

ENGAGING NH NEWS



A Citizen Voice for the
Aging Experience

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GUEST OPINION:

WHY DO WE TEACH CPR, BUT NOT CAREGIVING?

by Richard W. Lindsay, MD

In this world, nothing can be said to be certain, except death and taxes, a quote attributed to Benjamin Franklin. I would like to add a third (near) certainty: that of caregiving and caregiver health.

In an Atlantic article, Jonathan Rauch wrote, "How can it be that so many people like me are so completely unprepared for what is, after all, one of life's near certainties (caregiving)? What I needed was for the experts to find me and tell me what I needed. We should all be given time off work at age 40 to take a class on elder care."

I was preparing for a lecture in the science curriculum at a local high school when I read Rauch's article. I thought about how we make a lot of effort to teach CPR, the very critical life-saving skill. Fortunately, most of us never have to use it. I thought, why don't we begin to teach caregiving skills that almost all of us will use at some point in our lives? Skills that we will need to help loved ones experiencing incontinence, dementia, falls and other chronic disease problems.

How can it be that so many people like me are so completely unprepared for caregiving?

Passing on Knowledge About Caregiving

So I began to focus on the group I had the most experience with and am teaching—medical students, physicians, nurses and other disciplines involved in the care of the elderly. I partnered with a former Area Agency on Agency CEO to found the Lindsay Institute for Innovations in Caregiving.

We enlisted help from Virginia's college and university students. The challenge we gave them was to invent an app or product to improve the health of care

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givers.

For personal reasons, my initial focus was Alzheimer's. This was a problem I had faced in my own home when I brought my mom, who had moderate Alzheimer's, to live with my three teenagers, my spouse and me. I found myself highly stressed and not doing a good job as a caregiver.

The other reason I started there was because I had taken care of many caregivers of people with Alzheimer's whose role was detrimental to their health. Recent studies have shown that doctors often don't ask who is the caregiver or what the impact of being a caregiver has been on the individual who accompanies an Alzheimer's patient to their office.

How Is the Caregiver Doing?

So in teaching students about caregiving, my rule No. 1 is: identify the caregiver. Next, record his or her health status and the impact that caregiving is having on it. Then, instruct that person in methods to support and maintain caregiver health.

When I have a question about my computer and its use, I usually call for help from the younger genera-

WHO ARE WE?

EngAGING NH is an all-volunteer not-for-profit organization registered with the State of NH. We work to support and promote activities, policies, planning and values that respect and include ALL older adults.

tion, my children. The Lindsay Institute for Innovations in Caregiving is an arm of public/private partnership nonprofit VirginiaNavigator and recognizes the important role to be played by technology in assisting the caregiver in dealing with some of problems facing them as caregivers. So to assist me in solving the issue of caregiver health I said: Why not get help from the technology users from the next generation and at the same time teach them about caregiving and caregiver health?

To accomplish this, our solution was to employ a technique that was just catching on with the next generation, a hackathon. No, it's not chopping wood, but a way of leveraging technology to solve problems.

Competing to Improve Caregiver Health

We enlisted help from Virginia's college and university students. They represented many different areas of expertise including medicine, nursing, engineering, social work and business. The challenge we gave them was to invent an app or product to improve the health of caregivers.

We provided them with information on caregiving and caregiver health and access to a campus faculty ambassador with a background in aging and health. Then our seven, six-member college teams assembled for a 25-hour marathon session in Richmond, Va. Here they participated in a seminar on caregiving and caregiver health, followed by the hack competition.

Then, in what proved to be a stroke of genius, we added to each team an active caregiver. The results of this move proved to be

spectacular. The students sought input about caregiving and the caregiver often provided them with a lot of practical advice and storytelling about their real problems. Following the development and creation of their tech tools, the teams presented to, and were judged by, a panel of national experts and prizes were awarded. The resulting tech tools and apps are owned by the team.

But I think the real winning result was team chemistry. The caregivers said it was the first time they had been listened to about product use and development. In one case, the bond formed with the students resulted in the team offering to provide their matched-up caregiver respite to enjoy a well-deserved and overdue vacation.

Hackathons Praised by Caregivers and Students

After two successful hackathons, in the spring of 2015 and 2016, caregivers and students are unanimous in their praise of the value of the experience. Most importantly, the students said their knowledge and awareness of the issues involved in caregiving, and especially caregiver

health, had increased tremendously.

The plan is to have them return to their respective schools and spread the word and then use this throughout their personal life and professional careers. We will monitor this.

The teams were offered a second round to apply the judges' feedback to modify their tool and develop a more detailed business and financial plan. Experts in business and legal matters were made available to them. Following another round of critical judging, the winners received a cash prize and additional expert consulting to get their product or app closer to market.

The winning app from this second round competition focused on the importance of taking time out of the rigors of their daily life to partake in something they enjoy — a very important aspect in maintain caregiver health.

I am also excited to share with you that the Institute and VirginiaNavigator plan to continue the development of a caregiving curriculum for current and future medical staff. Its goal will be to educate them regarding the importance of the caregiver as part of the

care team, caregiver health and community resources. For, quite simply, a healthy caregiver is a better caregiver.

Dr. Lindsay is professor emeritus of Internal Medicine and Family Medicine at the University of Virginia Health Sciences Center and founder of the Division of Geriatric Medicine at UVA. Next Avenue, 2016.

NH Updates

2018-19 STATE BUDGET DISCUSSIONS ARE IN PROGRESS

If you live in NH either owning a home or renting budget decisions will impact you. The website for legislative activities is: <http://www.gencourt.state.nh.us/>

It will help you track bills, show hearing dates, and help you find your Representative and Senator.

NEW NAME

The NH Association for the Blind announced that they have changed its name to *Future in Sight*. They said the new name better represents how the organization has grown and adapted to the changing needs of NH's citizens, since its founding in 1912.

