



A Citizen Voice for the
Aging Experience

**August 2020
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ENGAGING NH NEWS

Guest Opinion

How to Manage Your COVID 19 Anxiety

When is anxiety useful, and when is it destructive? And what about COVID-19 anxiety?

Sonia Bishop, associate professor of psychology and cognitive neuroscience at the University of California, Berkeley, has studied anxiety and how it affects decision-making. Among other discoveries, Bishop’s research has found that anxious people make worse decisions amid uncertainty, that certain weaknesses in the brain’s wiring are linked to anxiety, and that doing crossword puzzles and other brain-sharpening activities helps reduce anxiety. Here, Bishop talks about how to manage anxiety amid the unprecedented COVID-19 pandemic and achieve a measure of peace and quality of life in the coming weeks and months:

Q: What use is anxiety in today’s world?

A: *Fear and anxiety helped our early ancestors survive very real threats. Today, our fear response helps us act quickly in the face of modern dangers, like freezing in place instead of stepping into the path of an oncoming speeding car. In the case of*

What can we do to channel our anxiety in productive ways?

this COVID-19 pandemic, our anxiety motivates us to run through different courses of action and identify the best options available to us. This process of simulation can result in successful future planning, but also in chronic worry, which can be exhausting, distressing, and debilitating.

Q: Responses to this pandemic range from denial to partying to catastrophizing. What’s a reasonable middle ground?

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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.

A: *If I told you the person next to you at a bar had a 1 in 10,000 chance of having Covid-19, you might respond very differently than if I said the risk was 1 in 1,000, 1 in 100, or even 1 in 10. At the moment, we don't know how to respond, because the probability of exposure to the virus is rapidly changing.*

In times of uncertainty, our personality traits have a big influence on how we react based on our assumptions about the world and our level of "optimism bias." Research by psychologists Ronnie Janoff-Bulman and Neil Weinstein shows that, to get through life, many of us use subconscious, self-protective assumptions—for example, that the world is a good, safe place and that bad things happen to other people, not to me. When the probabilities of danger are very low, for example, such as dying in a plane

crash, these assumptions protect us from worry.

However, with this pandemic, optimism bias can lead us to ignore guidance on social distancing and possibly get ill or pass on the virus to a loved one and unknowingly add to the spread of the virus and, sadly, deaths. This is a particular risk for young people who might have few, if any, symptoms and are especially likely to feel invulnerable.

Meanwhile, people who have experienced and adapted to bad things happening may adopt the subconscious assumption that taking certain actions can prevent bad things from happening. This may explain the panic buying and even an uptick in gun purchases. People are trying to gain a sense of control over the situation that will make them feel safe. Hopefully, if people realize this, they may be able to

stop and ask themselves, "Do I really need a gun?" or, more mundanely, "Can I leave that extra package of toilet paper for someone else?"

Q: *How should we characterize this pandemic and its dangers to children?*

A: *Research suggests that children may possess the most extreme models of the world as being a safe, controllable place. Those models are reinforced by adults who try to shield them from the worst of the world. If children's models of the world as a safe place are suddenly shaken, they may suffer anxiety or stress reactions. Hence, with COVID-19, we need to help them adjust gently. Maybe we can tell them we are staying at home more because there is a new bug that can make old people quite sick, so we don't want to risk spreading it to them. It also helps to give them age-appropriate answers and reassurance. For example, you can tell them that children don't seem to get very sick from it.*

Q: *What's the best way to stop catastrophizing?*

A: *In terms of the big picture, remember that within the last 100 years we have survived world wars and rapidly rebuilt society.*

Already, governments are busy putting in place measures to help people financially. Hopefully, those who can will give generously to charities for the less fortunate. From day to day, try to stay as positive as you can. Spend time with loved ones, have long chats on the phone with older relatives. When I lost my dad a few years ago, I appreciated how much time we had spent together in the year before his death. While challenging to the max, the current situation gives us the opportunity to spend more quality time in person, or by phone or video, with those we care about.

Q: So, what can we do to channel our anxiety in productive ways?

A: *When we are empathic and think of others, we often find we stop worrying about ourselves. I cannot emphasize enough how much we need to be altruistic at this time and think of those vulnerable in our society. First and foremost, please follow any social distancing advisories released in your area and make a special effort to reach out to those living alone, especially those who suffer from depression and anxiety. Keep reaching out, not just for the first couple*

of weeks. Also look out for the signs or symptoms of depression in yourself and others.

The next most important thing is to make concrete plans about how to get through the following weeks and months instead of letting one's mind wander around all the possible things that might happen. Here are some ways to control anxiety while under stay-at-home orders in the coming weeks or months:

- *Stock up on medical and food supplies in a calm, measured way without panic buying and hoarding.*
- *Think about what you enjoy doing around the home, such as gardening, and carve out time*

for those activities. Take a relaxing bath if you have a tub.

HELP!

Do you need help with your Social Security or VA benefits? Do you have questions about the IRS or Medicare? If so, your NH Congressional Delegation can help!

Your two U.S. Senators and two Congresswomen all have staff equipped to help New Hampshire residents with issues, concerns or questions related to the federal government. The contact information for the NH Congressional Delegation is below. Please don't hesitate to reach out!

