



A Citizen Voice for the
Aging Experience

ENGAGING NH NEWS

GUEST OPINION:

Embrace Life by Aging with Grace, Gratitude, and Memoirs

by Rita Watson

Research shows that caring, fitness, reading, and memoirs promote healthy aging. Whenever I receive news about aging, I am either enlightened or discouraged. Positive projects across the country remind me of the contributions of dedicated caregivers and policy makers.

But on the flip side, I am saddened to see how many in an aging population can be neglected to the point of becoming invisible. *Generations Beat Online* editor Paul Kleyman reports on the gamut. But here are three highlights—aging with dignity, aging through fitness, aging and memories—that should encourage us to embrace aging with grace and passion.

Aging with Dignity

Filmmaker Matt Perry, whom I met during a conference on aging at which we were both journalism award recipients, is spearheading a unique newsletter. In addition to his twice-monthly column on aging—which covers art, exercise, brain health, spiritual issues, end-of-life care, and, as he puts it, "everything in-between," he is adding video coverage, editori-

We want to be part of a community, to be seen and heard—to belong

als by state aging experts, and engagement via social media, such as Facebook Live. Perry's soon to be released *Aging with Dignity* newsletter is through the California Health Report.

When I asked him what aging with dignity meant to him, he said: "I mean counteracting the prevailing attitude that 'getting old sucks.'"

He added, "Many people are getting wise to the fact that aging can be a second childhood

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or like going to college again, with the opportunity to learn new things we've put off for decades because we don't have the time

"We overlook the simple truth that older adults are part of a natural continuum from youth to adulthood to later life. They typically want exactly the same things everybody else wants. They want to be valued and they want to matter. They want to be moved by beautiful music and art. They want to be held, hugged, and loved. They want to be part of a community, to be seen and heard—to belong.

"We do a poor job of providing healthcare for older adults because they are more complicated patients, often with chronic diseases. But we do an even poorer job caring for them emotionally, spiritually, even sensually. Although behavioral health is slowly becoming a part of health insurance plans for the aging, which is a good step, the real answer lies in creating community connections. This immediately improves physical and mental health, and it's so simple!

"Older adults often have the benefit of greater perspective, deeper wisdom,

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.

and more patience. Would you really want to trade that in for being young and ignorant? Not me. The real challenges in aging are not in the aging process itself, but in how we look at it."

NH Updates

ANOTHER ADULT DAY CARE CLOSES

TLC Concord's only Adult Medical Day Care announced its closing effective Nov. 21 due to lack of funding a few weeks ago. The program serviced clients with dementia and Alzheimer's, was open from 6:30 AM to 5:30 PM and allowed for weekly payment plans.

The problem, TLC founder Jean Fiske said, is that several of their clients' caretakers have not been paying consistently for their care. The enrollment at the day care varies, and TLC needed roughly 25 consistent clients to break

even. They charged \$75 a day or \$20 an hour and require no minimum.

Fiske couldn't bear to stop giving clients care, and TLC began falling behind on its bills – about \$50,000 behind, to be exact. She had to sell the building, which she owned outright, to make up for the debt. Some individual clients had outstanding bills in the thousands, Fiske said. TLC funding includes the Veterans Association, Medicaid, N.H. Healthy Families, and private insurance.

Most families pay for residential care costs out of their own pockets. Medicare does not cover the cost of long-term care in a care facility, but will cover short-term rehabilitative care after a hospital stay of 3 days and only under admission, not observation status.

The decision to give up the center wasn't easy, Fiske said. She's run the care

center for more than 20 years, and her family members make up some of the staff. Originally, Fiske was hoping to move into a smaller facility next to TLC, but the amount of work the building required and the loss of space wasn't worth it. She said some of her clients will be landing at Maintaining Independence, an adult care facility in Hooksett, and some at Easter Seals in Manchester.

Concord Monitor

FINANCIAL EXPLOITATION LAW

New Hampshire law criminalizing the financial exploitation of elderly and impaired adults will be enhanced Jan. 1 with additional language that casts a wider net.

As currently written, the 2015 law (**HB 1807-FN**) prohibits taking property from elderly, disabled or impaired adults without legal authority and "knowingly or recklessly" through the use of "undue influence, harassment, duress, force, compulsion, [or] coercion."

On Jan. 1, added to the law will be language stating, "or under any circumstances where the person knew that the elderly, disabled, or impaired adult lacked

capacity to consent, or consciously disregarded a substantial and unjustifiable risk that the elderly, disabled, or impaired adult lacked capacity to consent."

WHAT STATE AGENCIES CAN ASSIST SOMEONE IN A NH NURSING HOME

Very often when a person is admitted to a nursing home, it is the result of circumstances needing immediate attention and therefore is stressful. When we are under stress, our ability to think critically is impacted. NH has a Patients' Bill of Rights and it is required that a copy is posted in each facility. However in a stressful moment and generally in unfamiliar territory, it may be overlooked. The Patient's Bill of Rights describes the rights of the nursing home resident and can be found at <https://law.justia.com/codes/new-hampshire/2016/title-xi/chapter-151/section-151-21/>. And there are also various forms of support

STATE PLAN ON AGING UPDATE

As of Thanksgiving, we have received over 1,000 surveys from across the State. If you haven't completed one yet, NOW is the time to do so. Your experience and opinion matter! We have 7 weeks remaining of our Survey Campaign; SurveyMonkey closes on January 15, 2019!

