



A Citizen Voice for the
Aging Experience

ENGAGING NH NEWS

Board Notes

LIVING IN INTERESTING TIMES

We're starting to anticipate that all our norms are likely to be turned upside down for a while and the EngAGING NH newsletter will follow suit! The Board Notes, usually found at the end of the newsletter, is our lead this month! We'd like to take this opportunity to turn something else around - not more information on what one should do to practice good health, but on the humane responses as we cope with this virus.

We have seen wonderful stories in the news, like people singing from their balconies in Italy; workers hand sewing masks; and demonstrations showing appreciation to health care workers and others who are classified in essential work. Closer to home things like delivering bagged lunches to kids, musicians playing in their neighborhoods at sunset, and stores opening special hours. And many of us have experienced a personal kindness, a conversation with a stranger, a check-in phone call. All this despite the calls for Social Distancing!

Ironically, social distancing isn't so new - not the physical kind, but the kind that occurs

with attention to our devices! Maybe we've grumbled about it or even poked fun. But as we move into days and weeks of changes in our routines, there seems to be more attention to one another. The clerk in the grocery store check-out is someone we now notice and thank. It may seem a small thing, but it demonstrates how we are developing a new appreciation for our interconnectedness, interdependence, and how we value each other.

There's a video going around the Internet showing three young teenage boys trying to

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figure out how to use a rotary phone. We can laugh at their

bewilderment - and we can also identify with the feeling of being clueless when confronted with something totally new! When our past experience fails to provide immediate guidelines, we must remember that we humans are both resilient and creative. "In *How Did We Do That? The Possibility of Rapid Transition*, Andrew Simms and Peter Newell tell the story of Iceland's 2010 Eyjafjallajökull eruption, which sent fine dust into the sky that spread for thousands of miles and grounded most of the world's planes. Then what happened? People adapted. Quickly. Supermarkets replaced air-freighted goods with local alternatives. People discovered other, slower ways to get around, or decided they didn't really need to travel at all. People held business meetings online. The Norwegian prime minister, Jens Stoltenberg, ran the Norwegian government from New York . . . with his iPad. This isn't the only example. There are stories from throughout history about how rapid transitions lead to ingenuity, flourishing, imagination and togetherness.

The title of a new book by Rob Hopkins, *"From What Is to What If"*, can be our guide to move beyond reaction to a world that reflects our best values and carries forward the types of compassion and cooperation we are now seeing.

Guest Opinion

Let Us Help You Get There

by Sylvia von Aulock

Southern NH Planning Commission Executive Director

You may be wondering what you're going to do when you hang up your car keys for the final time. Maybe your circumstances

We know there are misconceptions about transit services.

have changed or you just don't want to drive anymore. You may be used to the freedom of getting out and about, to do all the things you want or need to do: shopping, visiting, volunteering, appointments etc. You have a routine after all: places to go, people to meet! But there's that one little hiccup; you need someone else to do the driving. So, who's it going to be?

In a recent survey Southern NH Planning Commission conducted in the Town of New Boston, survey participants were asked questions about how they get to where they need to go and if they knew about existing transit services in their community. In the rural town of New Boston, it's a "Call/Demand" program through the Manchester Transit Authority (MTA). Interestingly, of the 110 + survey participants, approximately 63% did not know about the service. In a transportation survey conducted in Londonderry, similar results were found: roughly half of the 426 participants knew about the available transit services in their community. In Londonderry, transit services consist of Cooperative Alliance for Regional Transportation, or better known as CART, which provides fixed route and curb-to-curb demand-response transportation. (Also serving the towns of Chester, Derry, Hampstead, and Salem.) Londonderry is also served by volunteer driver programs such as Care Givers.

If half or more of the residents don't know what transportation services are available in their community, how can non-driving residents get to where they need to go?

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.

What can be done about this? Transit providers, town departments, service providers, senior centers and all those involved in assisting older adults have their work cut out for them in getting the word out about transit services. Regional Planning Commissions can help facilitate outreach efforts in your area and you can start by utilizing the NH Association of Regional Planning Commissions web site.

What else did we learn through these surveys? In both New Boston and Londonderry surveys, questions about other possible ways to get from A to B were asked. For example, 54% of New Boston participant and 47% of Londonderry's have tried Uber or Lyft services. New Boston residents were further asked if they would utilize Uber or a taxi service if provided financial assistance: 60% of the participants said No. On the other hand, when asked which type of transit service they would prefer, regardless of age, it was the existing MTA call/demand service.

We know there are misconceptions about transit services. You may think there are stairs to climb, that it'll be cold and dirty, that it'll be uncomfortable, that it's not safe, or that you'll be judged. NH transit is wonderfully accessible, very safe, clean, cozy, and friendly. It can help you to keep your routine of visiting, shopping,

volunteering and making your appointments which is so much better than being stuck.

Getting into a car or a bus is a matter of trust. Participants in both surveys shared that up to 25% presently get rides from their spouse, family, or a friend. We know how our spouse drives, and even

though we may criticize their driving, we still get in the car. Unfortunately, getting a ride with your spouse or family member is not always an option. We know there's a lot of unknowns for people trying transit options for the first time. Here's my suggestion: try it with a friend. It's always more fun with two. I think you'll be pleasantly surprised, and you may even discover new places and people.

Sylvia von Aulock is the Executive Director of Southern NH Planning Commission. For comments or requests for more information: svonaulock@snhpc.org

NH Updates

NO 2020 AGE OF CHAMPIONS HEALTH FAIR

The annual, free Age of Age of Champions hosted by the Center on Aging and Community Living at UNH Durham has been cancelled.