NATIONAL HEALTH CARE DECISION DAY

In honor of National Health Care Decision Day on April 16 Concord Regional VNA will be hosting two events - On Friday, April 14 at 10 a.m. we will be showing the documentary Being Mortal at Red River Theatres in Concord. Space is extremely limited for this event, so if you are interested please register early! On Wednesday, April 26 at 5:30 p.m. we will host a Community Game Night at both True Brew Barista locations in Concord. Join us as we play an innovative game called "Hello" that makes conversations about living and dying and what matters most easy and even fun!

Jennifer Brechtel, CHES, Community Benefit Manager, (603) 230-5673 or (603) 410-9865
www.crvna.org

THE 11TH ANNUAL STATEWIDE CAREGIVER'S CONFERENCE

Wednesday, November 15, 2017, 8:00 am to 4:00 pm ,Courtyard Marriott, Concord, NH. For more information or to request a registration brochure contact:

Ellen Edgerly, Coalition of Caring, Elledge@metrocast.net,

www.coalitionofcaring.org
or call 603-332-9891.

WHY IMMIGRANTS ARE ESSENTIAL

At Crotched Mountain, they make up half of 1,100 employees. It is not breaking news to say the issue of immigration in general and refugees in particular is top of mind for many people today. For us, and especially for the people we serve, their professionalism and compassion is a daily headline.

Approximately half of our nearly 1,100-strong staff is made up of immigrants. And nearly a third of that number comprises refugees and those seeking asylum. On the weekends, three out of every four staff members working at Crotched Mountain have come to us from a different country.

So when I saw that we cannot execute our mission without them, I literally mean it.

We hire nearly 90 immigrants a year. We have worked to ensure Crotched Mountain is known as a destination workplace for new Americans, where professional development is available and upward mobility is the norm. By Michael Coughlin Read More:

RAISE YOUR VOICE!

Please let us know what's on your mind and what's important to you.
engagingnh@gmail.com

<http://www.nhbr.com/March-3-2017/Why-immigrants-are-essential/>

(Note: The only way for the U.S. labor force to grow over the next two decades is for new immigrants to replace retiring baby boomers. So concludes the Pew Research Center in a new [report](#) that projects that the U.S. working-age population (people aged 25-64), which was 173.2 million in 2015, will shrink to 165.6 million by 2035 without immigrants entering the country. At current rates of immigration, by contract, the worker pool will grow to 183.2 million, Pew estimates.

<http://www.cbsnews.com/news/immigrant-labor-is-the-only-thing-keeping-u-s-work-force-growing-pew-finds/>

MEDICARE DRUG SAVINGS ACT

Senator Shaheen signed onto the Medicare Drug Savings Act, which she co-sponsored last Congress, which, if passed, is projected to save \$12 billion

per year in prescription drugs for seniors.

to Copy Link

PROPERTY TAX EXEMPTIONS FOR SENIORS

This website provides forms and information on property tax exemptions for NH Seniors.

www.revenue.nh.gov/mun-prop/property/exemptions-tax-credits.htm

FRIENDS RSVP VOLUNTEERS MAKE A DIFFERENCE

In 2016, 499 Retired Senior Volunteer Program (RSVP) volunteers contributed close to 70,000 hours of service in Rockingham, Strafford, Belknap and Merrimack Counties. Our volunteers supported local soup kitchens, food pantries, senior centers, arts organizations and non-profits and public agencies of all kinds.

If you would like to learn more about the RSVP Program, attend an upcoming orientation on April 27th from 2-3pm at the Friends Program office. Please RSVP by calling 228-0139 or [email](#).

A toolkit to help seniors live well, plan well and 'Age with Dignity'

The United Valley Interfaith Project has taken on some big issues — from securing buses to connect Claremont to the Upper Valley, to getting jobs back for employees at the West Lebanon JC Penney displaced by Hurricane Irene, to fighting off predatory paycheck loan businesses from coming to New Hampshire.

There was one common thread that kept coming up as they continued their work and one they knew they had to address.

"Everything that we were working on, seniors kept bubbling up," said Rod Wendt, president emeritus of the interfaith project.

The Upper Valley region of New Hampshire has one of the oldest populations in a state with one of the oldest populations in the country, according to U.S. Census figures.

Wendt said the group representing 15 religious groups in the Upper Valley spent three years talking to 400 seniors to hear their stories, see their needs and find ways to help. As part of its work, they are now offering a free toolkit and curriculum to help get seniors talking about self-advocacy, living and dying,

and advanced care planning.

"We're offering this to the world as a tool for helping with their seniors," Wendt said.

Called "Useful Tools for Aging with Dignity," the project offers free training to facilitators along with a curriculum aimed at getting seniors thinking about everything from who feeds the pets if one is taken to the hospital to setting seasonal goals for getting out of the house.

It suggests facilitators hold five 90-minute sessions for eight to 16 seniors, caregivers and other family members.

The curriculum includes simple checklists to record such important information as medications, bank accounts, computer passwords, and vehicle maintenance records. There's a section dedicated to advanced care directives that

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Forward it on!

includes an intensive packet of information from Dartmouth-Hitchcock Medical Center called "Honoring Care Decisions" with forms on naming a health agent, living wills, and a checklist of which life-saving measures you want or don't want.

There are more personal pieces to the program which include resources to help seniors have difficult conversations with family members about end-of-life wishes.

A section called "seasonal living" focuses on setting goals each season to live more and beat isolationism. It asks the senior to write down their answers to questions like "What random acts of kindness can I do," "Who can I have fun with during the spring," and "How do I make the most of the longer days and warming weather?"

"It's a guided way of talking about issues that would be difficult to talk about with family," said Alice Ely, executive director of the Public Health Council of the Upper Valley which is helping with the project. "The magic in this is seniors in groups sharing with one another about how these issues are impacting them."

The group did a pilot test with the curriculum in Lebanon and in Cornish. Wendt said one group added another section on planning one's own memorial.

"It's evolving. It's a starting place and we expect more will be added," he said.

Jan Lord of the group Aging in Place in Cornish tested the program with 16 seniors, many of whom did not know each other. She said the program not only got people talking about these issues, it helped many of the participants build new friendships.

"It normalized talking about important things," Lord said.