In addition to English, there are paper surveys in 10 different languages! The 10 languages include: English, Spanish, French, Greek, Vietnamese, Nepali, Kinyarwanda, Swahili, Arabic and Portuguese. For paper copy contact:

Kim Hillson, 603-271-9215 or Kim.hillson@dhhs.nh.gov

The English version continues to be available online:

<https://www.surveymonkey.com/r/NHSPoASurvey>

Completed paper surveys should be mailed to:
NH State Plan on Aging Survey
Bureau of Elderly and Adult Services
105 Pleasant Street
Concord, NH 03301

and assistance. Most of us have had a friend or a relative placed in a nursing home or, perhaps, even

had a stay of our own in a nursing home for post hospital rehabilitation. Ever have a concern or complaint about the care there or the exercise of the resident's rights or about the quality of life afforded to the nursing home resident? You may be surprised to discover that there are several State agencies that can possibly respond when the issue, concern or complaint is not resolved by the nursing home staff.

Among the agencies within the NH Department of Health and Human Services who can be contacted are the Bureau of Elderly and Adult Services if you need to report abuse, neglect or financial exploitation. This agency can be contacted by calling (603) 271-7014.

If you feel that the nursing home is providing care that is in violation of the regulations that govern nursing homes, one can contact the Bureau of Health Facilities Administration at: (603) 271-9499

If you wish to file a complaint against a Licensed Health Facility, that is a nursing home that does not accept Medicaid or Medicare as a source of payment, please contact:

NH Department of Health & Human Services

Health Facilities Licensing Unit
129 Pleasant Street
Concord, NH 03301
Telephone: (603) 271-9039

If you wish to file a complaint against a Certified Health Facility, that is a nursing home that accepts Medicaid or Medicare as a source of payment, please contact:

NH Department of Health & Human Services
Health Facility Certification Unit
129 Pleasant Street
Concord, NH 03301-3857
Telephone: (603) 271-9049

If you have concerns about the quality of care, the quality of life or infringements on a nursing home resident not being able to fully exercise their rights as a nursing home resident, you can contact the Office of the Long Term Care Ombudsman at:

(603) 271-4375 or toll free at (800) 442-5640.

HOME DELIVERED GROCERIES

Some NH grocery stores, in-

cluding Shaw's, Walmart, and Target are now offering online ordering and delivery of groceries. While this service may not appeal to everyone, it offers support for people with temporary or long term mobility or transportation issues. Check with your local stores to see what's available in your area.

PORTSMOUTH GETS NEW SENIOR CENTER

Thirteen years after the city began its efforts to secure the former Paul A. Doble Army Reserve Center, it has finally received the deed for the property.

City Manager John Bohenko called the transfer of the deed to the city "the final step" in the long process. The transfer will allow the city to begin work on transforming the facility into a new senior center for the city.

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!

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AGINGNH

City residents recently got their first look at the city’s plans to transform the abandoned building on Cottage Street into the city’s new senior center. Senior Coordinator Brinn Sullivan pointed to a rendering of what the new facility will look like at the recent meeting, and said “we’re excited it looks so modern and beautiful.”

The city hopes to create a “vibrant hub where people can gather” and which will be aimed at serving people age 50 and older, Sullivan said. “We do want this whole property to be modern and beautiful and we want you guys to be proud (of it),” she said.

Renovations could begin in early 2019, Sullivan said. Eventually, the back side of the property could be used to create gardens, she added.

The city’s current senior center at the Community Campus is just two rooms and 2,400 square feet. The Doble Center building is 14,000 square feet, Sullivan said, which will give the city “a lot more opportunity” to serve Portsmouth’s seniors.

CHILD AND FAMILY SERVICES IS NOW WAYPOINT

Child and Family Services, the oldest children’s charitable/family service organization in New Hampshire, has changed its name to Waypoint. The name change comes as part of an entire rebrand of the organization that includes a new look, logo, website, and digital media presence.

We heard our constituents loud and clear,” says President/CEO Alvarez de Toledo. “Our name was no longer reflective of everyone we serve. Our new name does not try to specify every population, but rather, reflects the part we play in individual lives and the life of our community.”

A waypoint is an intermediate point or place at which a course of action or path is changed. The purpose of all Waypoint programs is to help change the course for those who need help negotiating life’s

challenges, Alvarez de Toledo said.

“Our agency has evolved over the years as we have responded to the needs of each new generation. Our new name and look better reflect who we are today, a state-of-the-art, nonprofit human service agency that provides a lifeline across the lifespan.”

From Our Readers

GET INVOLVED

Launched in 2016, the **New Hampshire Alliance for Healthy Aging** (NH AHA) is a statewide coalition of stakeholders focused on the health and well-being of older people in New Hampshire.

Our purpose is to create an age-friendly state for all of us, by creating communities that advance culture, policies and services to support older residents and their families. See: <https://nhaha.info>

We welcome you to join our committee and help us advance diversity, equity and inclusion for all older adults and their families in New Hampshire. Our committee meets just about monthly in Concord to focus our collective energy and awareness on several key initiatives.

To learn more or to attend an upcoming meeting, contact Alison Rataj at UNH Center on Aging and Community Living: Alison.Rataj@unh.edu or (603) 862-5409.

NEW 10 YEAR MENTAL HEALTH PLAN NEEDS YOUR REVIEW

Here is a link to the proposed 10-Year Mental Health Plan for NH.

www.dhhs.nh.gov/ocom/documents/proposed-10-year-mh-plan.pdf

In order to receive public feedback, DHHS offers two opportunities for the public to submit feedback:

A public hearing in Concord on December 3, 2018, from 5:00 - 7:00 PM at the Howard Recreation Center Auditorium, Hugh Gallen State Office Park Campus, Pleasant Street, Concord, NH; and

A formal, three-week public comment period through Monday, December 10th. Written submissions may be sent to 10yrMHplan@dhhs.nh.gov.