SENIOR HEALTHY LIVING EXPOS UPDATE

Plymouth NEW DATE

Saturday, August 29th, Common Man Inn and Spa

Manchester, No Change

Saturday, September 12th, SNHU Campus

VOLUNTEER INITIATIVES TO HELP STATE'S COVID-19 RESPONSE

Gov. Chris Sununu announced three new initiatives on March 24, 2020 in New Hampshire's response to COVID-19 that are focused on volunteer efforts.

The governor said the volunteer initiatives are aimed at bringing in medical volunteers, connecting people to more vulnerable members of the community and supplying the state with needed personal protective equipment.

"We know that New Hampshire is truly a state of community," Sununu said. "I am a believer that this is one of our defining characteristics."

Medical volunteers, such as retired or furloughed doctors and nurses, can sign up at nhresponds.org to help provide resources as the state's medical systems become taxed. Officials said non-medical volunteers can also sign up, because services such as transportation or security will also be needed.

"We're looking for people that have retired from practice, people that have gone into a more administrative role, doctors and nurses that may be furloughed right now," Shibinette said.

The state will remove barriers when it comes to licensing to allow those people to volunteer. Officials are also looking for current medical staff.

Sununu also urged people to go to volunteernh.org to learn how to support local nonprofits, which are helping provide services to the state's vulnerable populations. Nonprofit organizations can also sign up on that site.

People registering on the VolunteerNH website will be asked whether they want

to volunteer remotely or in person, and how far they're willing to travel. Volunteers might help pick up groceries, run errands and walk dogs.

VolunteerNH will match a person's skills with a nonprofit.

"To help make the connection for individuals who simply would want to stand up and lend a helping hand to the organizations that are looking for more folks to create that one-on-one contact with individuals as we go through the COVID-19 crisis," Sununu said.

Sununu also announced a new portal for New Hampshire businesses to help provide personal protective gear for medical workers. Manufacturers that can make the gear or businesses with such gear on hand can go to nheconomy.com/ppehelp to learn how to help.

wmur.com

WARNER INDIAN MUSEUM FOUNDER

In the early 1990s, Bud and Nancy Thompson opened the Indian Museum in Warner, following a dream of sharing the Native teachings of unity and care for the Earth they had grown to love and live by. Thompson's commitment to service to the Earth began 90 years ago, when Grand Chief Sachem Silverstar visited Thompson's second-grade class and gave the children a message that would define Thompson's life.

Chief Silverstar asked the children to sit in a circle, the circle being a sacred Indigenous

HELP SPREAD THE WORD!

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

symbol for the interconnectedness of all of life.

"Each of you," the chief told the children, "has been given a talent, and each of you must use that talent to make the world a better place." He told them that he hoped to hear, someday, what each child had been given to this purpose.

Thompson is a local celebrity in Warner. An old photo of him in his troubadour costume is hanging on the wall near the bar at The Foot Hills. Everyone is eager to chat with Thompson and hear about his life and accomplishments. However, Thompson's interest has never been about talking about himself. He'd rather learn about others.

"If he doesn't know them, or if he doesn't remember their names, he'll say, 'Tell me about you. I want to know about you,' Andy Bullock, the museum's executive director said.

Thompson said he owes all of his success to others. "It's been a wonderful life. I loved every bit of it. I think there's gotta be a God in heaven. I mean it. I mean it. All my life, the doors open up and good people have come into my life and made a difference. So, what can I say? I'm totally in gratitude."

Leah Willingham Concord Monitor, www.concordmonitor.com/Bud-Thompson

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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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

*Founder-of-the-Warner-Indian-Museum-
has-a-lot-to-be-grateful-for-32816627*

NHAHA UPDATE

Dear Advocate,

I hope you, your family, and other loved ones are staying safe.

Since the last update, and in a short period of time, Governor Chris Sununu has issued an Executive Order declaring a State of Emergency in New Hampshire due to COVID-19 and schools have closed. The New Hampshire Legislature has also suspended their session until at least April 10. We have seen a lot of change to our daily lives in a very short period of time.

The Alliance for Healthy Aging (AHA) Advocacy staff, housed at New Futures and NH Legal Assistance, will continue to monitor for any policy activity that may occur during this time but will turn much of our attention to preparing for when the legislature returns. We are all social distancing and will be working at home for at least the next three weeks.

With the increase in COVID-19, we believe the need for advocacy is more pressing than ever. We all deserve access to health and wellness supports to stay safe and healthy in all aspects of their life, particularly during this difficult time.

As we move into our new reality, if you have any questions on COVID-19 or need to report symptoms, NH has a 24-hour hotline you can call: Dial 2-1-1. And, you can find the latest Coronavirus COVID-19 Update for New Hampshire here.

Survey about the impacts of COVID-19-policy and advocacy perspective

New Futures has developed a survey to capture input from the many partners and individuals working in the communities across our State to assist in advancing priorities to address the pandemic. We would like to know what you are currently experiencing and how can state policy change help you? What can we all do to support your policy and advocacy work? let us know what challenges you are facing.

<https://secure.everyaction.com/Fg5yIRQ2kUiYI-RPby1B0kA2?emci=d65a698b-8369-ea11-a94c-00155d03b5dd&emdi=5ddc2f49-fc69-ea11-a94c-00155d03b5dd&ceid=8193140>

Trends found in this survey will be shared with that group to be discussed as part of a large legislative strategy.