Senator Jeanne Shaheen
2 Wall Street, Suite 220
Manchester, NH 03101
603-647-7500
www.shaheen.senate.gov

Senator Maggie Hassan
1589 Elm Street, 3rd Floor
Manchester, NH 03101
603-622-2204
www.hassan.senate.gov

Rep. Chris Pappas
1st Congressional District
889 Elm Street
Manchester, NH 03101
(603) 935-6710
<https://pappas.house.gov/>

Rep. Annie Kuster
2nd Congressional District
18 North Main Street, 4th Floor
Concord, NH 03301
603-226-1002
www.kuster.house.gov

- *If you have children, play or read with them and arrange online play dates. Watch out for signs of stress.*
- *Stay in regular touch with family and friends through your digital devices and/or social media channels.*
- *Take breaks from electronics and play board games, cards, or other games with your household members.*
- *Limit how often you watch the news.*
- *Make sleep, a healthy diet, and exercise a priority.*

<https://www.futurity.org/covid-19-anxiety-2312722-2/>

NH Updates

VOTE FROM HOME

According to the New Hampshire Secretary of State, any New Hampshire voter who has concerns about showing up to vote in-person due to COVID-19 will be able to vote absentee in this year's State Primary and General elections. Information on voting during Covid-19 is available on the Secretary of State's website <https://sos.nh.gov/>

If you choose to vote by absentee ballots, request your ballot early and be sure to mail the completed ballot back in time to arrive at your town or city clerk's office before election day.

EMPLOYMENT OPPORTUNITIES

www.nhworks.org offers job search tools and tips for information such as creating a resume

STATE'S 603 AREA CODE SAFE FOR NOW

One of the iconic symbols of New Hampshire, our 603 area code, is safe for now but a tweak to the telecommunications system would make it even safer, not to mention helping keep the whole country from having to dial 11 or even 12 digits to make a call.

That's the basic argument of a petition before the Federal Communications Commission asking that New Hampshire be a test bed for a more efficient way of doling out phone numbers. Maine, another of the eight states covered by a single area code, may join the request.

"The current system is incredibly wasteful," said Amanda Noonan, director of External Affairs for the

state Public Utilities Commission.

This discussion comes even as the whole idea of area codes becomes less and less relevant, because cell phones and voice-over-Internet have frayed the historic and technical link.

David Brooks, Concord Monitor

MEDICARE SUPPLEMENT INSURANCE GUIDE

According to the Pew Research Center about 10,000 people in the U.S. turn 65 each day, making them eligible for Medicare health benefits. Whether you are in that age range or have a family member who is, it's a good idea to understand your options, particularly given the spate of advertising about Medicare Supplement Plans, which cover the areas of your care that Medicare doesn't. The New Hampshire Department of Insurance is an excellent place to start and according to Eireann Aspell Sibley, NHID's Communication's Director, the department has also created a downloadable publication- New Hampshire's Guide to Medicare Supplement Insurance- which is an excellent

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engagingnh@gmail.com

Forward it on!

"how-to guide on understanding the benefit, rates and what it means to you and your family." Sibley also pointed out that consumers with questions can be connected to staff via a toll-free phone line (800) 852-3416 or email at Consumerservices@ins.nh.gov.

TELEHEALTH IN NH

Telehealth has expanded dramatically since COVID-19 arrived in New Hampshire and around the country, as a means of ensuring safety and maintaining social distancing in health care settings. Providers and consumers have been very satisfied overall with how this has worked out. In fact, a consensus is rapidly developing that the system should not go back to what it was and that a bridge to a new telehealth architecture needs to be crafted.

NH is currently operating under Emergency Order

#8, which eases restrictions on the use of telehealth for many services, including wellness consultations, mental health counseling and even physical and occupational therapies, but this order is only good for 21 days. The Governor has renewed it several times since March 17th, but this process creates concern about abrupt changes that could affect both individuals and providers. It is also possible for emergency orders to be amended or individually withdrawn, which creates uncertainty for everyone and impedes effective planning.

HB1623 has passed both houses of the legislature and has been sent to the Governor to sign. In addition to making permanent the provisions of Emergency Order #8, it expands the authority to provide telehealth care for Substance Use Disorder care in various settings and establishes a commission to work to put Executive Order #8 into law. Codifying it this way will create meaningful administrative steps for implementation over time.

A more comprehensive expansion for telehealth services will require the US Congress to act. A bi-

partisan group of 30 Senators sponsored a bill to expand the Coronavirus Preparedness and Response Supplemental Appropriations Act and the Coronavirus Aid Relief and Economic Security Act (CARES). They wrote this in their introduction to the bill:

"Americans have benefited significantly from this expansion of telehealth and have come to rely on its availability. Congress should expand access to telehealth services on a permanent basis so that telehealth remains an option for all Medicare beneficiaries both now and after the pandemic. Doing so would assure patients that their care will not be interrupted when the pandemic ends. It would also provide certainty to health care providers that the costs to prepare for and use telehealth would be a sound long-term investment."

Your Voice

What a wonderful, rich document. You all really put your heart into it this time. Thank you. It matters.

Candace

I'm forwarding the e-mail below from my Dad. I regularly forward him the ENH

newsletter. He really likes it! 😊

Jeff

"An amazingly good issue! They are doing a wonderful job."