For more information:

<https://www.dhhs.nh.gov/media/pr/2018/11202018-proposed-mh-plan.htm>

Many thanks,

Jean L

AGEISM IN NH

Senior Feels Slighted

The "Going it Alone" article in October 2018 issue of *New Hampshire Magazine* ["Seniority"] says: "Although it is unpleasant and unwelcome, it is a fact of life that you can't be as sharp or as able at 75 as you are at 55."

Really!?

Unless I hear your good reason not to, I plan to publish that sentence on FB, etc., for other seniors' reaction and cancel my subscription. The average age of the Supreme Court is 67 years and four months. Don't you read articles before they are published?

Hank Beek
Bedford

Editor's note: The word "probably" could have been added to that sentence since there are some people who hold up much better than others, but we think most seniors (even Supreme Court justices) will agree that getting older is a challenge.

Ageism is alive and well in NH's news media. We need more folks like Mr. Beek to call out publications like NH Magazine. Because, they still don't get it!

bs

Focus on Community

NEW INVESTMENTS BUILD ON MOMENTUM IN LOCAL COMMUNITIES

Twenty-seven local NE organizations will receive a grant of up to \$10,000 from Tufts Health Plan Foundation's new Momentum Fund. The fund was established to foster new ideas and support cities and towns in their efforts to make their communities

better places to grow up and grow old.

"We developed the Momentum Fund to help smaller communities and organizations that want to do this work," said Nora Moreno Cargie, president of Tufts Health Plan Foundation and vice president of corporate citizenship at Tufts Health Plan. "They are adopting more inclusive policies, building accessible parks and public spaces, and integrating age-friendly practices."

The Momentum Fund is supporting 10 projects in Massachusetts, 10 in Rhode Island and 7 in New Hampshire. Each is community-led, addresses healthy aging and includes older people in the planning and implementation process.

"Many New England communities recognize older people as tremendous assets," said Phillip González, the Foundation's senior program officer. "This is an opportunity for us to learn from communities as they innovate and collaborate to address the needs of that community." The NH awards include:

Grafton County Senior Citizens Council, Inc. Lebanon, N.H. *Experience/Arts in Northern New Hampshire;*

Lakes Region Partnership for Public Health Laconia, N.H. *Winnepesaukee Village Network*;

Monadnock Family Services, Inc. Keene, N.H. *Gatekeepers in the Monadnock Region*;

Public Health Council of the Upper Valley Lebanon, N.H. *Community/Parish Nurse Electronic Documentation System Implementation*;

Tri-County Community Action Program, Inc. Berlin, N.H. *Age Friendly Health and Art Classes*;

The Granite YMCA Manchester, N.H. *Preventing Injuries When Older People Fall*; and

United Valley Interfaith Project Meriden, N.H. *Rollout of Useful Tools for Aging with Dignity Course*.

WHO CAN YOU CALL?

THOSE GUYS

If you live in Lyme, are 60 or older — or you've just had surgery and can't lift anything heavy, or need an emergency window repair, who do you call?

Those Guys!

Possibly the state's longest running group of volunteers who can lift, fix, or install things for seniors goes by that name — officially.

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 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

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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As municipalities in the second-oldest state seek ways to maximize livability for all residents, volunteers who preform home repairs become critical for helping seniors stay safely in their homes. Those Guys provides a model for other communities striving to address that growing need.

In Lyme, an age-friendly community in the Upper Valley with a long tradition of mustering neighbors to help neighbors, the casual group of mostly retired men formally known as Those Guys assists elders and others recuperating from medical procedures with transportation and small home repair projects.

The group's volunteers from Lyme and surrounding communities transport hospital beds and heavy medical equipment to homes, and perform minor repairs and improvements, such as fixing porch railings or adding wheelchair ramps, and sometimes even weed gardens, said the group's coordinator, Kevin Rhoads, 67, of Lyme.

"Personally I've always felt as part of society I should be finding ways to

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, Third Floor
Manchester, NH 03101
603-622-2204
www.hassan.senate.gov

Rep. Carol Shea-Porter
1st Congressional District
660 Central Ave., Unit 101
Dover, NH 03820
603-285-4300
www.shea-porter.house.gov

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

contribute. Small carpentry jobs wouldn't be a good fit for me, but being a coordinator and seeing that volunteers can be found in a timely manner — I can do that very well," said Rhoads, who recently retired as a measurement and instrumentation engineer for Dartmouth College.

He said the program works well because of cooperation between local groups, including the parish nurses at Lyme's Congregational Church, who visit elders at home, and the town's Utility Club, composed primarily of senior women who organize fundraisers and community events.

Those Guys started roughly 50 years ago as an adjunct to the 100-year-old Utility Club, Rhoads said, and now recruits volunteers through the local Congregational Church bulletin, community gatherings, and by word of mouth.

Rhoads takes calls, formats requests, and sends the information to volunteers by email, who respond as their schedules and skills allow. Two years ago the group became a non-profit in order to handle the money

it raises through tent rentals and to provide insurance to volunteers.

Sometimes the group makes referrals to professional contractors when the request exceeds volunteers' abilities. Members gather monthly for an early breakfast meeting so those with jobs won't arrive late to work. They can be reached at 795-4417.