For more information on the project, contact Judy Croitoru at (603)398-4557 or email her at croitoru7@comcast.net.

Gretchen M. Grosky, Union Leader, 3/27/17

From Our Readers

FOOD FOR THE SOUL

In these troubled and troubling times we all need a way to protect our spirit and find ways to feed our soul. As far as I am concerned, the best way to do that is through music.

Sure, there are other ways to accomplish the same thing but my personal bias is towards music.

Listening to music is surely a way to feed the soul but it is only a snack. In order to provide sustenance that is lasting and fortifying I believe a person has to learn to make music. And this is where things get difficult for most people.

Amateur and professional musicians have an advantage in matters of soul enrichment. They have a way to escape from the everyday world of politics and the constant barrage of horrific news.

When you start playing a musical piece you tend to leave the mundane world behind most of the time. It is not something you try to do but it is something that music does on its own. Whether it's the concentration that is required to make music or the power of the music itself, something transformational happens just about every time you play a piece of music.

The amazing thing about music is that even what some might consider the boring repetitive task of practicing the same piece over and over and breaking it down into little pieces,

also has the potential to offer a fair amount of spiritual food.

I would suggest to anyone suffering from too much immersion in world events to learn to play an instrument. It does not matter how old you are as long as you are realistic about your expectations.

It is unlikely you will become a professional concert pianist if you start taking lessons at 50 or 60 years old. But you will have the opportunity to change your life if you find the discipline to stick with it. It will not be easy and if you want to reap the benefit that music can offer, you will have to learn how to make practice part of your daily life.

Some instruments are easier than others but they all require a commitment and a routine of regular practice. Once you learn enough to feel comfortable playing an instrument at any level you can then try to find other people who might be playing at your level with whom you can play. It is then that you start to learn about the next level of music.

Playing an instrument alone is helpful to the soul but once you get good enough to play with others

We Want You to Know . . .

EngAGING NH promotes citizen leadership and the active involvement of New Hampshire's older adults in the development of communities and public policies that support all individuals as we age. We are a COMPLETELY VOLUNTEER organization with no paid staff, and a limited budget.

We actively partner and work with other NH advocates.

Formal Partnerships

- NH State Independent Living Council
- State Committee on Aging-Vaughan Awards
- Disabilities Rights Center—NH
- NH Cares
- UNH Center for Aging and Community Living
- Oral Health Care Expansion, Children's Alliance of NH
- Self Advocacy Leadership Team (SALT)
- Mid-State Regional Coordinating Council
- Southern New Hampshire Planning Commission

Active Collaborations & Groups:

- Elder Rights Coalition
- Alliance for Healthy Aging

Other Groups we work with:

- AARP
- NH Hospice and Palliative Care Organization
- NH State Committee on Aging
- NAMI
- NH Alliance for Retired Americans
- DD Council
- UNH Institute on Disabilities
- NASW-NH
- Area Committees on Aging
- NH Association of Senior Centers
- Endowment for Health, Alliance on Healthy Aging
- NH Legal Assistance
- Department of Health & Human Services
- ServiceLink

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your soul has a chance to open up and wander into territory that you never knew existed. All of the benefits of playing music multiply and, for many, playing with others becomes something they cannot live without.

Recent medical studies have indicated that learning a new skill has the potential to prevent the development of dementia. When I first read the studies I thought their conclusions may have been overstated. But the more I read and the more I thought about the concept the more I realized that music may just be one of the magic pills that researchers have been looking for.

The studies state that if a person continues to learn new things and pushes that learning outside of their comfort zone they have the potential to significantly decrease their chances of developing dementia. While there are many activities that could qualify for a new learning experience, I believe music may be one of the best ways to initiate a new type of learning that is not only complex and a workout for the brain but also something that feeds the soul in the process.

Even though I have played an instrument (at a pretty low level) for years, I decided I needed a new challenge to feed my brain so I added a second instrument to my practice routine. If you see me driving around in circles and unable to find my way home you will know my plan didn't work. But I hope to find my way home for as long as I need to.

Richard Davis

15 MINUTES A DAY

Found this tip interesting and think your readers will too.

"With more people throughout the world living in urban areas rather than rural ones, homo sapiens can officially be classified as an urban species. People are spending the bulk of their days indoors or in traffic, leading to something journalist Richard Louv calls "nature deficit disorder". That may sound odd, but it's actually a real threat to the well-being of the mind. Human beings need nature, as it helps to keep the immune system healthy and the mind happy. In fact, research shows just 15 minutes in nature can make you happier. So make a trip to nature a priority in your day, you

FYI . . .

This newsletter is intended as a forum for you to share personal experiences, information and points of view.

In our media driven world of skillful marketing and political spin, we believe that diversity is critical to discernment and therefore the EngAGING NH Board of Directors welcomes all points of view, expressed with civility!

While the opinions expressed do not necessarily reflect those of the Board members, our intent is to include material that assists you in forming your own opinions.

To send articles or to add your name to our newsletter mailing list, contact:

engagingnh@gmail.com

won't regret it for a moment."

Kitty

BENEFITS OF TEA

People who drink at least one cup of tea—black, green, or oolong—daily have a 61 percent lower risk of developing dementia compared with those who do not, according to a new study. Among those who were genetically predisposed to Alzheimer's disease, tea-drinking lowered

their risk of getting the disease by as much as 86 percent. Tea has chemicals that have anti-inflammatory and antioxidant properties, which the researchers claim help to protect the brain against dementia.

Gail

Focus on Community

COMMUNITY OF VERMONT ELDERS

COVE's mission is to promote and protect a higher quality of life for Vermont's elders, through education and advocacy. It believes that informed and effective public policy is essential to achieve its mission.

COVE's role is to:

- Work with elders and the individuals and organizations that serve them to identify and research both problems and opportunities;
- Develop proposals and strategies; inform and educate the public and policymakers;
- Advocate for or against the adoption or revision of specific laws, rules, regulations or policies;
- Contribute to the process of implementing policies and programs; and,

- Monitor the effectiveness of policies and programs in achieving outcomes and objectives and advancing a higher quality of life.

