now Andwell Health Partners) and held senior leadership roles at Bayada Home Health. Andrea has also worked with the Centers for Medicare and Medicaid Services and as a Vice President in both hospice and healthcare technology organizations. A former Captain in the United States Air Force, she brings a strong background in clinical operations, patient experience, and quality improvement.

Dr. Lucy Hone



Dr. Lucy Hone is a world-leading authority on resilience, a best-selling author, and a respected voice in global conversations about how humans cope with loss, change, and uncertainty. Trained in resilience psychology at the University of Pennsylvania and holding a PhD in wellbeing science, she is an Adjunct Fellow at the Universities of Canterbury and Pittsburgh. Her TED talk, *Three Secrets of Resilient People*, has been viewed more than 9 million times and translated into 23 languages. Lucy has worked with organizations including the UN and the BBC and delivered keynotes and workshops for Fortune 100 companies, global tech firms, health services, schools, government agencies, and first responders—all seeking practical ways to strengthen resilience under pressure.

Her work is both rigorously research-informed and profoundly personal. After the sudden death of her 12-year-old daughter, Lucy turned to the resilience science she knew inside out to navigate unimaginable grief. That journey became the foundation for her bestselling book, *Resilient Grieving*, and reshaped how individuals and organizations understand what it truly means to cope with unwanted change. Her mission is to make resilience science practical, accessible, and honest—never sugar-coated or simplistic. A regular contributor to *Psychology Today*, her work has also been featured in *The Guardian*, *The Washington Post*, and the BBC.

Dr. Aditi Nerurkar



Dr. Aditi Nerurkar, MD, MPH is a Harvard physician and internationally recognized expert in the science of stress, resilience, and burnout. Known for her engaging, high-impact speaking style, she delivers practical, evidence-based strategies that help individuals and organizations enhance mental well-being, performance, and sustainability in high-pressure environments.

Dr. Nerurkar is the bestselling author of *The Five Resets: Rewire Your Brain and Body for Less Stress and More Resilience*, a science-backed guide available in 35 countries and 15 languages. Named a “must-read” by Adam Grant and the Next Big Idea Club, the book has been endorsed by Harrison Ford, Katie Couric, and Arianna Huffington. Her next book on AI and mental health will be published in 2026.

She serves on faculty at Harvard Medical School in the Division of Global Health & Social Medicine and is Co-Director of the Harvard Clinical Clerkship in Community Engagement. Her work has appeared in *The New York Times*, NPR, JAMA, Time, and CNN, and she is a frequent medical commentator for NBC News and MSNBC. A Fortune 50 speaker, Dr. Nerurkar has delivered keynotes for IBM, Visa, Dell Technologies, and the Forbes 30 Under 30 Summit. She writes the weekly Substack *Mental Health-ish* and was recently named one of “100 Women to Know in America.”

Breakout Room Panelists

Guiding Complex Conversations at End of Life & Beyond

Kelly Blanchette, CT, CCLS
Bereavement Services Manager

Rev. Lindsay Roan, LSW
Chaplain

Maria McCann, LCSW
Bereavement Support Counselor

Taylor Watts-Hall, LCSW
Bereavement Support Counselor

The In-Between Life of Caregiving at Home

Annette Drouin, RN, CHPN
RN Clinical Manager

Allen Wilbur, MLSW-cc
Hospice Volunteer

Betsy McCarthy, LCSW
Social Worker

Insights into Dementia: Supporting Meaningful Connections

Amy Angelo
*Senior Program Manager
Alzheimer's Association,
Maine Chapter*

Kim Crabill
Provider Relations Consultant
Kimberly Mann
Provider Relations Consultant



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Upcoming Events

BUTTERFLY RELEASE CELEBRATION **Saturday, July 18th, 2026**

Butterfly Release Celebration is a breathtaking tribute event to those we hold dear. This meaningful gathering brings our community together to honor the lives and memories of loved ones.



To dedicate a butterfly and learn more, visit:
andwell.org/get-involved/events/butterfly-release

AUTUMN NIGHT OUT **Saturday, September 12th, 2026**

Autumn Night Out is dedicated to raising funds that directly contribute to the support of end-of-life care for hospice patients and their families, ensuring that they receive compassionate and dignified care.



For more information, visit:
andwell.org/get-involved/events/autumn-night-out

TWILIGHT IN THE PARK **Saturday, September 27, 2025** **Deering Oaks Park, Portland**

Twilight in the Park is a community event, open to all, to remember and celebrate loved ones who have died, and their families, friends, and caregivers.



For more information and to order a luminaria, visit:
andwell.org/get-involved/events/twilight-in-the-park

HIKE FOR HOSPICE **Saturday, October 24th, 2026** **390 US Route One, Scarborough**

Hike for Hospice is an annual walk fundraiser to raise awareness and support for Andwell Hospice of Southern Maine.



For more information and to register, visit:
andwell.org/get-involved/events/hike-for-hospice



We value your feedback and assistance with planning the next Thresholds Conference. Please take a moment to complete our survey by scanning the QR code. This survey should take roughly two minutes to complete. Thank you!

We're social! Follow us on:



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and Andwell Health Partners**

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