Similar fix-it services are available in pockets around New Hampshire. The light

handyman service through Neighbors Indeed, a senior companion program run by Monadnock RSVP, matches volunteers and seniors through a database, and performs free repairs and improvements such as fixing broken steps and leaky plumbing, installing grab bars and air conditioners for adults 60 and older in 33 Monadnock-area towns. Call 357-6893 for help or to volunteer.

The Chore Corps through RSVP at the Grafton County Senior Citizens Council installs grab bars and railings and repairs windows, steps, and doors and performs seasonal chores such as stacking firewood for North County residents in its service area. (1-877-711-7787)

More information

Community action programs around the state such as Southwestern Community Services, serving Cheshire (352-7512) and Sullivan counties (542-9528), Tri-County CAP (752-3248) serving Grafton, Carroll and Coos, Belknap-Merrimack CAP (225-3296), Southern New Hampshire Services for Hillsborough and Rockingham counties (800-322-1073 or 668-8010), and Strafford County CAP (460-

4237) offer free weatherization services to income-eligible seniors. Services include repairing, caulking and weather-stripping windows and doors, insulating hot water tanks and sometimes attics, floors, and walls, and installing energy-efficient light bulbs.

Roberta Baker, Silver Linings, Union Leader

AGING, ACTIVATED AND RADICAL: WHAT'S FUELING THE ANTI-AGEISM MOVEMENT?

In 2011, it was Occupy Wall Street; in 2013, Black Lives Matter; in 2017, the Women's March, and Me Too; and in 2018, the student-led March for Our Lives. The past decade has seen the rise of significant civil rights movements. The longstanding issues of these causes have taken on new energy in response to growing frustration with income inequality, racial conflict, sexual harassment and gun violence.

Amid all of this sociopolitical churning, another movement rumbles, quickly growing in volume and awareness: the fight against ageism. Why now? And what's fueling its power?

Baby Boomers Take the Lead

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

RAISE YOUR VOICE!

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

To begin with, the time is right for a resurgence of attention focused on age-based injustice. Not since the 1960s and '70s, with the newly founded—and still active—AARP and Gray Panthers organizations, have people demanded so strongly that older adults claim their rightful roles in the workplace and community.

"Gray Panthers was the original 'radical fringe' movement to defeat ageism," says Jack Kupferman, president of the Gray Panthers, NYC Network. "For all that has...improved, little has changed. We are still at the point where ageism is everywhere—overt or subtle, personal or institutional, acknowledged or self-loathing. It's only when there is greater visibility of what ageism means and how it is manifested, [that] there will be an opportunity to defeat ageism."

Today's timing is not coincidental. As a generation, the Baby Boomers redefined every segment of the lifespan as they moved

through it, from childhood to adulthood. Many of them who protested social injustice in their teens and 20s continue to bring that same energy to their current lives—sometimes as members of newer grassroots organizations such as The Radical Age Movement (RAM).

According to Alice Fisher, RAM's president and founder, "[Our] name was arrived at because most of our initial steering committee members were referred to...as 'radicals' during the '60s. We were part of the civil rights movement, the women's movement, the anti-Vietnam War movement, and the LGBTQ movement, to name a few.... As ageism is just as onerous as racism, sexism, ableism, homophobia, etc., why would we assume that we could gain equality for older adults without a movement?"

A Movement Unlike Others

Unlike other civil rights causes, however, anti-ageism faces unique challenges. "The consequences of the newer civil rights are dramatic, visible, and create fury and fear among millions," says Kupferman. "There is not an equivalent powerful template with re-

gard to older persons and to ageism."

Part of the problem is the pervasiveness of age prejudice to the point where many people aren't even aware of its presence. Explains Fisher: "Ageism, age discrimination, is so embedded in our society that even people who are the victims of ageism often don't recognize it....most people need to be educated and made aware of ageism in all its forms."

To some activists, progress can start with non-mainstream, or "fringe," responses to injustice that get attention and inspire society as a whole to take action. "We need some passion and push," asserts Dr. Joanne Lynn, geriatrician and director of the Altarum Institute Center for Elder Care and Advanced Illness in Washington, D.C.

"The fringe's claims need to gather attention and force discussion, but they do not need to be thoroughly reasonable. Having a strong and energetic 'fringe' would force policymakers and the public to take seriously our more evidence-based proposals, which now languish for lack of 'newsworthiness'."

A Variety of Campaigns

What forms of resistance does today's anti-ageism activism take?

As with all civil rights movements, activism usually begins on the grassroots level by the disenfranchised. Ironically, anyone can fall into this category, because everyone is aging and is, or will be, directly affected by age discrimination. So it's not surprising that anti-ageism activism groups embrace an intergenerational approach.

Today's anti-ageism activism is broad-based, ranging from the efforts of individuals to those of nonprofit organizations and government agencies.

A prime example of individual work is that of author and speaker Ashton Applewhite, whose popular *This Chair Rocks* website and book have been resources for people wanting to learn more about what ageism is and how to defeat it. She recently launched *Old School*, an online clearinghouse of anti-ageism resources.

Nonprofit organizations, too, have established anti-ageism campaigns, such as AARP's #DisruptAging, LeadingAge's An America Freed from Ageism, and geriatrician and author Dr.

HELP SPREAD THE WORD!

If you like this newsletter, please share it with your family, neighbors, friends and colleagues.

Bill Thomas' ChangingAging tour.

Other countries are also taking on ageism in significant ways around the world. Notable campaigns are the U.N. World Health Organization's Global Campaign to Combat Ageism, HelpAge International's Age Demands Action, AGE Platform Europe's Ageing Equal, and Australia's EveryAGE Counts campaign.