Please take care of yourself. We will be thinking of you and will send further information when available on resources and policy updates.

Martha McLeod, NHAHA Community Engagement Coordinator

Your Voice

HELLO ALL [EngAGING Board]

Each month when I receive your newsletter, I read it from cover to cover. I think to myself that I should reach out to let you all know why I disappeared. I believe in your mission and the important information

shared each month. And, I still forward your newsletter to all of my family and friends each month.

I was already suffering from idiopathic pulmonary fibrosis when I became a member. However, it had not been diagnosed. This is a rare lung disease that affects over 200,000 people in the US each year. Symptoms include shortness of breath and fatigue. It is difficult to diagnose in a community setting and it tends to be a disease that affects people 60 and over. The cause is unknown.

Anyway, there is no cure. The average patient lives between 2-5 years. I was officially diagnosed in 2015. I began to decline and by 2016 I was pretty confined to the house with high doses of oxygen. I spent most of 2017 and 2018 at MGH and Brigham and Women's. 22 months ago, I had a lifesaving double lung transplant. Although my life is a new normal, I am so very grateful for the gift I received. To date my new lungs are functioning well and I am feeling great. And, I am so grateful to my organ donor and her family.

As I traversed through the fragmented healthcare system, I had a first-hand view of how difficult it can be for seniors who have to make complex decisions. At times I felt invisible and my concerns were overlooked and discounted. It was the first time ever I felt vulnerable and a victim of the system. Yet I know I was one of the lucky ones.

Many of the issues I worked to address in my work life were facing me. Can I continue to live alone? What are my options if I can't? What can I afford? What about transportation? Can I afford all of the medication I need? What are the services available to me?

There was and continues to be challenges. Thankfully, I have a broad system of support from family and friends. What about seniors who face similar challenges without advocates to guide them?



It is crystal clear to me that working to address the issues of our aging population is of paramount importance. I read this morning that New Hampshire ranks #2 in its senior population. So, for the sake of the woman who lives in Moultonborough and awaits the Meals on Wheels driver for her only daily human interaction and the woman in Nashua who cannot afford senior housing and is placed on a long waiting list please continue to advocate, educate and inform seniors of their options.

Thank you for the exceptional work you do.

Jeanne Marcoux (former ENH Board Member)

COVID-19 SHOULD SHARPEN OUR FOCUS ON NH'S LONG-TERM CARE

THE COVID-19 pandemic – with its high mortality rate for the elderly and medically-fragile – has put a sharp focus on long-term care.

That focus should have always existed. But public policy is so much better at being reactive, not proactive. Governor Sununu had recently sought to rectify that, by announcing, in his State of the State Address, a working group tasked with addressing long-term care issues in a 90-day timeframe. That speech now seems so long ago, given the historic events since.

ENH NEWSLETTER-APRIL 2020

The good news in New Hampshire is that a collaborative relationship between providers and the Department of Health and Human Services has paid off. New Hampshire has the nation's highest percentage of nursing homes in substantial compliance with federal health survey standards.

A spirit of collaboration will well serve the interests of resident safety in the days, weeks, and months to come, despite the hardships imposed upon residents, and families, by visitation bans, communal dining and group activity restrictions, and other infection control protocols. Every reasonable effort is being made to minimize risk for our most vulnerable population.

During these difficult times, please reach out to your loved ones receiving facility-based care. Send them emails, letters, and "virtually" visit with them via means like Skype or FaceTime. Try to allay their fears, and feelings of isolation, with your love.

Going forward, we have systemic challenges. The care for roughly 63% of all nursing home residents is underfunded by Medicaid. In its annual report to Congress this month the federal Medicare Payment Advisory Commission (MedPAC) found that "[t]he aggregate total margin for nursing homes" nationally was in the negative (-0.3 percent).

The MedPAC report noted the obvious, which is that "the overall financial performance of this setting is heavily influenced by state policies regarding the level of Medicaid payments[.]" Most states, like New Hampshire, fail to pay care costs. Even before the COVID-19 pandemic, was it reasonable to expect a care sector to operate at a loss?

And yet now, despite long-term care being at the epicenter of risk, we hear talk nationally of bailing out an airline industry that was fantastically profitable prior to the pandemic. Indeed, its profits seemed to grow in inverse relationship to the size of passenger seats. United Airlines alone reported a fourth quarter profit of \$614 million in the last quarter of 2019. To be sure, the travel industry is a big part of our economy, but why doesn't long-term care matter too?

Well prior to the pandemic, the consequences of Medicaid underfunding were dire for caregivers. Underfunding depresses wages, and this can force those caring for the poor into poverty themselves. That fact acts as a significant disincentive to even enter the caregiving profession. For example, despite an otherwise thriving economy, New Hampshire has seen a net loss of licensed nursing assistants.

Nationally, 92% of nursing assistants in

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

ENH welcomes all points of view and invites your submissions.

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

engagingnh@gmail.com

Forward it on!

nursing homes are women, according to the Paraprofessional Health Institute data. And 45% are 34-or-younger, the age group most

likely to have kids in school. Many of these women are single moms.

These caregivers are now on the very frontline of caring for those most at risk in this pandemic. And yet school closures will add to the anxiety of many of them, who may have to make the choice between not working, and staying at home with their kids, or leaving their children unsupervised.

That is a cruel choice, and a looming catastrophe for facility staffing. Recognizing that, Minnesota Governor Tim Walz declared that during school closures "schools are directed to provide care to, at a minimum, district-enrolled students aged 12 and under who are children of emergency workers." He defined emergency workers to include long-term care staff, along with other health care providers and first responders.