COVE is committed to ensuring that the needs, concerns, safety and wellbeing of elders who are economically disadvantaged, physically or mentally challenged, or geographically or socially isolated are a central focus in the development and implementation of public policy.

COVE recognizes that it must focus its resources and efforts in order to be most effective in its educational and advocacy activities.

COVE is committed to working toward a state in which:

- Resources, education, information and support services, key to successfully aging, are broadly available;
- Public policy is informed by, and responsive to, the aspirations and challenges of the state's growing elder population;
- Quality health care is accessible to all residents; and,
- Elders continue to expand their role as active agents and resources

HELP SPREAD THE WORD!
If you like this newsletter, please share it with your family, neighbors, friends and colleagues.

engaged in all aspects of community life, bringing their knowledge and abilities to bear to improve the quality of life for Vermonters of all ages.

MEASURING GOVERNMENT SUCCESS

The success of a government must be defined by 'its ability to facilitate the happiness and wellbeing of its citizens, and this should replace old paradigms that focus overwhelmingly on economic performance.'

This was the consensus that emerged amongst leaders, from both the public and private sectors, who attended the World Government Summit held in Dubai one month ago.

<http://www.triplepundit.com/2017/03/happiness-redefining-formula-genuine-prosperity/#>

SHOWING EMPATHY CHANGES SOCIETY

That's the story of a small town in the state of Washington. It started at the lo-

cal high school where the staff created an environment built on empathy acknowledging the presence of childhood trauma in addressing disciplinary issues.

A year after the "trauma-informed care" project started the graduation rate increased by about 30 percent and suspensions decreased by almost 85 percent. Today, an electric utility provider, the police department, and other organizations in the town have all committed to raising awareness of traumatic childhood experiences and to providing internal resources to foster a safe and healthy community.

The town understands that childhood trauma can cause adulthood struggles like lack of focus, alcoholism, drug abuse, depression, and suicide.

Read more:

<http://www.yesmagazine.org/people-power/this-town-adopted-trauma-informed-care-and-saw-a-decrease-in-crime-and-suspension-rates-20170222>

News You Can Use

FEDERAL BUDGET PROCESS

A useful reminder of how government works and when to get really excited.

And a good reason why who your congressperson and senator is matters more than who your President is

Here is a quick reminder of how the US budget process works:

1. The president is required to submit a budget proposal
2. But it doesn't matter because the president doesn't have budgetary authority
3. The House and Senate budget committees revise the president's plan into a "budget resolution" which just sort of sits there. It almost never gets passed.
4. But that's OK, because the "budget resolution" is just a SUGGESTION of places where they think it might be nice to spend more or less money. Like when a kid asks for a pony for their birthday. So even if they do pass it, nothing happens.
5. The House and Senate **Appropriations Committees** can (and often do) just ignore all this junk and draft an appropriations bill which ACTUALLY spends money on stuff. If Congress doesn't pass THIS bill, the government shuts down.

In short: don't pay too much attention to anything with the word "budget" attached to it - it's mostly political theater. But if you hear the word "appropriations" then pay attention - that's the real deal.

Townhalls and Office Visits

The best thing you can do to be heard and get your congressperson to pay attention is to have face-to-face time - if they have townhalls, go to them. Go to their local offices. If you're in DC, try to find a way to go to an event of theirs. Go to the "mobile offices" that their staff hold periodically (all these times are located on each congressperson's website). When you go, ask questions. A lot of them. And push for answers. The louder and more vocal and present you can be at those the better.

Calls

Those in-person events don't happen every day so the absolute most important thing that people should be doing every day is calling.

You should make 6 calls a day: 2 each (DC office and your local office) to your 2 Senators & your 1 Representative.

The staffer was very clear that any sort of online contact basically gets immediately ignored, and letters pretty much get thrown in the trash (unless you have a particularly strong emotional story - but even then it's not worth the time it took you to craft that letter).

Calls are what all the congress people pay attention to. Every single day, the Senior Staff and the Senator get a report of the 3 most-called-about topics for that day at each of their offices (in DC and local offices), and exactly how

many people said what about each of those topics. They're also sorted by zip code and area code. She said that Republican callers generally outnumber Democrat callers 4-1, and when it's a particular issue that single-issue-voters pay attention to (like gun control, or planned parenthood funding, etc...), it's often closer to 11-1, and that's recently pushed Republican

How to Contact Your State Committee on Aging Representatives		
County	Name	Email
Belknap		
Carroll	Dr. Norma J Brettell	pastorbrettell@roadrunner.com
Cheshire	Susan Emerson	semerson435@aol.com
Coos	Mark M. E. Frank	maxfra@aol.com
Grafton	John Ackers	John.Acker3@va.gov
Hillsborough	Kathy Baldrige	kathy@lifetimeliiquidations.com
	Ken Berlin	KBerlin@savingplaces.org
Merrimack	Herb Johnson	clairhonda@msn.com
Rockingham		
Strafford	Candace Cole-McCrea	snowyowl@metrocast.net
	John Kennedy	jjkrha@yahoo.com
Sullivan	Larry Flint	wrecman@comcast.net
	Mary Catherine Rawls	Mary.catherine.rawls@hitchcock.org
Website:	http://www.dhhs.nh.gov/dcbcs/beas/aging/	

congressmen on the fence to vote with the Republicans. In the last 8 years, Republicans have called, and Democrats haven't. So, when you call:

1. When calling the DC office, ask for the Staff member in charge of whatever you're calling about ("Hi, I'd like to speak with the staffer in charge of Healthcare, please") - local offices won't always have spe-

cific ones, but they might.

If you get transferred to that person, awesome. If you don't, that's ok - ask for their name, and then just keep talking to whoever answered the phone. Don't leave a message (unless the office doesn't pick up at all - then you can...but it's better to talk to the staffer who first answered than leave a

message for the specific staffer in charge of your topic).