Another great newsletter! Thank you for all you do for all of us. Be safe, be well and thanks again.

Nate

Thank you, EngAGING NH, for your monthly newsletter. I don't always read everything but I always find something of value. A wealth of material!

Susan

Commission on Aging Update

The July 2020 meeting addressed

the COVID19 greatest impact on LTC facilities in terms of deaths.

Commissioner Lori Shibi-nette began with "The foundation of Long Term Care is quality of life, not just physical safety." (Shibinette has over 10 years of experience with LTC) She presented issues from both the provider side and the resident side with balanced understanding.

She indicated that she gets emails and phone calls regularly and responds personally to stressed family

members and facilities. She may get a plead to let someone see their family member, and she may get a plead from a provider to not open the facility to visitation out of fear of an uncontrollable outbreak.

COVID has demanded most of her time since she took the job but she took a "stay vacation" the 2nd week of July and revealed on her return the disappointment that progress wasn't at zero - her hope that the track we were on could give us that result.

One of the big issues is isolation both in what it does to residents and their families but also to LTC workers. Many facilities north of Concord have adopted peer-to peer socialization. Others have put up tents for outdoor visits, but facilities in the more urban areas of the State may have only a parking lot and no room for outdoor arrangements.

And then there is the issue of patients with dementia who can't wear a mask and need one-on-one supervision when outside. It's complicated at best and these outdoor models won't work once colder weather arrives. How do we do indoor visitation?

She is open to suggestions. It's not just isolation; both LTC facilities and hospitals struggle with the fact that without an advocate to provide personal information, they may not have critical information such as medications.

Sue Buxton, the LTC Ombudsman, reminded that the Ombudsman is separate from DHHS and investigates complaints and issues in LTC. Prior to May 6, they were NOT deemed to be essential personnel.

Given the workforce issues and turnover in staff complicated by COVID19, complaints have been on the rise. Families complain that family members have been moved to different rooms without consultation, while providers fear that any release of personal medical information may put them in violation of HIPPA (Health Insurance Portability and Protection Act of 1996).

Moving residents has led to new stresses including the lack of access to personal belonging and fear that they might be lost or stolen. Other reports included hygiene issues due to sponge baths replacing showers, inadequate care and the growing stress of workers causing short

How to Contact Your NH Commission on Aging

Chair, Rep. Polly Campion
polly.campion@leg.state.nh.us

Vice Chair, Ken Berlin
kaberlin@comcast.net

Clerk, Roberta Berner
bernerabel@aol.com

tempered and inappropriate remarks.

The Ombudsman program, both at the State and Federal levels, is looking at restoring rights to residents that includes having a designated visitor/spokesperson. This raises the question of one and only one, or one for a specified period? If there is a time related provision, the new person would need a 3-day testing wait period. But the need to address isolation and loneliness is on NH's agenda; is understood and involves collaboration which apparently exists.

There is also a blueprint for restoring that right that can be found at <https://nursing-home411.org/nursing-home-covid-visitation/>

Sue then told her own story with her 95-year-old mother, a diabetic who ate only organic food and how the family had supported her with daily visits and

supplemental foods until COVID. The last time Sue saw her mother was a winter day in March, until a spring time visit that made her mother so happy to be outside, behind plexiglass and seeing her

daughter who had to stay in her car. Distance and mask wearing made it impossible to talk and be heard. The second visit didn't have the same level of excitement and a few weeks later her mother passed.

It was a very powerful story, filled with details describing the many obstacles to the quality of life the Commissioner Shibinette talked about.

The second part of the meeting was a planning session as the Commission works on Mission, Values and the focus for their first year. One of the issues is how to focus on a goal without being sidetracked by the overlapping issues. This was raised by the COVID Task Force subcommittee but cuts across all the priority areas.

- There will be three areas of focus for the first

year: Commission Infrastructure;

- Aging in Place; and
- Catalyze for Creating and Age Friendly State.

The Commission members broke into discussion groups to consider subcategory priorities and the results will go back to the planning subcommittee for a draft presentation at the August meeting.

Focus on Community

HOW SENIORS ARE SAVING

THE WORLD: RETIREMENT ACTIVISTS TO THE RESCUE!

The stories of people whose dedication to causes can inspire us all. In this time of upheaval, they exemplify personal commitment to making the world better in some way as they find meaning in their own lives. Co-authors said, "When we began work on this book two years ago, we could not foresee how very timely its birth would be." You may order the book, hardback or Kindle, from [Amazon](#) or by asking your local independent bookseller to order a copy.

NEXTDOOR

Nextdoor is the neighborhood hub for trusted

connections and the exchange of helpful information, goods, and services. We believe that by bringing neighbors together, we can cultivate a kinder world where everyone has a neighborhood they can rely on.

Building connections in the real world is a universal human need. That truth, and the reality that neighborhoods are one of the most important and useful communities in our lives, have been a guiding principle for Nextdoor since the beginning.

Neighbors in the United States, United Kingdom, France, Germany, the Netherlands, Italy, Spain, Australia, Denmark, Sweden, and Canada are using Nextdoor to:

- Spread the word about a lost dog
- Recommend and discover favorite local businesses
- Find a new home for outgrown furniture
- Receive important safety information from local agencies
- Meet neighbors over a cup of coffee or organize a walking group

Nextdoor is a privately-held company based in San

Francisco with backing from prominent investors including Benchmark, Shasta Ventures, Greylock Partners, Kleiner Perkins, Riverwood Capital, Bond, Axel Springer, Comcast Ventures and others.