New Hampshire, particularly with the nation's second-oldest population, must come up with a similar approach to relieve burdens upon those we depend upon to keep us safe.

Brendan Williams is the president/CEO of the New Hampshire Health Care Association. This Op-Ed was originally published in the 3/20/2020 Union Leader

NH CHARITABLE FUND & COVID-19

As your community foundation, the New Hampshire Charitable Foundation is here for good. Especially when times are hard.

And right now is the hardest time we have faced in memory. The immediate pain from COVID-19 is staggering. We are hearing heartbreaking stories of anxiety, isolation, shortages and loss from residents and nonprofits across the state. And the long-term hardships are just beginning. It is time to act for our neighbors who are most vulnerable — with compassion, with vision and with focus.

To support critical work being done in our communities, the Foundation is opening a special "Community Crisis Action Fund" for Foundation donors and others. Please click here to learn more and to give. Never has your generosity been needed more.

We are seeding the fund with an initial allocation from existing Foundation resources, and expect to grant as much as \$3 million in the next few weeks. That's just the beginning because the need will only grow. Just yesterday, even before we opened the fund, a Foundation donor made a commitment of such generosity and compassion that it brought one of my colleagues to tears. Please consider that an invitation to do the same.

The Community Crisis Action Fund will empower action in three ways:

- Immediate unrestricted grants to scores of nonprofits working on the front lines to reduce the pain and hardship from COVID-19 for our most vulnerable neighbors — food for hungry kids and seniors, shelter for homeless people and families, transportation, whatever assistance is needed wherever it is needed.

ENH NEWSLETTER-APRIL 2020

- Strategic grants to help reduce the longer-term impact of COVID-19 on critical systems such as health care, emergency response, child care and food security — especially for marginalized children and families. These grants will complement and amplify other funding sources, including public appropriations.
- Support for local emergency funds being set up by United Ways and other grassroots funders to get assistance directly to individuals and families who need it most.

This strategy was developed by our community impact team and informed by dozens of partners in the community.

Every penny of the Community Crisis Action Fund will go out to nonprofits doing the work that must be done. Every grant will be made by our staff, who are grounded in the issues and close to community. We will report back about how these funds are helping our neighbors and communities.

We are blessed to live in communities like ours in times like this. We all have roles to play — as neighbors, donors, volunteers, board members, nonprofit staff, public officials, business owners, health care workers, emergency responders.

We know how to step up when things are hard.

This is who we are.

Onward,

Richard Ober, President and CEO

BOOK REVIEW

Blue hair. Geezer. Long in the tooth. Over the hill. Retiree. A certain age. Honey. There are many terms for older adults,

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
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, 4th Floor
Concord, NH 03301
603-226-1002

www.kuster.house.gov

and most of them are either disparaging or condescending. In *This Chair Rocks: A Manifesto Against Ageism*, Ashton Applewhite shines a light on how Americans, in particular older adults, are defined,

limited, and exploited because of prejudices about age. Resisting ageism is especially difficult, because we hear this kind of language and internalize our culture's youth fetish and fear of older age from the time we are very young through those around us, advertising, and popular media.

This Chair Rocks exposes these assumptions and biases and their negative impacts; among them, the limiting of our own aspirations and the lack of community investments in making sure the physical and social structures we create are inclusive and accessible. Applewhite carefully debunks common myths about changes in mental, emotional, and physical health that are part of ageing. She points out the wide variety among us about how we work, serve, play, and love. She challenges readers to challenge negative attitudes where we find them. And while she is careful to cite a wealth of research data, she succeeds in making every page of the book lively, readable, and compelling.

At this moment, when we are all particularly vulnerable, the chapter titled "The Independence Trap" is an apt illustration of the depth, wisdom, and heart Applewhite brings to her subject. The trap is that we tend to want to live independently as long as we can, and it is good to fight and work for social structures and supports that allow that to happen. But the common American belief that dependence of all kinds diminishes our value as humans, and needing help is shameful, gets in our way. She makes a beautiful and especially poignant point, given the pandemic all of us are experiencing, that when we shift the focus from need to having value, we see helping and being helped as a mutual gift. We all need help, and when we ask for it, we bestow purpose, and when we

help, we are enriched. Through this circle of mutual interaction, we share our humanity, and everyone benefits: "Imagine allowing that awareness to inform our choices, and enabling common sense and the common good to trump misguided pride and embarrassment. The goal is to give and receive with grace....Maggie Kuhn, the visionary activist who founded the Gray Panthers and who was always focused on intergenerational solutions, said it best: 'Interdependence is the truth of our lives.'"

Commission on Aging Update

The March meeting was cancelled with the closing of the Legislative Office Building out of concern for the COVID-19 virus.

Focus on Community

ANTRIM SOON TO BE THE FIRST NH TOWN WITH AN OFFICIAL BOARD RESPONSIBLE FOR THE SOCIAL WELL-BEING OF RESIDENTS

Antrim is rapidly moving to become the first municipality to take advantage of a state law passed over a decade ago (Chapter 678) that enables the Select Board of a town – or Alderman of a city – to establish a Community Services and Care Planning Board – or "Community Board" – as an official arm of local government. This Community Board is responsible for building and strengthening the web of community connections of all kinds and by doing this, improve the social well-being of all residents.