2. Give them your zip code. They won't always ask for it, but make sure you give it to them, so they can mark it down. Extra points if you live in a zip code that traditionally votes for them, since they'll want to make sure they get/keep your vote.
3. If you can make it personal, make it personal. "I voted for you in the last election and I'm worried/happy/whatever" or "I'm a retiree, and I am appalled by increasing prescription drug expenses," or "as a single mother" or "as a white, middle class woman," or whatever.
4. Pick 1-2 specific things per day to focus on. Don't go down a whole list - they're figuring out what 1-2 topics to mark you down for on their lists. So, focus on 1-2 per day. Ideally something that will be voted on/taken up in the next few days, but it doesn't really matter - even if there's not a vote coming up in the next week, call anyway. It's im-

Can You Help?

You may make a donation to ENH through our fiscal agent, Disabilities Rights Center-NH, Inc. which is a non-profit 501 (c) (3) corporation.

Make your check out to Disabilities Rights Center-NH, Inc. and note "EngAGING NH" on the memo line. DRC's mailing address is 64 North Main Street, Suite 2, 3rd Floor, Concord, NH 03301-4913.

Donations are tax deductible to the extent allowed by law.

portant that they just keep getting calls.

5. Be clear on what you want - "I'm disappointed that the Senator..." or "I want to thank the Senator for their vote on..." or "I want the Senator to know that voting in _____ way is the wrong decision for our state because..." Don't leave any ambiguity.
6. They may get to know your voice/get sick of you - it doesn't matter. The people answering the phones generally turn over every 6 weeks anyway, so even if they're really sick of

you, they'll be gone in 6 weeks.

From experience since the election:

If you hate being on the phone & feel awkward (which is a lot of people) don't worry about it - there are a bunch of scripts (Indivisible has some, there are lots of others floating around these days). After a few days of calling, it starts to feel a lot more natural. Put the 6 numbers in your phone (all under P - Politician which makes it really easy to click down the list.)

OLDER ADULTS RESCUE THE PAPER INDUSTRY

As the world's population gets grayer, papermakers are expanding production of what's known as "fluff pulp," the moisture-capturing fiber used in many absorbent adult hygiene products. U.S. sales of adult incontinence good hit nearly \$2 billion in 2016 bringing relief to the paper firms dealing with shift away from newspapers to online news and digital communications.

New Clean Fuel Source

One of the challenges facing modern society is what it does with its waste products. As natural resources decline in abundance, using waste for energy is becom-

ing more pressing for both governments and business. A team of scientists at the University of Cambridge has developed a way of using solar power to generate a fuel that is both sustainable and relatively cheap to produce.

Flood Safety Awareness

Flooding is the most common disaster event in New Hampshire, and flooding is the #1 natural disaster in the United States. The purpose of this week is to encourage all residents to take responsibility in preparing their homes, communities and businesses for flooding events.

Flood Facts

- Floods are the #1 natural disasters in the U.S.
- Flooding is the most common disaster event in NH.
- Flooding is the second leading cause of weather related fatalities in the U.S. (behind heat).
- Flood damage is not covered by homeowner's policies. Flood insurance is the best way to protect your home, business, and belongings from flood damage.
- All residents in a community participating in the National Flood Insurance Pro-

gram are eligible to purchase a flood insurance policy, no matter what their flood risk is.

- In high-risk areas, there is at least a 1 in 4 chance of flooding during a 30-year mortgage.
- There is usually a 30-day waiting period before a flood insurance policy goes into effect.
- Everyone lives in a flood zone whether it is a low, moderate, or high risk area. You don't need to live near water to be flooded.

Turn Around Don't Drown is a NOAA National Weather Service campaign used to educate people about the hazards of driving a vehicle or walking through floodwaters.

On average, flooding claims the lives of 89 people each year. Most of these deaths occur in motor vehicles when people attempt to drive through flooded roadways. Many other lives are lost when people walk into floodwaters. This happens because people underestimate the force and power of water, especially when it is moving. The good news is most flooding deaths are preventable with the right knowledge.

Just six inches of fast-moving water can knock over an adult. Only 18 inches of flowing water can carry away most vehicles, including large SUVs. It is impossible to tell the exact depth of water covering a roadway or the condition of the road below the water. This is especially true at night when your vision is more limited.

It is never safe to drive or walk through floodwaters. Any time you come to a flooded road, walkway, or path, follow this simple rule:

Turn Around Don't Drown.

Further information is available at

<http://www.nh.gov/oep/planning/programs/fmp/floodaware.htm>

Health & Wellness

NEW ALZHEIMER'S TREATMENT FULLY RESTORES MEMORY FUNCTION

Of the mice that received the treatment, 75 percent got their memory function back.

Australian researchers have come up with a non-invasive ultrasound technology that clears the brain of neurotoxic amyloid plaques - structures that

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are responsible for memory loss and a decline in cognitive function in Alzheimer's patients.

If a person has Alzheimer's disease, it's usually the result of a build-up of two types of lesions: amyloid plaques, and neurofibrillary tangles. Amyloid plaques sit between the neurons and end up as dense clusters of beta-amyloid molecules, a sticky type of protein that clumps together and forms plaques. Neurofibrillary tangles are found inside the neurons of the brain, and they're caused by defective tau proteins that clump up into a thick, insoluble mass. This causes tiny filaments called microtubules to get all twisted, which disrupts the transportation of essential materials such as nutrients and organelles along them, just like when you twist up the vacuum cleaner tube.

As we don't have any kind of vaccine or preventative measure for Alzheimer's—a disease that affects 50 million people worldwide—it's

been a race to figure out how best to treat it, starting with how to clear the build-up of defective beta-amyloid and tau proteins from a patient's brain.

Now a team from the Queensland Brain Institute (QBI) at the University of Queensland have come up with a pretty promising solution for removing the former. Publishing in *Science Translational Medicine*, the team describes the technique as using a particular type of ultrasound called a focused therapeutic ultrasound, which non-invasively beams sound waves into the brain tissue. By oscillating super-fast, these sound waves are able to gently open up the blood-brain barrier, which is a layer that protects the brain against bacteria, and stimulate the brain's microglial cells to activate. Microglial cells are basically waste-removal cells, so they're able to clear out the toxic beta-amyloid clumps that are responsible for the worst symptoms of Alzheimer's.