Social Media Plays a Role

Perhaps the greatest influence on the anti-ageism movement has been the rise of social media as a crowd-sourced warning system to alert others to ageist products and messages. A perfect example was the quick and strong reaction to a recent Millennial-voter-recruitment-campaign ad that resorted to ageist depictions of older adults. The ad went viral—and so did the objections to it.

Anti-ageism as a civil rights movement is gaining momentum. New grassroots

and established activists alike are discovering one another and sharing ideas and strategies in order to spread the word about the injustices of age discrimination.

"The essence of ageism is invisibility," says Kupferman. "One of the ways to counteract invisibility is to bring it to light."

"We still do not see ageism getting the attention it truly deserves," Fisher admits, "but we are on our way."

Jeanette Leardi, Stria News, 11/12/18

News You Can Use

MARIJUANA BENEFITS AND ALZHEIMER'S

Research underscores both the dangers and the therapeutic promise of marijuana, revealing different effects across the lifespan. Marijuana exposure in the womb or during adolescence may disrupt learning and memory, damage communication between brain regions, and disturb levels of key neurotransmitters and metabolites in the brain.

In Alzheimer's disease, however, compounds found in marijuana, such as the psychoactive compound delta-9-tetrahydrocannabinol

(THC), may improve memory and mitigate some of the disease’s symptoms.

The findings were presented at Neuroscience 2018, the annual meeting of the Society for Neuroscience and the world’s largest source of emerging news about brain science and health.

<https://neurosciencenews.com/thc-alzheimers-10185/>

NUTRITION FACTS OR MYTHS

Our beliefs about how nutritious products are being increasingly shaped by scientific research dreamed up and paid for by major food companies. Borrowing

a dirty tactic from the tobacco industry, the food industry has distorted science by paying for research that makes erroneous claims like that chocolate helps fight diabetes.

In a new book, *Unsavory Truth*, Marion Nestle — a nutrition researcher at New York University, writer, and longtime crusader on conflicts of interest in food science — charts dozens of fascinating examples from the likes of Hershey and Coca-Cola, to the Corn Refiners Association and the Royal Hawaiian Macadamia Nut Inc.

Through her investigation into how money flows from companies and trade groups to labs, she shows how pervasive the problem is — and why it’s distorting how we think about health.

www.vox.com/2018/10/31/18037756/superfoods-food-science-marion-nestle-book

TAKE A STAND

As families across the country prepare to gather with loved ones for the holidays, lawmakers in Washington are preparing for the post-election ‘lame duck’ session, which could bring opportunities to protect and strengthen Medicare.

This and every holiday, we are thankful for Medicare. Tell your lawmakers why you are too, and ask them to prioritize Medicare, older adults and people with disabilities during the lame duck session by:

- Passing the Beneficiary Enrollment Notification and Eligibility Simplification (BENES) Act (S.1909; H.R. 2575), which would improve the Medicare Part B enrollment process; and
- Opposing any attempts to raise prescription drug costs for people with Medicare, including efforts to roll back recent Part D reforms.
- Take Action
Call your Members of Congress: Dial the Capitol Switchboard at 202-224-3121 and ask to be connected with your Representative and Senators. Use these talking points to help guide your conversation or to leave a message.
- Amplify your Voice: Please share this alert widely and let others know why you’re thankful for Medicare, Medicaid, and the ACA.

Learn More:
www.medicarerights.org

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.

lame-duck-session-brings-opportunities-protect-strengthen-medicare-medicaid-aca/

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THE ONE THING YOU NEED TO KNOW ABOUT YOUR PYREX BAKEWARE

The big change that few noticed

Any cook worth her salt knows and trusts several brand names when it comes to cook- and bakeware that gets the job done better than anything else. Along with Le Creuset and Calphalon, Pyrex is one of those relied-upon brands for everything glass, from measuring cups to casserole dishes. The brand has been around for over 100 years, and has established a reputation based on its material that was strong enough to be used in kitchens and laboratories alike. What you may not know is that Pyrex is no longer made of the same type of glass it once

was—but, before we set you into a panic, understand that this change didn't take effect recently. Pyrex products were made of borosilicate glass until about 60 years ago, at which point they began switching to manufacturing products with tempered soda lime instead. Today,

every piece of bakeware made in the U.S. uses tempered soda lime, including the full line of Pyrex consumer glassware. This change is worth mentioning because borosilicate glass was made to withstand large and sudden temperature swings (or thermal shock) better than

How to Contact Your State Committee on Aging Representatives

County	Name	Email
Belknap		
Carroll	Susan Ticehurst	Susan.Ticehurst@gmail.com
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Coos	Mark M. E. Frank	maxfra@aol.com
Grafton		
Hillsborough	Kathy Baldrige	scoainnh@gmail.com
	Ken Berlin, Chair	kaberlin@comcast.net
Merrimack		
Rockingham	Nancy Formella	naformella@gmail.com
	Susan Nolan	suznnolan@aol.com
	Kristi St. Laurent	ic.thus@hotmail.com
Strafford	John Kennedy	johnk@rhanh.org
Sullivan	Mary Catherine Rawls	Mary.catherine.rawls@hitchcock.org
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NH House	James McKay	james.mackay@mygait.com
HHS Oversight	Frank Kotowski	frkotowski@comcast.net
BEAS Liaison	Jo Moncher	Jo.Moncher@dhhs.nh.gov
Website:	www.dhhs.nh.gov/dcbcs/beas/aging/	

many other glass varieties. It meant that the odds were in your favor when it came to your casserole dish making it safely from the icebox to the oven and back again. Unlike other glass and ceramic cookware, Pyrex dishes could withstand extreme temperature changes, which made them a kitchen standby.