The Antrim Community Board will do this by surveying as many people in town as they can to identify their gifts, skills, interests, and vocations – and then

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inventorying these in an accessible Community Asset-Interest Inventory. The Board will then utilize this inventory as a mechanism to connect people with

similar interests, talents and willingness to work together to make life better for everyone. The Board's mission is to create a hometown where every citizen counts, comes together, and contributes. A hometown alive with civic spirit and activity. A hometown that is welcoming, safe, connected, and supportive. A hometown that is prosperous, healthy, and where "neighbor" means more than just people living near to each other.

The work of the Community Board in creating and implementing its Master Plan is built on the simple but powerful reality that *together, the citizens of Antrim have all of the skills, talents, life and work experience, hobbies, contacts and interests they need to make life better for everyone in town.* The job of the Antrim Community Board is to discover, connect, and mobilize these resources to make it happen.

The Board is building on Antrim's rich history of neighbors helping neighbors and pulling together to establish The Grapevine Family & Community Resource Center, the Food Bank, the town newspaper, and the Historical Society and putting on events such as Home & Harvest and Festival of Trees – to mention just a few. It will be totally controlled by Antrim residents,

and will be a formal town board, like the Antrim Land Use Planning Board or Conservation Commission. By law, The Board will consist of 3–9 members, with up to 5 alternates appointed by the Select Board. It also has great flexibility (no special state regulations to meet or reports to file) to fulfill its responsibility for strengthening existing connections, making a great many new ones, and pulling them together.

To quote organizer Kristen Vance McCormick: "We have all the skills, talents, life and work experiences, hobbies, contacts, and interests right here in town to make our community life better for all of us. The job of the Antrim Community Board is to identify, organize, and mobilize these resources to make it happen." And organizer Gordon Allen: "In talking to people and groups in town over the last few months, we have been so impressed by all the talent and diverse interests we have – and the willingness of people to share. Who knew we have this abundance – in plain sight just waiting to be discovered? There is no question that by bringing these together with the help of the Community Board, we can build a hometown alive with more civic spirit and activity – and more welcoming, safe, connected, and supportive."

Antrim looks forward to this fall when the Antrim Community Board will be up, running – and connecting and mobilizing. For more information on the five types of assets in the Inventory or other details, contact Kristen at kristenkmccormick@gmail.com or Gordon at wgor-donallen@gmail.com.

News You Can Use

BLOOD PLASMA/COVID-19

Takeda, a Japanese pharmaceutical company is using the

blood plasma of people who've already fully recovered from COVID-19 in order to make a cure. When an antigen — a bacteria or a virus, such as SARS-CoV-2 — enters the body for the first time, the immune system responds by producing an antibody, a protein designed to bind to that specific antigen. Takeda has been developing plasma-based products for more than 75 years, and on March 4, it announced plans to test whether doctors could use any of its existing products to treat COVID-19 patients. It also said it plans to begin developing TAK-888, a new plasma-based therapy designed specifically to address the novel coronavirus. To that end, Takeda is now looking to source blood plasma from coronavirus survivors and discussing how best to expedite the development of TAK-888 with health officials in the U.S., Asia, and Europe. Source: <https://www.freethink.com/articles/coronavirus-survivors>

Health & Wellness

WALNUTS AND HEALTHY AGING

Nuts are packed with nutrients that support your well-being, but when it comes to healthy aging, one type of nut outshines the rest: walnuts!

According to a recent four-year-long study, which features data from almost 34,000 women in their late 50s and early 60s, eating just two servings of walnuts a week was linked with a greater chance of being a "healthy ager" compared to a diet lacking walnuts. Source: www.mindbodygreen.com

AGE FRIENDLY HEALTH CARE

The John A. Hartford Foundation, which focuses exclusively on improving care for older adults, is supporting a national movement with the Institute for

Healthcare Improvement to help all U.S. hospitals and health systems provide age-friendly health care. WebMD is promoting awareness of age-friendly care through its partnership with the Foundation and by providing online information to consumers. *Age-Friendly Care* is defined as care that is safe, high-quality, and based on what matters most to older adults as individuals, while promoting a better quality of life. The focus is on prioritizing the "4Ms" of care: *what matters* to patients, promoting *mobility*, ensuring *medications* don't interfere with quality of life, and treating dementias, depression and other *mentation*-associated conditions.

Many older adults in the United States have a lower quality of life because they, and their care team, simply don't know that there's a more age-friendly pathway to health care," said Terry Fulmer, PhD, RN, FAAN, President of The John A. Hartford Foundation. "We, as a society, have come to accept the downside of aging—including the impact of multiple, conflicting medications, cognitive decline, depression and mobility issues—rather than asking for care that helps us benefit from the positive aspects of our later years." 3 in 4 older adults were not aware that they have the right to ask for, and receive, health care tailored especially to their needs and wants that could mitigate many of these problems and promote greater well-being among older patients. The release of the survey comes at a time when older adults represent 16% of the U.S. population, a rate that is expected to grow to more than 25% of all adults by 2060.

www.johnahartford.org

MEDICATION OVERLOAD

Medication overload among older adults — also known as polypharmacy — is a real

and devastating public health issue. As a recent report by the nonprofit Lown Institute noted, "Over the past few decades, medication use in the U.S., especially for older people, has gone far beyond necessary polypharmacy to the point where millions are overloaded with too many prescriptions and are experiencing significant harm as a result."

Those harms have a real-life impact on the nation's health system: Every day in America, 750 older adults are hospitalized due to side effects from one or more medications. And the Lown Institute predicts that in the next 10 years, 150,000 older adults will die prematurely due to medication overload.