The team reports fully restoring the memory function of 75 percent of the mice they tested it on, with zero damage to the surrounding brain tissue. They found that the treated mice

displayed improved performance in three memory tasks - a maze, a test to get them to recognize new objects, and one to get them to remember the places they should avoid.

"We're extremely excited by this innovation of treating Alzheimer's without using drug therapeutics," one of the team, Jürgen Götz, said in a press release. "The word 'breakthrough' is often misused, but in this case I think this really does fundamentally change our understanding of how to treat this disease, and I foresee a great future for this approach."

The team says they're planning on starting trials with higher animal models, such as sheep, and hope to get their human trials underway in 2017.

<http://www.sciencealert.com/new-alzheimer-s-treatment-fully-restores-memory-function#.WKkE9GILZod.facebook>

SUGAR IS THE NEW TOBACCO

It is addictive, and it has many detrimental health effects. Withdrawing from sugar leads to symptoms that resemble kicking drugs. But the rewards are similar too as the brain heals from the sweet addiction. Read on to learn

what you may expect from changing your sugar habits.

[read more](#)

In my experience, a toothache can pop up when you least expect it or when it's most inconvenient. That's why having a few options for home remedies for toothaches can come in handy.

A toothache can be some of the worst pain you'll ever have to endure. When you have to wait to see the dentist, you'll be happy to have something to help make you or someone in your family more comfortable by relieving the pain.

<http://countrysidenetwork.com/daily/lifestyle/home-remedies/12-natural-home-remedies-for-toothaches/?mqsc=E3850068>

Tech Tips

COMPUTER LITERACY FOR SENIORS ADDRESSES TOWN'S EWASTE

Among courses like chair yoga and opportunities to meet with state representatives, 10 senior citizens in Belmont each year can take a hands-on, introductory computer course and go home with a used computer that's about five years old.

Dave Petto, the IT director for the town, said Belmont replaces its employee computers on a five-year cycle. His department wipes desktop computer hard drives and then installs basic, free Microsoft utilities and uses them as teaching tools. Belmont donates all of its old desktop computers to children in need as well as seniors.

The seniors' course has had students as young as 62 and as senior as 96, though the average of the students is about 80.

For most people over age 60, computers are not second nature, he added. To move them passed any apprehension, Petto follows a scientific teaching approach with his senior pupils. Ten students begin the course by taking their computers apart, learning the major components, and putting them back together. The process helps the students learn how to talk about computers, he said. Once that happens, turning the computer on and using it does not seem so intimidating. Petto then teaches the students the basics.

Petto said Belmont's IT department takes the hard drives back, and the town has an ewaste collection program. As part of the

course, they actually review the recycling section of the city's website. So, the senior course is not just a way for the town to extend the useful life of its computer equipment, but a way to educate the public about ewaste.

https://efficientgov.com/blog/2017/03/22/seniors-computer-literacy-town-waste/?NewsletterID=EG-Tech-3-23-17&utm_source=iContact&utm_medium=email&utm_content=TopNewsRelated1Image&utm_campaign=EfficientGovMember&club_id

A PLAYBOOK FOR MANAGING PROBLEMS IN THE LAST CHAPTER OF YOUR LIFE

At least once a day, Dr. Lee Ann Lindquist gets an urgent phone call.

"Mom fell and is in the hospital," a concerned middle-aged son might report.

"Dad got lost with the car, and we need to stop him from driving," a distraught middle-aged daughter may explain. "We don't know what to do."

Lindquist, chief of geriatrics at Northwestern University's Feinberg School of Medicine, wondered if people could become better prepared for such emer-

gencies, and so she designed a research project to find out.

The result is a unique website, www.planyourlifespan.org, which helps older adults plan for predictable problems during what Lindquist calls the “last quarter of life” — roughly, from age 75 on.

“Many people plan for retirement,” the energetic physician explained in her office close to Lake Michigan. “They complete a will, assign powers of attorney, pick out a funeral home, and they think they’re done.”

What doesn’t get addressed is how older adults will continue living at home if health-related concerns compromise their independence.

“People don’t want to think about the last 10 or 15 years of their life, and how they’re going to manage,” Lindquist said.

This isn’t end-of-life planning; it’s planning for the period before the end, when health problems become more common. The goal is to jump-start conversations about these issues, Lindquist said, just as seniors are encouraged to have conversations about end-of-life preferences.

The point is to “give seniors a voice,” she said. Now, if an older woman breaks a hip and is rushed to surgery, “loved ones run around and usually make decisions without her input — she’s usually too out of it to really weigh in. That doesn’t have to happen, if only people would consider the reality of growing older and plan ahead.”

<http://khn.org/news/a-playbook-for-managing-problems-in-the-last-chapter-of-your-life/>

BEEF UP YOUR ROBOCALL DEFENSES

Can an electronic nuisance get better and worse at the same time? We might find out over the next couple of years, as telephone companies, federal regulators, bankers, and bandits squabble over that modern scourge: the robocall.

Those computer-generated phone calls that now inter-

rupt dinner might soon interrupt lunch, as well. Financial services companies hate the tight federal restrictions on placing robocalls to cellphones, so they’re begging for relief. The deregulation-minded Trump administration might go along.

But people who use smartphones or Internet-based phones can get anti-robocalling software that shuts down the most abusive offenders. In addition, the nation’s telecom companies are working on robocall blockers that would even function on old-school analog phone lines. Perhaps in a few years, the worst of the robocall plague will be behind us.

We’ll never be entirely free of robocalls. They’re often legal, particularly when aimed at landline phones. Politicians, pollsters, and debt collectors can pump



out automated calls to these phones, because they're exempt from the federal Do Not Call list that is supposed to block tele-marketing calls.

The rules on cellphone robocalls are tougher, because millions of consumers pay by the minute for incoming calls. Nearly all robocalls to cellphones are forbidden unless the recipient has given permission. There are a few exceptions, including emergency calls from public safety agencies and calls related to the collection of debts owed to or guaranteed by the US government, mostly delinquent student loans.