So, why did Pyrex make the change all those years ago? Increased air pollution regulations and a focus on reducing energy consumption were two of the primary causes behind the move. Soda lime glass is better for the environment, requires less energy to produce, and is more easily recyclable—making it the preferable choice. Environmental issues aside, tempered soda lime also stands up to sudden impact better than borosilicate glass, which Pyrex says is the most common type of damage consumers are faced with. In an email from a Pyrex representative it was noted that less than one-tenth of one percent of millions of Pyrex goods sold each year result in thermal breakage.

Though it may not be the same Pyrex glass the brand launched with in 1915, chances are, the Pyrex sit-

ting in your cabinet is in fact just like Mama's (and Grandma's, too). As long as you use it safely and appropriately, it will stand the test of time—and serve up plenty of good casseroles for years to come.

Southern Living

SURPLUS, SALVAGED, AND DONATED FOODS: SAFETY TIPS

No matter the source, safety tips are the same for any foods you choose

Some foods that grocery stores, restaurants, and other retailers weren't able to sell are donated to charity – for example, when a product's "sell-by" date has passed or a can's label is torn or missing. Food manufacturers also may donate or sell some products that are near or past the expiration date. Some of these various foods also may end up being sold, at discount prices, in surplus grocery stores, food-salvage stores, or other bargain outlets.

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www.engagingnh.org

An expired sell-by date, for example, doesn't necessarily mean that a food has gone bad or is unsafe. Surplus and other bargain stores often keep good food from being wasted and provide nutrition at a good price – when the food has been handled safely.

But when food hasn't been handled safely, as when canned foods are badly dented or damaged by rough handling, bacteria may grow that can cause illness.

Here's what you can do...

If you're thinking about buying food from a surplus or salvage store, or other type of bargain store, follow the safety tips you would follow when buying food anywhere.

- Never buy any can of food that looks swollen or has a bulge in it. This may mean that dangerous bacteria are growing inside.
- Don't buy any can that's dented along the seams that run along the top or side. The damage may have allowed bacteria to get inside.
- For the same reason, don't buy any sealed package that's torn, has a hole in it, or is coming apart at the seams.

- Don't buy any can or package that's leaking. If liquid can drip out, bacteria can get in.
- If a can has rust along the seams, don't buy it.
- Don't buy any food in a package that appears to have been resealed or repaired in any way. Food should be sold only in the original, intact package. (It's especially important to keep this advice in mind when dealing with food-salvage operations, which sometimes change the labels on foods, or repack or re-process them.)
- Food that has to be refrigerated should be kept at 41° F. or lower, to keep bacteria from growing. Avoid buying refrigerated food kept at higher temperatures. Ask the store manager about the food temperatures in refrigerated display cases, and look for thermometers in refrigerator cases.
- Don't buy refrigerated foods that are past the "use-by" or "sell-by" dates, because these foods may be perishable and may have begun to spoil.
- Frozen foods should be kept at 32° F. or lower. Avoid buying frozen food kept at higher temperatures.
- Don't buy frozen foods whose packages show that the food inside may have melted, then frozen again. For example, in cardboard-carton type packages, food stains on the package or other signs that the package has leaked are evidence that this may have happened. Frozen food that is thawed, then frozen again, gives bacteria a chance to grow.
- Food that has gone bad often looks and smells normal, so we often have to rely on other ways of knowing if it may be unsafe; for example, if the seams of a package or can are open or if a package hasn't been properly refrigerated. But when fresh or prepared food does look or smell bad, you don't have to rely on those other clues; it means that, yes, the food is spoiled and may have harmful bacteria growing in it. Don't buy it.
- Ask the store manager if the labels on cans or packages have been

changed. If so, the new label might not list the right ingredients or lot numbers. This is especially important if you have a food allergy or other dietary restriction or if a food has been recalled.

When you're in the store, notice whether or not it looks clean and look for evidence of bugs and rodents. Bacteria can grow in dirt and even on surfaces that look clean, but haven't been properly sanitized. A store that looks clean isn't a guarantee that it is – but if a store doesn't look or smell clean, it might be a clue about the store's food-handling practices.

Check with your state or local health department if you have concerns about a store that stocks surplus or salvaged foods. These health departments may be able to tell you if a store has been found to violate

Do you know an Elder leader making NH better for all of us as we age?

Nominated him or her for a Vaughan Award!

Nomination forms are online at

<http://www.engagingnh.org/nominate-someone-for-the-2017-vaughan-awards.html>

safe food-handling and storage practices. Some state and local health departments post food-store inspection reports on their websites.

Handling your food safely after you buy it is just as important as buying food that has been handled safely by the store. For more tips about how you can handle food safely, visit FDA's Food Safety Facts for Consumers.

Health & Wellness

BODY HAS CANCER KILL CODE

What was originally a study focused on finding the natural mechanisms that could protect organisms from cancer has led to a stunning finding: the researchers have discovered that inside every cell within the human body is a toxic code designed to trigger self-destruction if it senses a cell is turning cancerous.

Now that the researchers have decoded the exact mechanism that can destroy cancer cells, the hope is that it can lead to entirely novel kind of cancer treatment.

Last year, the breakthrough research first revealed a powerful ancient kill switch in the human

genome that can trigger small RNA molecules (called siRNAs). These tiny assassin molecules, which are also triggered by chemotherapy, are incredibly effective at targeting and destroying cancer cells, yet the exact mechanism by which they killed the cancer cells was unclear.