Nextdoor is free, and it's easy. Check out what's available in NH by clicking on your Town or City.

<https://nextdoor.com/find-neighborhood/nh/>

News You Can Use **THE HEALTHY MIND**

PLATTER: FROM

VIRTUAL SYMPOSIUM 2020

More than ever, if we're to experience the gift of real presence, even as we feel the gnawing uncertainty about what lies ahead, we need to make use of our capacity for mindfulness. Creating mindful moments of presence every day is the key to accepting and coping with the challenges of life during the pandemic. Of course, being accepting doesn't mean losing hope; it just means seeing things as they are and then being able to take action in a wise, discerning manner.

So how can you find little moments to make sure you're aligned with your inner self, even if there's fear or sadness or grief about

the world right now? How can you keep your mind from experiencing the kind of collapse that can pull your body and sense of well-being down with it? The research is clear that once we add the three pillars of *attention, awareness, and kind intention* to whatever we're doing, we're going to be happier and healthier.

Studies show that doing formal practices to cultivate these three aspects of our mind lead to important changes in our physiology: reduced stress, enhanced immune function, improved cardiovascular well-being, diminished systemic inflammation, and optimized levels of the important enzyme telomerase, which repairs and maintains the telomere caps of our chromosomes that keep our cells healthy.

In addition, three-pillar practices lead to changes in the functioning and structure of our brain, enhancing the linkage of differentiated areas in what can be called neural integration. This integration is the basis for regulation in our lives, helping us modulate everything from mood and emotions to attention, thoughts, and behavior. In fact, brain integration is

one of the best predictors of our overall well-being.

Years ago, my colleague David Rock and I put together a list of seven daily activities that support a healthy mind, which shapes our subjective experience in life, the way we process information, and how we connect in our relationships with people and with nature. Our minds are more than what happens inside our skulls, and even in our bodies. They're fully embodied, and they're fully relational.

At the time, the USDA was using an infographic of a plate to help people understand what food groups comprise a healthy diet, so we called this list "the healthy mind platter" to help people understand what our minds need to function optimally. We don't have to create rigid schedules for each hour of the day, but finding a balance of these seven activities can be especially useful now, when most of us are sheltering in place. Although this "platter" provides a useful framework for how to organize your day or your child's day, how much clock time to

Your Local Resources

ServiceLink Aging & Disability Resource Center 866-634-9412 (servicelink.nh.gov);

211 NH is the connection for NH residents to the most up to date resources they need from specially trained Information and Referral Specialists.

211 NH is available 24 hours, 365 days a year. Multilingual assistance and TDD access are also available.

spend in each of these times is up to you.

Time In

This is time you may already spend engaged in a formal mindfulness practice, like yoga or meditation. Inward reflection can include the three pillars of focusing attention, opening awareness, and cultivating kind intention.

Connecting Time

This is time you put into intentionally connecting with people, even if you can't be in their immediate physical presence. This relational time involves communicating not only with other people, but also with nature. Finding time to connect with people and the planet can help with the sense of isolation we may feel these days.

Focus Time

This is time spent focusing on something external with discipline, like reading a book. Say to yourself, "For this half hour, I'm not going to be distracted by the news or anything else." Research suggests that when we focus our attention like this, we release a number of substances, including BDNF (brain-derived neurotrophic factor), which enhance

brain growth. When we have a singular focus of attention, we learn more, remember more, and enjoy the experience more.

Play Time

This doesn't refer to sports but to doing something that allows you to laugh and be spontaneous—without judgments or feeling that there's a right or wrong way to do it. The notion here is to engage in an activity, perhaps with others, in which the enjoyment and creative unfolding of the moment is the focus. Too often adults lose this sense of playfulness. To cope with this pandemic, we need to keep our humor and our vitality alive and well!

Physical Time

It's easy to become a couch potato when we're spending so much time in front of screens, so we need this time when we really focus on moving our body. Therapists can consider doing this in between sessions or even with clients.

Down Time

This is space to not do anything specific and just chill out. Our minds need this. As opposed to moments when we find ourselves unintentionally getting distracted, down time involves intentionally letting our minds wander. This might include watching a show or listening to music, drawing on a pad of paper, or simply playing with water in the sink as you do the dishes. (Maybe that's why it takes me an hour to finish this job in the kitchen each night!)

Sleep Time

This is important for lots of reasons, especially because sleep directly affects inflammation in the brain. It's also critical because when we get seven to nine hours of quality sleep, the toxins secreted by active neurons during our waking hours are cleaned up. Think about it this way: the 16 hours you're awake is like a big party for your

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 & work with other NH advocates.

Formal Partnerships

- NH State Independent Living Council
- State Commission on Aging-Older Adult 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

Other Groups we work with:

- AARP
- NH Hospice and Palliative Care Organization
- NH State Commission 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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neurons. They're doing lots of stuff. But during sleep, they rest. The party's over and the cleanup crew comes in. Without this regenerative clean-up period for the supportive glial cells to eliminate the neural waste products, we're likely to have increased brain inflammation and decreased ability to focus, remember, stabilize our mood, and even process calories.