What to do? Check caller ID. If you don't recognize an incoming number, or if the number's blocked, let it go to voice mail. If it's important and legitimate, the caller will leave a message.

But why let the phone ring at all? Smartphone apps can easily shut out most illicit robocalls. Hiya, is a free app with a blacklist of known spam numbers. AT&T Corp. offers a version of Hiya called AT&T Call Protect to its smartphone customers at no charge. Search your app store for other free apps.

Chart 1: 2017 Medicare Part B (Physician Coverage)		
Individual's Income	Couple's Income	2017 Part B Monthly Premium
\$85,000 or less	\$170,000 or less	\$109.00*
\$85,001-\$107,000	\$170,001-\$214,000	\$187.50
\$107,001-\$160,000	\$214,001-\$320,000	\$267.90
\$160,001-\$214,000	\$320,001-\$428,000	\$348.30
Above \$214,000	Above \$428,000	\$428.60
For All Beneficiaries: Part B Deductible is \$183 and the Part B Copayment is 20%		

The last frontier for robocallers involves the analog phone lines used by a dwindling number of Americans. It's much harder to design blocking technology for them. But last year the FCC, with Pai's support, urged the major phone companies to find ways to filter out robocalls in the same way that Google blocks spam e-mails.

Hiawatha Bray, Boston Globe, 2/2/17

Dollars & Sense

2017 CHANGES TO SOCIAL SECURITY

Average 2017 Monthly Social Security Benefit:

A retired worker: \$1,360;
 A retired couple: \$2,260;
 Disabled worker: \$1,171;
 Disabled worker with spouse and child: \$1,996;
 Widow or widower: \$1,300;
 Young widow or widower with two children: \$2,695.

Maximum Monthly Social Security Benefit: \$2,687 (for worker retiring at Full Retirement Age).

Social Security Cost of Living Adjustment: (COLA) for 2017: 0.3%

2017 Social Security & Medicare Contribution
 Amounts Social Security: 6.2% for both workers and employers.

This contribution is paid on earnings up to \$127,200. Medicare: 1.45% for both workers and employers on all wages.

2017 Social Security Eligibility:

Full Retirement Age: 66; Early Retirement Age: 62. Taking early retirement can reduce Social Security benefits up to 30 percent.

When & How to Apply for Benefits:

You should apply for Social Security benefits three months before the date you want your benefits to start. You can apply in one of the following ways:

Visit your local Social Security office. Call 1-800-772-1213 to find the nearest office. Call Social Security at 1-800-772-1213. If you are deaf or hard of hearing, you can call Social Security at TTY 1-800-325-0778. Go Online:

<https://secure.ssa.gov/iClaim/rib>

Chart 2: 2017 Medicare Part D High-income Individuals Monthly Adjustment		
Individual's Income	Couple's Income	Income-related monthly adjustment
\$85,000 or below	\$170,000 or below	\$0.00
\$85,001 – \$107,000	\$170,001 – \$214,000	\$13.30
\$107,001 – \$160,000	\$214,001 – \$320,000	\$34.20
\$160,001 – \$214,000	\$320,001 – \$428,000	\$55.20
Above \$214,000	Above \$428,000	\$76.20

2017 Medicare Part A

(Hospital Coverage): Deductible: \$1,316 (first 60 days of Medicare-covered inpatient hospital care);

Coinsurance: \$0 (Days 1-60), \$329 per day (Days 61-90)

2017 Medicare Part B.

See Chart 1.

2017 Medicare Part D (Prescription Drug Coverage)

Monthly Premium: Varies by plan (higher-income consumers may pay more).

Deductible: Varies by plan, \$400 maximum.

Doughnut Hole: \$3,700 – varies. Beneficiaries in the doughnut hole will receive a 60% discount for brand named drugs and a 49% discount on generics.

Cap on Out-of-pocket Costs: \$4,950 (prior to catastrophic, includes discounts)

In addition to a monthly plan premium, high-income individuals will pay an income-

related monthly adjustment. See Chart 2.

Medicare: When & How to Apply for Benefits

Generally, Medicare is available for people age 65 or older, younger people with disabilities and people with End Stage Renal Disease. If you are already receiving Social Security retirement benefits, you will be automatically enrolled in Medicare Parts A and B.

If you want to apply for Medicare, call (1-800-772-1213) or visit their website:

<http://www.socialsecurity.gov/medicareonly>.

Laugh & Live Longer

HEART HEALTH 1

The cardiologist's diet: if it tastes good, spit it out.

HEART HEALTH 2

Communicating with Techies: Installing Love

Tech Support: Yes ... how can I help you?

Customer: Well, after much consideration, I've decided to install Love. Can you guide me though the process?

Tech Support: Yes. I can help you. Are you ready to proceed?

Customer: Well, I'm not very technical, but I think I'm ready. What do I do first?

Tech Support: The first step is to open your Heart. Have you located your Heart?

Customer: Yes, but there are several other programs running now. Is it okay to install Love while they are running?

Tech Support: What programs are running?

Customer: Let's see, I have Past/Hurt, Low Self-Esteem, Grudge and Re-

sentment running right now.

Tech Support: No problem, Love will gradually erase Past/Hurt from your current operating system. It may remain in your permanent memory, but it will no longer disrupt other programs. Love will eventually override Low Self-Esteem with a module of its own called High Self-Esteem. However, you have to completely turn off Grudge and Resentment. Those programs prevent Love from being properly installed. Can you turn those off?

Customer: I don't know how to turn them off. Can you tell me how?

Tech Support: With pleasure. Go to your start menu and invoke Forgiveness. Do this as many times as necessary until Grudge and Resentment have completely erased.

Customer: Okay, done! Love has started installing itself. Is that normal?

Tech Support: Yes, but remember that you have only the base program. You need to begin connecting to other Hearts in order to get the upgrades.

Customer: Oops! I have an error message already. It says, "Error- program not run on external components." What should I do?