As a practicing nurse who has long been concerned about medication problems among older adults, I'm committed to sounding the alarm about this problem — especially amid the ever-present onslaught of drug ads in peoples' lives and the lack of awareness of the dangers. A recent survey conducted by WebMD in partnership with The John A. Hartford Foundation found that 50% of older adult respondents didn't know that certain medications should be avoided, and 40% were not aware that some medications can affect cognition. www.nextavenue.org/dont-be-fooled-by-ads-medication-overload-is-real

COVID19 PHISHING

Hackers are using concerns about the how the coronavirus might affect global shipping to target various industries, new research from cybersecurity group Proofpoint found. Proofpoint found that hackers, most likely based in Russia and Eastern Europe, recently used malicious emails containing information on the impact of the coronavirus on the global shipping industry to target the manufacturing,

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.

industrial, financial, pharmaceutical, cosmetics and transportation sectors.

As part of these emails, a Microsoft Word document was attached to the email, with the document containing an information-stealing malware virus known as "AZORult" that exploited an old vulnerability to install the malware on the victim's system.

"The threat potential around Coronavirus remains broad and everyone should exercise extra caution when dealing with Coronavirus-themed emails, links and attachments," Sherrod DeGrippe, the senior director of threat research and detection at Proofpoint, said.

10 POSITIVE UPDATES ON THE COVID-19 OUTBREAKS FROM AROUND THE WORLD

If it seems that your news feed has been flooded with nerve-racking updates on the COVID-19 outbreaks, have no fear—there are also plenty of positive updates on the pandemic as well.

So without any further ado, here is a list of 10 hopeful headlines on the coronavirus response from around the world.

World: there's no way we can shut everything down in order to lower emissions, slow climate change and protect the environment.

Mother Nature: here's a virus. Practice.

1) US Researchers Deliver First COVID-19 Vaccine to Volunteers in Experimental Test Program

Scientists at the Kaiser Perma-

nente Washington Research Institute in Seattle delivered the first rounds of a potential coronavirus vaccine to several dozen optimistic volunteers earlier this week.

One 43-year-old vaccine recipient is Jennifer Haller, who is a mother to two teenagers.

She was all smiles afterward, telling AP reporters she was "feeling great" as she was leaving the clinic.

"This is an amazing opportunity for me to do something," she added.

2) Distilleries Across the United States Are Making Their Own Hand Sanitizers to Give Away for Free

Amidst national shortages of hand sanitizers, alcohol distilleries in Atlanta, Portland, rural Georgia, and North Carolina have begun using their facilities to make their own sanitation products.

Since the World Health Organization (WHO) says that cleaning your hands with an alcohol-based rub can help to kill viruses on your hands, many of the distilleries say they hope to continue producing their bootleg sanitizers until the virus has been properly contained.

3) Air Pollution Plummets in Cities with High Rates of Quarantine

Satellite readings of air pollution levels over China and Italy show that the regions hit hardest by the COVID-19 have also caused air pollution levels to decline dramatically.

Some reports estimate that China's quarantine has saved more than 100 million metric tons of carbon dioxide emissions from entering the atmosphere—which is about the equivalent of what Chile produces in a year.

Not only have similar effects been reported across Italy, the canals and waterways of Venice are reportedly cleaner than ever with the waters shining crystal clear in the absence of diesel-powered boats and gondoliers.

4) Johns Hopkins Researcher Says That Antibodies from Recovered COVID Patients Could Help Protect People at Risk

The vaccine being tested in Seattle isn't the only potential treatment for the disease—an immunologist from Johns Hopkins University is reviving a century-old blood-derived treatment for use in the United States in hopes of slowing the spread of the disease.

The technique uses antibodies from the blood plasma or serum of people who have recovered from COVID-19 infection to boost the immunity of newly-infected patients and those at risk of contracting the disease.

5) South Korean Outbreak Finally Abating as Recoveries Outnumber New Infections for Three Days in a Row.

According to Reuters, South Korea recorded more COVID-19 recovery cases on March 6th than new infections for the first

time since the nation experienced the largest Asian outbreak outside of China.

Since the novel coronavirus outbreak was first reported in South Korea back in January, the nation reached a peak of 909 new infections on February 29th. Now, however, Reuters reports that the declining rate of infection has continued to fall with less than 100 new cases reported for several days in a row.

6) China Celebrates Several Milestones of Recovery After Temporary Hospitals Close and Parks Reopen

Crowds of medical staffers and discharged patients were filmed celebrating the closure of all 14 temporary hospitals that opened in Wuhan to treat COVID-19 patients during the worst of the outbreak.

Authorities told the South China Morning Post this week that the virus had finally

passed its peak as the nation's mainland experienced only 11 new cases on March 13th, most of which were from international travelers.

As the outbreak is finally brought under control, parks and tourist attractions are slowly beginning to

reopen to the public under careful moderation.

7) Australian Researchers Testing Two Drugs as Potential 'Cures' for the Virus

Professor David Paterson, director of the University of Queensland Centre for Clinical Research and infectious disease physician at the RBWH.

At the University of Queensland Centre for Clinical Research, scientists have found that two different medications—both of which are registered and available in Australia—have completely wiped out traces of the disease in test tubes.

Not only that, the drugs were given to some of the nation's first COVID-19 patients, which resulted in "disappearance of the virus and complete recovery from the infection," researchers told News.com.au.

The university is now looking to conduct a nationwide trial with the drugs to evaluate the efficacy and tolerance of each drug administered separately and together.