*Dan Siegel, MD, is the executive director of the Mindsight Institute and author of many bestselling books, including *Aware: The Science and Practice of Presence*.*

TELEMEDICINE FOR PETS

Telemedicine is booming during the pandemic. For simple aches, pains, and the common cold, an easy phone or video call appointment with your doctor can save you time, money, and the risk of leaving your home. But what about your pets? Fortunately, telehealth veterinary services are also here to keep your pet healthy and happy!

When it comes to virtual care for your pet, understanding the difference between telemedicine and teletriage is key. Telemedicine is used to diagnose and prescribe medication.

If your veterinarian offers it, it's a great resource, but you must have visited the vet in-person previously to be eligible. Teletriage is open to all pet owners and serves more as an emergency advice line. If your pet is throwing up at midnight and your local clinic is closed, this is the option for you.

Whichever is more applicable for your needs, remember that neither is a complete substitution for in-person visits. Most clinics are open right now with restricted hours and extra safety protocols so you can be seen if need be. If you want to explore virtual health options for your pet, here are some good choices.

TeleVet

This app is easy to navigate and works great for people with vets in-network. Just make a profile for your pet, connect with your provider, and input a payment method.

Virtuwoof

WHO IS MY LEGISLATOR?

Use this quick link to find and contact your local State Rep and Senator:

<http://www.gencourt.state.nh.us/house/members/wml.aspx>

Visit your town or city's website to find contact information for your local elected officials.

Tell them your ideas, thoughts & concerns!

Similarly to TeleVet, this app allows you to connect with your vet and access help quickly. The app offers a dropdown menu of common need options and lets you connect with help in 5 to 10 minutes.

PetDesk

This innovative app lets you not only connect with your vet but also keep track of medical records and prescriptions. This helps you not only get care, but also track regular appointment schedules, refills, and store preferences about emergency care and dietary needs.

AirVet

This is a great option for emergency care. AirVet offers answers to pressing health questions and allows you to connect with your

vet or an on-call professional for immediate care.

Ask.Vet

This browser-only platform offers immediate advice on care for your pet in emergency situations. While it usually costs \$20 a session, the company has teamed up with Royal Canin Dog Food to offer the service temporarily for free. If your pet does need emergency care, the site can give advice and help connect you with an urgent care provider.

Your pet might hate going to the vet, but with high costs and long drives, us humans aren't crazy about it either. Fortunately, telemedicine is here to help you navigate your pet's veterinary needs and receive timely advice on whether an in-office visit is needed or not. We're all a bit more focused on our health these days and your pet is not an exception! This is a great tech-focused solution to get them the care they deserve.

www.wired.com/story/best-veterinary-telemedicine-services/

Health & Wellness

INFRARED LIGHT EYE

SIGHT TREATMENT

While we're typically cautioned against staring at bright lights if we want to keep our eyesight healthy, a recent study suggests that staring at a deep red light for a few minutes a day can improve vision in those over 40.

According to the research conducted at University College London (UCL), hitting the eyeball with just the right wavelength of light has been found to "recharge the energy system" and bring significant improvement to people with declining eyesight. The study has found, exposing the power-hungry photoreceptor cells to near-infrared light with a wavelength of 670 nanometers, their performance improved, along with study subjects' eyesight.

For the study, 12 male and 12 female participants between the ages of 28 and 72 had the sensitivity of their eyes checked. They were then asked to stare into a small LED torch for three minutes a day over

two weeks. Follow-up testing revealed that the therapy had no impact on the younger subjects, but brought significant benefits for those 40 and over.

The ability to detect colors improved by as much as 20 percent in some of those subjects, with the most significant gains observed in the blue part of the spectrum that is most susceptible to age-related decline.

<https://newatlas.com/medical/deep-red-light-aging-retinas/>

ARTIFICIAL INTELLIGENCE ALZHEIMER'S TREATMENT

Treating Alzheimer's is particularly difficult because it is a heterogeneous disease, meaning it's caused by multiple factors such as age, genetics, lifestyle, and more. Extnd Method, a new AI technology created by uMethod, approaches Alzheimer's treatment and prevention with a system as individualized as the disease itself.

The system analyzes data from someone's blood and urine tests to determine their personal demographics, medical history, and lifestyle. The system then compares the

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

person's history against treatment research.

There is no cure for Alzheimer's, but this new technology vastly improves treatment and prevention options. It creates a plan of action to optimize treatment plans based on the patient's individual case. General recommendations include adopting a Mediterranean diet, increasing exercise, and building social relationships. Adopting new brain-boosting hobbies has also shown promise for preserving cognition.

Where AI amplifies these treatment methods is in prescribing precise areas of focus depending on the patient. By analyzing multiple factors, it can designate areas of treatment which will be most beneficial. It can also help diagnose which medications will be most effective in treating symptoms.

The technology is, of course, not without limitations. Extnd Method is most effective in the prevention of Alzheimer's in those with high genetic risk for the disease. The technology is targeted towards those in their 40s and 50s seeking to counteract the genetic cards they were dealt with.