Tech Support: Don't worry. It means that the Love program is set up to run on Internal Hearts, but has not yet been run on your Heart. In non-technical terms, it simply means you have to Love yourself before you can Love others.

Customer: So, what should I do?

Tech Support: Can you pull down Self-Acceptance; then click on the following



files: Forgive-Self; Realize Your Worth; and Acknowledge your Limitations.

Customer: Okay, done.

Tech Support: Now, copy them to the "My Heart" directory. The system will overwrite any conflicting files and begin patching faulty programming. Also, you need to delete Verbose Self-Criticism from all directories and empty your Recycle Bin to make sure it is completely gone and never comes back.

Customer: Got it. Hey!!! My heart is filling up with new files. Smile is playing on my monitor and Peace and Contentment are copying themselves all over My Heart. Is this normal?

Tech Support: Sometimes. For others it takes a while, but eventually everything gets it at the proper time. So Love is installed and running. One more thing before we hang up. Love is Freeware. Be sure to give it and its various modules to everyone you meet. They will in turn share it with others and return some cool modules back to you.

Customer: I promise to do just that.

Tech Support: Most people feel all they need is an annual checkup to stay heart-

healthy; but, the manufacturer (ME) suggests a daily maintenance schedule for maximum Love efficiency.

- Author "unknown"

Purposeful Living

In her work as a hospice physician Karen M. Wyatt found that most of her patients desperately needed to talk about life and whatever meaning it holds as they looked back from the vantage point of their last days on this planet.

The message she took away from those patients is that it is far better to contemplate the meaning of life when we actually have some time left to work on the question. She quoted by Joseph Campbell "Life is without meaning. You bring the meaning to it." to emphasize that we must put effort into creating our own meaning from this existence.

And here is a resource to help NH residents explore opportunities to serve in meaningful ways:

Volunteer NH is a nonprofit organization with a mission to promote the tradition of service in New Hampshire. Senior Corps connects adults 55+ with the people and organizations that need them most. They be-

come mentors, coaches or companions to people in need. They also contribute their job skills and expertise to community projects and organizations.

Conceived during John F. Kennedy's presidency, Senior Corps currently links more than 500,000 Americans to service opportunities. Their contribution of their skills, knowledge, and experience make a real difference to individuals, nonprofits, and faith-based and other community organizations throughout the United States.

Senior Corps offers several ways to get involved. Volunteers receive guidance and training so they can make a contribution that suits their talents, interests, and availability.

The Foster Grandparent Program connects volunteers age 55 and over with children and young people with exceptional needs at schools, childcare centers, Head Starts and other youth-service sites. Volunteers mentor, support, and help some of the most vulnerable children in the United States.

The Senior Companion Program brings together volunteers age 55 and over with adults in their community who have difficulty

with the simple tasks of day-to-day living. Companions help out on a personal level by assisting with shopping and light chores, interacting with doctors, or just making a friendly visit.

RSVP (Retired and Senior Volunteer Program) connects volunteers age 55 and over with service opportunities in their communities that match their skills and availability. From building houses to immunizing children, from enhancing the capacity of non-profit organizations to improving and protecting the environment, RSVP volunteers put their unique talents to work to make a difference.

Board Notes

It is not happiness that makes us grateful, but gratefulness that makes us happy.

-Brother David Steindl-Rast

"Why can't they just leave things alone?" an often heard lament about computer program updates, the ever more complexity of smart phones or even the way the grocery store aisles get rearranged! We are indeed not only in a time of change, but of continuous and rapid changes. It's apparently the new normal.

Brain scientists tell us that we operate from memory 90% of the time. That's because our brains are wired to gather enough data to *predict and prepare* for what's coming. That's a good thing because there is a lag time between conscious awareness and reacting. Without it we would all be living much shorter lives!

It's handy when it comes swerving to avoid that obstacle in the road ahead, but not much help when what's coming is totally new and unknown to the brain. Windows version, whatever, comes to mind!

Does this mean that we just have to accept being frustrated and annoyed as a given?

There's a new book out, **How Emotions Are Made: The Secret Life of the Brain, by Lisa Feldman Barrett**, a University Distinguished Professor of Psychology at Northeastern University, who received an NIH Director's Pioneer Award for her groundbreaking research on emotion.

She explains that emotions—such as happiness, anger and fear—are built in, learned from our past when in actuality we have far more flexibility and

choice on what we feel and therefore what we experience. Changing what we think *does* change how we feel. We can respond as well as react. Of course it takes practice!

Which brings us to gratitude. Despite the pressures of change, we can find examples deserving gratitude. The Guest Article on Caregiving, and several items in the Community Living section point to hopeful intergenerational interactions.

As we grow older we naturally become less competitive and more collaborative. But we're now seeing that it seems to be true of the younger generations as well. They seem to prefer team approaches to problem solving. And they seem quite compassionate.

Remember the Dartmouth students working on improving wheelchairs from a previous newsletter? Or the college students sharing living spaces in nursing homes and assistive living facilities?

We're all living in chaotic times and we're all learning to adapt. But we're all more emotionally flexible than we realize. We can seek out areas of gratitude not just the traditional ones, but in unexpected

Contact Information For NH Members of the U.S. Congress			
Name	Mailing Address	Phone	E-Mail Contact Form
U.S. Rep. Carol Shea Porter	1530 Longworth House Office Building, Washington, DC 20515	202-225-5456	https://shea-porter.house.gov/contact/email
U.S. Rep Ann Kuster	137 Cannon House Office Building, Washington, DC 20515	202-225-5206	https://kuster.house.gov/contact/email-me
U.S. Senator Maggie Hassan	B85 Russell Senate Office Building, Washington, DC 20510	202-224-3324	https://www.hassan.senate.gov/content/contact-senator
U.S. Senator Jeanne Shaheen	506 Hart Senate Office Building, Washington, DC 20510	202-224-2841	www.shaheen.senate.gov/contact/contact-jeanne

places. And this just might make us a little happier.

EngAGING NH
 9 Gleneagle Drive
 Bedford, NH 03110

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