<https://os327.infusionsoft.com/app/linkClick/38238/159b77a97d641792/11836062/6fefaf92d5b63305>

5 TIPS FOR BOOSTING YOUR IMMUNE SYSTEM

The more things you can do to boost your immune system, the less likely you will be run down by a pesky virus or stomach bug this holiday season. Follow these five tips to improve your immunity and keep you protected from unwanted sickness.

1. Eat Garlic
2. Consume Foods with Vitamin C
3. Keep Your Gut Healthy

Did you know that your gut (microbiome) is the center of your immune system? Your microbiome can contain both harmful and helpful (probiotic) bacteria.

4. Reduce Stress
5. Drink this Immunity-Boosting Drink

Combining immune powerhouses into one concoction is a great way to power up the immune system. This drink has been something I use to boost immunity the minute I start to feel sick. It contains ingredients like lemons and pineapple for vitamin C, ginger and turmeric for anti-inflammatory properties, and garlic too! Here is the recipe:

- Juice of 6 lemons
- 3 cups pineapple juice
- 6 cloves raw garlic
- 1 tablespoon raw local honey
- 2 teaspoons ground ginger
- 1 teaspoon ground turmeric
- 1/4 teaspoon cayenne pepper

<https://chopra.com/articles/5-ways-to-boost-your-immunity>

SAFE SEX FOR FOLKS OVER 65

In 1970, when Stephen Stills recorded "Love the One You're With," it became a rallying cry for the hippy "free love" movement (more myth than fact, but the lyric helped sell a lot of records).

Well, if that's your era, and today you're still sexually active, you're still part of a very, should we say, robust movement, according to the National Poll on Healthy

Aging. More than 1,000 people ages 65 to 80 were polled: Nearly three-quarters said they had a romantic partner, and 54 percent of them were sexually active.

They claim that they're not shy about it, either: 62 percent said if they were having problems with their sexual health, they would talk to their primary care provider. Unfortunately, only 17 percent had. That's a gap that's putting many older folks at risk.

Sexually transmitted diseases are at an all-time high among the elderly. From 2007 to 2012, the incidence of syphilis among seniors increased by 52 percent; chlamydia increased by 32 percent. And, according to AARP, every year since then has seen about a 20 percent jump in the incidence of STDs.

The reason? Divorce rates are up, while erectile dysfunction medications are easily available, and docs don't spend enough time talking with seniors about safe sex.

Well, it's time to get proactive. Ask your partner(s) about their sexual health, and get tested yourself. Medicare now offers free STD screenings for seniors.

And use condoms -- many seniors don't. Keep it safe to love the one you're with.

Michael Roizen, MD and Mehmet Oz, MD, 11/15/18

Tech Tips

PERSONAL HEART MONITORING DEVICE

You could soon carry a heart-attack detector in your pocket

Developers have created a novel smartphone app that works similarly to a traditional electrocardiogram (ECG) and can accurately tell whether the pain in your chest is actually an oncoming heart attack.

The app is designed to detect very particular, deadly forms of heart attacks. In tests so far, the system has been nearly as effective as conventional heart-monitoring technology..

New Atlas Category: Technology, 11/15/2018

NEW SMARTPHONE APP FOR DEPRESSION

A startup in California is trying to use our obsession with the technology in our pockets to treat depression. When a patient installs the startup's app, it monitors things like the way the person types, taps, scrolls while using

other apps. These seemingly mundane interactions with your phone can offer surprisingly important clues to your mental health. For instance, it might reveal that someone recovering from depression might relapse soon. Have a look here to see how this app can discover as much about your mental health as a psychological test.

MIT Technology Review Category, 10/17/2018

Dollars & Sense

MEDICAL BILLING UPDATE

A 2017 report estimated that around 90 percent of healthcare companies from 16 countries are expected to use blockchain technology to reinvent their business models. This prediction seems to hold true as healthcare firms are increasingly using the technology for the enhanced efficiency and security that it can offer.

Blockchain allows for a secure distributed ledger that not only can aid in medical billing via cryptocurrency, but it can be used to validate clinicians' credentials, control access to patients' records, secure the medical supply chain, and verify clinical tests.

<https://www.forbes.com>.

(Editor's note: NH passed a law to prepare for digital currency. If healthcare moves in this direction there could be greater pressure to expand use in all financial areas.)

2018 TAX CHANGES

The IRS is issuing a new Form 1040 for the 2018 tax year. It will replace the old 1040 and Forms 1040Z and 1040EZ.

This is because the Tax Cuts and Jobs Act (TCJA) replaces the personal exemption and pretty much doubles standard deductions, for all filing statuses—the standard deduction you can claim *before* you claim the extra bonus deduction for being age 65 or older.

These deductions will be in place from 2018 through at least 2025:

- The standard deduction for single filers and those who are married but file separate returns increases from \$6,350 to \$12,000 in 2018;
- The standard deduction for head of household filers increases from \$9,350 to \$18,000; and
- The standard deduction for qualifying widow(ers) and married fil-

ers of joint returns increases from \$12,700 to \$24,000.

You must turn 65 by the last day of the tax year, however, the IRS says you actually turn 65 on the day *before* your birthday. If you were born on January 1, you would qualify as of December 31.

If the total of all your other income and half your Social Security is less than \$25,000 and you're single, head of household, or a qualifying widow or widower, you don't have to include any of your Social Security as taxable income. If you're married and filing a joint return, the limit goes up to \$32,000.

www.thebalance.com/tax-breaks-for-seniors-and-retirees-4148392

Laugh & Live Longer

THE ASSUMPTION

His request approved, the CNN News photographer quickly used a cell phone to call the local airport to charter a flight.