Like most diseases, there are many factors of Alzheimer's beyond our control, but there are also many we can have a say in. Lifestyle, diet, exercise, and other environmental factors are under our control, and using the latest technology to understand how to best manipulate them is a significant solution for Alzheimer's prevention and patient autonomy over genetic predisposition.

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

5 WAYS TO BOOST YOUR MICROBIOME

There's no debating the importance of a healthy gut for overall well-being. Here are 5 tips on how to give it a boost.

Get outside and find a stress-busting activity you love

Being out of touch with nature is one major factor that messes with gut health. "As we narrow our contact with nature, animals, and other humans, we get a more narrow microbiome," triple-board-certified physician and gut health expert Zach Bush, M.D. To remedy this, prioritize spending more time outdoors—go on a hike or jog off the beaten path.

Make probiotics part of your daily routine

One of the most straightforward ways to support your microbiome: Taking a high-quality probiotic supplement. That's because, when you take a probiotic supplement, you add more good bacteria to your gut. Not only do these beneficial bacteria help manage digestive health issues (like diarrhea and constipation), but they may also help build a stronger immune system thanks to

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

the gut health and immunity connection.

Go organic (or organic-equivalent) when you can

You may associate summer with lovely fruits and vegetables. However, many experts believe that consuming produce grown with pesticides and herbicides may negatively affect the good bacteria in your microbiome. To minimize this, opt for organic produce and packaged foods when possible.

Reset your circadian rhythm

Summer days may seem longer thanks to ample daylight, but it's important to stick to a healthy, consistent sleep schedule nonetheless. To avoid falling into erratic resting patterns and counter the gut-sabotaging effects of poor sleep habits, you've got to bite the bullet and prioritize a sensible bedtime that allows for you to get seven to nine hours of sleep per night.

To help reset your circadian rhythm—and make

the transition to an earlier bedtime and wakeup time easier—avoid electronics and bright light at night (or at least try some blue-light blocking glasses after sunset) to promote melatonin production, and aim to get outside for at least five minutes first thing in the morning for some natural light exposure.

Find a way to be around animals

The more contact you have with an animal species, the more biodiverse your gut becomes. No pets at home? Something as simple as volunteering at a shelter or even an equine center and being in contact with those animals can help. Bonus: Animals help alleviate stress, too!

Tech Tips

SMART SHOPPING

The reality is that consumer electronics, such as your phone, computer, or tablet, can last for many years. All it takes is some research. Strategically choosing tech with a longer shelf life is not intuitive. It involves assessing how easy or not it is to repair a particular product and determining when it makes sense to invest more money. To buy longer-lasting gadgets and slow the

scourge of e-waste, here are some questions to ask yourself before buying a new gadget.

Is the tech easy to repair?

The next time you shop for an electronic product, try this exercise: Before you buy it, find out whether you or a professional can easily fix it. If so, then go for it. If it's too difficult, make it a hard pass.

Is the battery replaceable?

Wireless earphones like Apple's AirPods and Bose's QuietComfort 35 are examples of popular products with irreplaceable batteries. Once the batteries die, you have to buy a brand-new pair. Before you buy, check of the product's battery can be replaced easily.

Is the product reliable?

Like household appliances, tech products have failure rates — the ratio of working to defective units. These rates can give you a sense of a brand's reliability. Consumer Reports, well known for publishing reliability ratings for household appliances, compiles similar reliability data for smartphones, laptops, tablets, TVs, and printers by surveying subscribers who own the products. Or you can take a more

grassroots-approach and visit web forums like Reddit to see what people are saying about a product. If a large number of customers report problems with the device, you might want to steer clear.

Should I spend more?

While you don't need to buy the most expensive phone on the market, you should consider investing extra for products that last and will keep you happy in the long run. Let's use an iPad as an example. If you wanted an iPad, you could pay \$329 for the base model with 32 gigabytes of storage. But it's probably a better idea to spend \$429 on the model with 128 gigabytes of storage — that's quadruple the capacity. In tech parlance, this strategy is known as "futureproofing."

Is the software easy to update?

Software plays a key role in the longevity of gadgets these days. That's because when a company stops providing software updates to a device, you can expect to run into problems, such as your favorite apps ceasing to work properly.

Does it solve a problem?

Many smart home gadgets offer interesting benefits,

like a refrigerator with a camera that sends an alert to our phone when the milk is running low. Just keep in mind that smart home products can create more problems than they solve. It all comes back to buying what you truly need. Sometimes a "dumb" product will do just fine.

www.ny-times.com/2020/07/08/technology/personaltech/tech-that-lasts.html?action=click&module=Editors%20Picks&pgtype

SUSPECT PHISHING EMAILS?

Phishing emails appear to come from address you recognize but you suspect they're not real. Maybe they have misspellings or are not a normal conversation. Maybe they're from a company, bank or government agency that you know doesn't use email to communicate. Follow These Suggestions:

- If You Responded to a fraudulent email: Immediately alert your bank and/or credit card company.
- Received spam that is phishing for information: Forward it to spam@uce.gov.
- Think you've been scammed: File your

complaint at www.ftc.gov. Then, visit the FTC's Identity Theft Web site at www.consumer.gov/idtheft to learn how to minimize your risk of damage from ID theft.

Want to learn other ways to avoid email scams and deal with fraudulent emails: www.ftc.gov/spam.