8) Uber Eats is Supporting the North American Restaurant Industry by Waiving Delivery Fees for 100,000 Restaurants

As restaurants across Canada and the United States are forced to temporarily shut down amidst COVID-19 outbreaks, Uber Eats has announced that they will be waiving delivery fees for independent restaurants.

"We know the success of every restaurant depends on customer demand," the company said in a statement. "That's why we're working urgently to drive orders towards independent restaurants on Eats, to help make up for the significant slowdown of in-restaurant dining.

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.

NEW PODCAST: DAILY INSPIRING COVID-19 UPDATES FROM GOOD NEWS GURUS UNDER QUARANTINE

“As more customers are choosing to stay indoors, we’ve waived the Delivery Fee for the more than 100,000 independent restaurants across US and Canada on Uber Eats. We will also launch daily dedicated, targeted marketing campaigns—both in-app and via email—to promote delivery from local restaurants, especially those that are new to the app.”

9) Dutch and Canadian Researchers Are Reporting Additional Breakthrough Research on Treating the Virus

Photo by Sunnybrook University

Scientists from Canada and the Netherlands have also made medical breakthroughs of their own. In Toronto, a team of researchers managed to isolate the agent responsible for the ongoing outbreak of COVID-19, which will help researchers around the world develop better diagnostic testing, treatments, and vaccines.

“Researchers from these world-class institutions came together in a grassroots way to successfully isolate the virus in just a few short weeks,” said Dr. Rob Kozak, clinical microbiologist at Sunnybrook Health Sciences Centre. “It demonstrates the amazing things that can happen when we collaborate.”

Meanwhile, Dutch researchers have submitted a scientific paper for publishing on how they have identified an anti-body for the virus—and it could be a world-first.

10) Here Are a Bunch of Other Ways That People and Businesses Are Supporting Each Other Throughout the US Outbreak

Dollar General has announced that they will be devoting their opening hour of shopping

time to elderly customers. Athletes and sports teams are pledging to pay the wages of arena employees during the shutdown. Utility companies, landlords, automakers, and internet providers are waiving a number of late fees and payments to ease the financial burden of the shutdown. School districts across the country are still opening their doors to serve meals to kids and families.

All in all, the pandemic situation may seem grim, but these are just a few examples of how businesses and individuals are still looking out for each other during times of trouble.

www.goodnewsnetwork.org/10-positive-updates-on-the-covid-19-outbreaks-from-around-the-world/#.XnZytC_RWSi.facebook

RAISE YOUR VOICE!

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

Tech Tips

FACIAL RECOGNITION

Facial recognition is currently happening in a variety of different areas, from personal devices like iPhones, to municipal security cameras, to online images being collected and identified. The reason might be as simple as using your face to unlock your phone or to tag people in a Facebook photo. Or it might be used by law enforcement to identify suspects.

The startup company Clearview, which is currently only available to law enforcement, is one of the most discussed current practitioners of facial recognition. They

already claim to have scraped over three billion images from sites like Facebook and YouTube, and millions more websites as well.

The legality of that practice is hotly disputed, but meanwhile, hundreds of law enforcement agencies, FBI included, are making use of Clearview’s technology to identify and track down suspects. Twitter, Facebook, and LinkedIn have fought back, asking Clearview to cease and desist.

Clearview has invoked the first amendment, arguing that what they do isn’t really all that different from the web searching already done by Google, and the battle wages on. Like most tech, facial recognition has some upsides such as convenience and crime-fighting. But unlike most other tech, if facial recognition takes over, we won’t have much choice about how it’s used or not. Whereas with apps, one still clings to that shred of online privacy protection known as “opt in/out”, there is no reasonable opt in/out if face ID becomes part of everyday life.

And while face ID should be more secure than a regular password, if it is hacked, you’re in trouble: you can change a password, but it’s not as easy to change your face.

avg.com

Dollars & Sense

TEMPORARY WITHHOLDING OF SOCIAL SECURITY

PAYMENTS

Working part time is an increasingly common way to help pay for retirement. Working while claiming Social Security doesn't pose any complications for those age 66 or older in 2020. However, if you earn an income while collecting Social Security before age 66, part or all of your

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!

Social Security payments could be temporarily withheld if you earn more than \$18,240 in 2020. (If you will turn 66 in 2020, there's a higher earnings limit of \$48,600 and a smaller amount is withheld.)

However, once you reach age 66, your benefit is recalculated to give you credit for the withheld benefit and continued earnings, so you are likely to enjoy higher Social Security payments going forward. "If you don't already have 35 years of covered earnings at the max level, then your benefit is going to be higher if you work longer," John Palmer, a Syracuse University professor and former public trustee for the Medicare and Social Security programs, says.

US SAVINGS BONDS

Esther Szabo of KK Wealth Advisors understands “the attraction of bonds as safe investments, particularly for seniors; US Treasury bonds are seen as the safest type of bond.” Bond values have increased due to lower interest rates and a shaky economy since 2008, and benefited as the Federal Reserve propped up bond prices with its Quantitative Easing program. “At some point, however, all three of these situations will change,” she warns; “When

this happens, seniors who are too heavy into bond funds will see principal values decline.”

Her advice: Ensure that your funds are diversified and that the bonds’ maturation dates are staggered; be realistic about whether your total living expenses could ride out a drop in value.