He was told a twin-engine plane would be waiting for him at the airport.

Arriving at the airfield, he spotted a plane warming up outside a hanger. He jumped in with his bag,

slammed the door shut, and shouted, 'Let's go'.

The pilot taxied out, swung the plane into the wind and took off.

Once in the air, the photographer instructed the pilot, 'Fly over the valley and make low passes so I can take pictures of the fires on the hillsides.'

'Why?' asked the pilot.

'Because I'm a photographer for CNN', he responded, 'and I need to get some close up shots.'

The pilot was strangely silent for a moment, finally he stammered, 'So, what you're telling me, is . . . You're NOT my flight instructor?'

HOLIDAY PLANS

I wasn't going to visit my family this December, but my mom promised to make me Eggs Benedict. So I'm going home for the hollandaise.

Purposeful Living

Debbie has been a Concord Regional VNA volunteer since November 2015. As a volunteer, Debbie serves the agency, patients, and families with enthusiasm and grace.

As the volunteer coordinator since June 2016, "I



Debra Wayne

have had the pleasure of witnessing Debbie personally grow as a volunteer as she

shares her time and talents in a wide variety of roles," said the nominator.

As Hospice House shopper, Debbie supports the House cook and patients by doing the weekly food shopping. She can also be heard lending her voice throughout the year during sing-a-longs

at over 12 long term care facilities in the area. Her enthusiasm and dedication are not only evident during her performances, but also on the weekends when she is always on the lookout for "props" (musical instruments and such) so that patients can more fully share in their sing-a-long experience.

Each Tuesday evening, Debbie volunteers in the common area at Hospice House where she arranges flowers or sets up a coloring station for residents, families, and visitors. Debbie, finds many "jumping off" points for many mean-

ingful and therapeutic interactions. She often stops by the volunteer office to enthusiastically share a particularly poignant encounter. Debbie also lends her artistic talents by helping to create volunteer bulletin boards and meaningful crafts, such as affirmation boxes for patients.

Debbie's commitment is not only evident in the volunteers (almost 300 in 2017) but also in her willingness to join in and help wherever needed. She has mentored many new volunteers in her short time with the Agency and is a valuable resource to everyone who knows her. Finally, Debbie demonstrates her willingness to learn and grow as a volunteer and participate in monthly volunteer learning and networking opportunities.

Board Notes

CELEBRATE!

The number of holidays and forms of celebration this time of year is quite unusual. While in this country Christmas and New Years are the dominant celebrations, those among us of varied ethnic and religious backgrounds also have rich traditions. Some are well known by name but probably not the histo-

ry behind them. Here are a few:

Hanukkah:

Or Chanukah, is an eight-day Jewish celebration that commemorates the re-dedication of the Second Temple in Jerusalem following the Maccabean Revolt. Those who took part in the re-dedication witnessed what they believed to be a miracle.

Kwanzaa:

Was created by Dr. Maulana Karenga in 1966 after the Watts riots in Los Angeles. He founded US, a cultural organization, and started to research African "first fruit" (harvest) celebrations. From there, he combined aspects of several different harvest celebrations to form the basis of Kwanzaa.

Boxing Day

Takes place on December 26. Only celebrated in a few countries, the holiday originated in the United Kingdom during the Middle Ages. It was the day when the alms box, collection boxes for the poor often kept in churches, were opened and their content distributed, a tradition that still happens in some areas. It was also the day servants were traditionally given the day off to cele-

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

brate Christmas with their families.

Ōmisoka

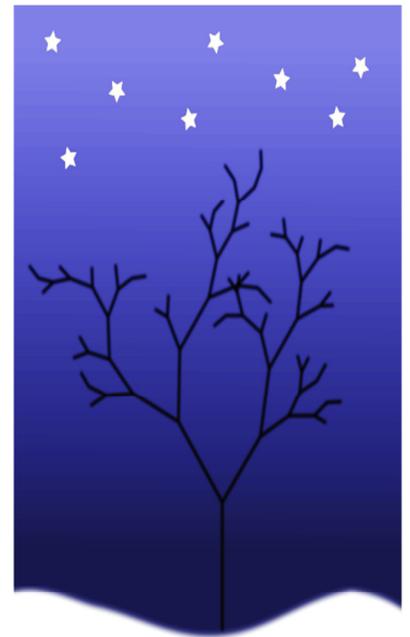
New Year’s Eve, is considered the second-most important day in Japanese tradition as it is the final day of the old year and the eve of New Year’s Day, the most important day of the year. Families gather on Ōmisoka for one last time in the old year to have a bowl of toshikoshi-soba or toshikoshi-udon, a tradition based on eating the long noodles to cross over from one year to the next.

St. Lucia Day

Known as the festival of lights, St. Lucia Day is celebrated on Dec. 13 in Sweden, Norway, and the Swedish-speaking areas in Finland, to honor St. Lucia, who was killed by the Romans due to her religious

beliefs. The day is marked with a procession led by the St. Lucia designee, followed by young girls dressed in white and adorning their heads with lighted wreaths, and boys dressed in white pajama-like costume singing traditional songs.

This time of year asks us to step back from daily life, and forget the all the hectic, fast-paced change we face each day. Instead let us remember to savor the moments in these opportunities to celebrate, to respect one another, to see the good in one another and in our diversity.



**Happy
Holidays
from
EngAGING NH**