MOBILE PHONE SPAM

Spam calls are a serious problem. They generally aim to squeeze money or personal information from recipients for criminal purposes. These calls aren't just annoying — spammers

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.

have stolen cash, committed identity theft and fraud and worse. In fact, it's estimated that around half of all calls people receive today are spam.

A spam blocker is a program or app that recognizes and blocks spam calls and texts, meaning your phone won't ring when the "deposed prince" of a foreign nation needs your Social Security number to save their country. Instead, these apps will simply send you a notification that a spam caller attempted to contact you. Apps such as RoboKiller stop spam callers in their tracks to keep you safe from unwanted robocalls.

Patch.com

Dollars & Sense

JOINT BANK

ACCOUNTS PARENT/CHILD

A joint bank account can be the simplest and easiest way to help parents pay bills and monitor and track their funds, says Lauren Klein, a Certified Financial Planner and president of Klein Financial Advisors in Newport Beach, Calif. There's a certain amount of comfort that comes from knowing that your parent's bills are

being paid on time. You can use a parent's account to make everyday purchases like groceries for him or her as well as to pay for bigger expenses, keeping these separate from your personal accounts.

And with your eyes on their account, it's easier for you to spot potential fraud.

"It allows the adult child to check for unauthorized

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purchases or other problems with the account such as late fees or overdrafts," points out Linda Sherry, director of national priorities for Consumer Action, a consumer advocacy organization in Washington, D.C.

Another benefit is that in case of your parent's death, you'll have immediate access to his or her funds, without having to go through probate. This may be especially helpful for

paying funeral and other final expenses.

Disadvantages of a Joint Bank Account

What can go wrong if you have a joint bank account with your parent? Plenty.

For starters, your parent's money won't be safe from your debts or liabilities. Should something happen to you — like an accident, divorce or bankruptcy — your parent's money will also be at risk, warns Zimmelman.

Also, depending on the rights of survivorship on the account, all the money in the account could go directly to you when your parent dies — disinheriting your siblings.

Know too that if you add any money to the account yourself, it may affect your parent's eligibility for government benefits (such as Medicaid). A joint account could even affect your child's student financial aid. That's because government and financial institutions can count all the money in the account as your money, even if half of it is yours and half is your parent's.

Finally, there can be tax implications to having a joint account.

"A parent should not simply add the adult child's name to their account. The IRS could deem this a gift, or if the parent and adult child open a new account together and the parent deposits a large amount of money and the adult child later withdraws that money, it could be argued this was a gift as well."

Alternatives: **Signature authority on an account or accounts; Power of attorney; Revocable living trust; Guardianship; and Payable on death provision.**

www.nextavenue.org/joint-bank-account-parent/

UNCOLLECTED PENSION BENEFITS

Millions of dollars in benefits maybe sitting in pension plans across the U.S. or with the Pension Benefit Guaranty Corporation If you need help tracking down your former company because it may have moved, changed owners or merged with another firm, contact the Pension Rights Center, a nonprofit consumer organization that offers seven free Pension Counseling and Information Projects around the U.S. that serve 30 states. For more information, visit www.pensionrights.org or call 888-420-6550. If your

former employer went out of business or if the company still is in business but terminated its pension plan, check with the PBGC, which guarantees pension payouts to private-sector workers if their pension plans fail, up to annual limits. The PBGC offers an online pension-search directory tool at search.pbgc.gov/mp/mp.aspx.

Laugh & Live Longer

QUOTES

"Were it not for my little jokes, I could not bear the burdens of this office."

Abraham Lincoln

"I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful."

Bob Hope

SIGNS

"Compact Car."

Sign on a car flattened by a tree following a tornado.

"House for Sale. Half Off."

Sign in front of what was left of a house following a California mud slide.

"House for Sale. Some assembly required."

Sign in front of a house after a hurricane.

SHORT QUOTES

I'm on two diets. I wasn't getting enough food on one.

I want to be 14 again and ruin my life differently. I have new ideas.

I went line dancing last night. OK, it was a roadside sobriety test...same thing.

HELL EXPLAINED

The following is an actual question given on a University of Arizona chemistry mid-term, and an actual answer turned in by a student.

The answer by this student was so 'profound' that the professor shared it with colleagues, via the Internet, which is, of course, why we now have the pleasure of enjoying it as well:

Bonus Question:

Is Hell exothermic (gives off heat) or endothermic (absorbs heat)?

Most of the students wrote proofs of their beliefs using Boyle's Law (gas cools when it expands and heats when it is compressed) or some variant.

One student, however, wrote the following:

First, we need to know how the mass of Hell is

changing in time. So, we need to know the rate at which souls are moving into Hell and the rate at which they are leaving, which is unlikely. I think that we can safely assume that once a soul gets to Hell, it will not leave. Therefore, no souls are leaving. As for how many souls are entering Hell, let's look at the different religions that exist in the world today.

Most of these religions state that if you are not a member of their religion, you will go to Hell. Since there is more than one of these religions and since people do not belong to more than one religion, we can project that all souls go to Hell. With birth and death rates as they are, we can expect the number of souls in Hell to increase exponentially. Now, we look at the rate of change of the volume in Hell because Boyle's Law states that in order for the temperature and pressure in Hell to stay the same, the volume of Hell has to expand proportionately as souls are added.