KNOW WHERE YOUR MONEY IS GOING

Tracy Ann Miller of Red River Advisors acknowledges that 65% of Americans don’t have a budget. But not her clients. “I tell my clients all the time, it is the first step to getting your finances in order. You can’t plan for the future if you don’t know where your money is going today.” A personal or household budget is an itemized summary of expected income and expenses for a defined period of time, typically one month.¹ While the word *budget* is often associated with restricted spending, a budget should really mean more efficient spending. A search for online instructions, formats and assistance will yield many options.

SURVIVING IN A WHACK-A-MOLE ECONOMY

Conventional wisdom has it that bonds do better when stock markets are less stable, so we generally see movement from stocks to bonds in times of economic turmoil. However, these days, nothing is stable or sure. One small virus has turned our world upside down and created what I call the Whack-A-Mole economy.

No one has the answer to protect ourselves or our assets; we are at sea as to what action to take. Naturally, this is very unsettling for those of us who depend on savings to supplement Social Security. I feel as though I’m at a carnival game, vainly trying to whack the crazy mole

which keeps popping up in irregular patterns on the game board. Even my credit union has added a phrase to renewed CD paperwork indicating payouts depend on their financial ability to do so.

I could choose to withdraw my money and put it under my mattress, but images of people going with wheelbarrows of money to buy a loaf of bread in post WWI Germany rise up to haunt me. Investing in gold and silver may seem attractive, but humans can’t eat precious metals when groceries are in short supply.

So, what can we do to regularize our financial lives and give us some peace? The old saw “a bird in hand is worth 2 in the bush” comes to mind. While it is too late to stock up now for the future, when the crisis has passed, why not buy and store usable items? Then, you won’t have to participate in the craziness of last-minute shoppers when the next crisis comes around. This can also apply to saving emergency funds. Even \$5 a month will give you \$60 in a year’s time. While you are at the grocery or drug store, buy 2 of staple goods and put one in the back of your closet.

Withdraw some cash in ones and fives from the bank to have to give tips to people who risk their lives delivering takeout to you as you shelter in place. Help make face masks for medical professionals now, and when the crisis is past, make some more for yourself. Spend some time meditating about the goodness of life so you will already be in the habit when stress jumps on you.

Don’t forget about finances; simply do not allow the worry to overtake you. Most people survive even when circumstances appear terrible. Me? I have my chunky soup in the cellar and \$100 in ones to help

me feel magnanimous. Life can be good even in a Whack-A-Mole world.

Maida Sengupta

Laugh & Live Longer

QUICK LAUGHS

- I finally did it. Bought a pair of shoes with memory foam insoles. No more forgetting why I walked into the kitchen.
- The main purpose of your little toe is to determine if the furniture is in the right place.
- Map Quest or Google Maps really need to start their directions on #5. I'm pretty sure I know how to get out of my neighborhood.

COVID-19 HUMOR

- Hand Sanitizer: Try Tabasco Sauce – it kills germs and keeps you from putting your fingers near your eyes, nose and mouth -at least for a second time!
- Day 4 of the craft store closed. Found a gentleman sitting on m couch. Apparently, he’s my husband. He seems nice.
- Kinda feeling like Earth just sent us to our room to think about what we’ve done.
- Saw my neighbor scraping off the “my kid is a terrific student” bumper sticker off her car. Guess the first week of home schooling didn’t go so well.



How we're all gonna look after 18 months of cutting our own hair

kid is a terrific student” bumper sticker off her car. Guess the first week of home schooling didn’t go so well.

- Just asked a 6-year-old if he understands why there is no school. He says

yes, because they are out of toilet paper.

- Someday our kids will have kids. Those kids will complain that they're bored and want to go somewhere.

So, our kids will tell their kids about the time they could leave their house for a month because of a pandemic.

This is our kids' "2 mile walk in the snow uphill" moment.

Purposeful Living

"We can only be said to be alive in those moments when our hearts are conscious of our

treasures." – Thornton Wilder

RETIREES HELP DISABLED STAY ACTIVE, PRODUCTIVE

New Hampshire currently has a 2.6% unemployment rate and workforce issues hit all segments of businesses including

service providers. Living Innovations, which covers in New Hampshire in the Dover, Exeter, Concord and Derry areas, has been recruiting workers who are described

as active retirees age 65 to 80 looking for something meaningful to do with their time. These workers, Direct Support Professionals (DSP), provide such services as taking people with disabilities on day trips, to appointments, jobs and helping them cultivate skills and hobbies.

Living Innovations CEO Neal Ouellett said, "When you hire people who have already had life experiences and a career, the people in that demographic stay with it."

These active retirees have given the individuals they serve more stability. Paul Fleming, former marketing director at Living Innovations, said anyone with "heart and integrity" can explore working in a

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

DSP role, and the four-state agency serving more than 1,000 individuals actively seeks other senior citizens with time, energy and a desire to make a difference.

Seniors Can Help Seniors Weather the Covid-19 Pandemic – Carefully

An effort to match seniors who can help with those who need it might be just what this region of British Columbia, Canada needs as concern about the coronavirus outbreak grows.

“A lot of seniors don’t have someone who is right there,” said Ken Kuhn, coordinator of the Tri-Cities Seniors Planning Network. “They may need a hand with groceries or just someone to talk to.”

To that end, Kuhn is reaching out to the 800 people who have attended network functions to see what’s needed and who can help. And an email generated hundreds of responses, Kuhn said, with many people offering to help. He said he hopes seniors helping seniors can make a difference in this challenging time.

Those who are healthy and able to help a senior with appointments, shop for

groceries or talk with an isolated senior — and those who need help — can contact him.