This gives two possibilities:

1. If Hell is expanding at a slower rate than the rate at which souls enter Hell, then the temperature and

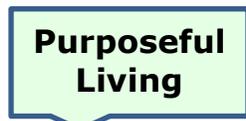
pressure in Hell will increase until all Hell breaks loose.

2. If Hell is expanding at a rate faster than the increase of souls in Hell, then the temperature and pressure will drop until Hell freezes over.

So, which is it?

If we accept the postulate given to me by Teresa during my Freshman year that, 'It will be a cold day in Hell before I sleep with you,' and take into account the fact that I slept with her last night, then number two must be true, and thus I am sure that Hell is exothermic and has already frozen over. The corollary of this theory is that since Hell has frozen over, it follows that it is not accepting any more souls and is therefore, extinct...leaving only Heaven, thereby proving the existence of a divine being which explains why, last night, Teresa kept shouting 'Oh my God.'

THIS STUDENT RECEIVED AN A+.



CHESHIRE COUNTY

Mona Walsh is one of those people who, if you ask her what she does, she would say "oh not much", which couldn't be farther from the

truth. She has been volunteering at The Community Kitchen since 2013 and has been an inspiration. She's funny, brings a wealth of experience and is a breath of fresh air every single time she is in the building. Mona was introduced to the Kitchen by her brother, a veteran who exemplifies the "service before self" motto of their whole family.

Operating a food pantry and soup kitchen, and collecting salvaged and donated food 7 days a week, this food needs to be sorted and stored safely for both programs. A free and open-to-all weekday dinner, and a lunch on Sunday is offered. A choice food pantry on Wednesday and Thursday gives clients access once a week.

Mona helps sort the food on pantry days, serves on the pantry line, and has also been trained in client registration. She is detail oriented, efficient without being brusque, and engages with staff, fellow volunteers and clients equally. When registering clients, she is non-judgmental, and works on the premise that life sometimes just throws you a curve ball that is impossible to catch!

The weekly pantry regularly serves 300-350 families or 750-1000 people, but Mona is not fazed by the pace or number of people served. She helps restock her station, helps other volunteers with their stations, and is in the building from "open to close". Mona has helped at special events, selling raffle tickets, helping set up for events ... and helping clear up too.

We have a fund that is for volunteer appreciation, but a lunch out at a local restaurant is never enough to show our love and thanks for all Mona does for The Community Kitchen.

Board Notes

WHEN IS

KNOWLEDGE POWER?

We all would like to believe that what we think is based on facts, is true and can be defended as right. In our unlimited information world of today, we can Google, read books and newspapers, listen to the radio and watch TV Finding facts should be easy and reassuring.

BREAKING NEWS – marketing and political campaigning are based on how our brains work and can be

influenced. Some of the techniques used include:

- Repetition: A key component in learning that transfers knowledge from the conscious to the subconscious mind. (We all know that!)
- Fight or Flight Syndrome: The reaction to life or death threats but in today's world that can include all sorts of stress factors.
- Shifting Baselines Syndrome (SBS): Usually associated with environmental issues but refers to the tendency to not notice *incremental* and *consistent* changes. (remember the stories of frogs not jumping out of the pot because they were boiled slowly?)
- Confirmation Bias: Once we accept something as fact, we tend to adopt any new supporting ideas and dismiss those that aren't.

Not only are we living under information overload, but in an unprecedented time of rapid and significant change. In this issue of EngAGING NH, we have included two articles on how to manage the resulting stress and anxiety. To that we would add another tip: we all have built in signals that may indicate that there's an attempt to

manipulate us. Those signals are and fear and anger. Studies show that both these emotions affect critical thinking! When something is presented that causes these reactions, we are being signaled to pay attention. The information could be valid and important. Certainly, we need to know about important things that cause great concern like COVID 19 news. We just need to stop and evaluate if there is an attempt to manipulate and why.

When the COVID crisis began there was a great deal of focus on "We're in this all together." Our local Channel 9 has the theme of COMMUNITY. But in the past few weeks the focus has shifted from that to repeated coverage of violence and division. We could, through repetition and SBS, accept that as the new norm or *not*. Research has shown that older people are more relaxed and happier. Perhaps that is because we have had plenty of chances to deal with change as part of life's experience. We will be facing major, new issues locally, and at state and federal levels, as well as globally because of COVID. There has never been a more important time to

Contact Information for NH Members of the U.S. Congress

Name	Mailing Address	Phone	E-Mail Contact Form
U.S. Rep. Chris Pappas	323 Cannon HOB, Wash- ington, DC 20515	202-225- 5456	https://pappas.house.gov/
U.S. Rep Ann Kuster	137 Cannon House Office Building, Washington, DC 20515	202-225- 5206	https://kuster.house.gov/con- tact/email-me
U.S. Senator Maggie Hassan	B85 Russell Senate Office Building, Washington, DC 20510	202-224- 3324	https://www.hassan.sen- ate.gov/content/contact-senator
U.S. Senator Jeanne Shaheen	506 Hart Senate Office Building, Washington, DC 20510	202-224- 2841	www.shaheen.senate.gov/con- tact/contact-jeanne

bring our experience and voice to problem-solving and bringing “we’re all in this together” back into focus.

That’s when knowledge becomes power.