



A Citizen Voice for the  
Aging Experience

# ENGAGING NH NEWS

**GUEST OPINION:**

## What We Can Still Learn From Mister Rogers as Adults

by Shayla Stern

*Hi neighbor.*

You cannot say those words, even many years since Fred Rogers last created new TV shows, without knowing that they're from Fred Rogers. That gentle voice with the slight drawl soothed even the most restless spirits.

I remember coming home from preschool and having my babysitter turn on Channel 12 – my local PBS channel – to calm me before “rest time.” But it doesn’t matter if you were a child in the decades that Mister Rogers was on TV. Rogers, who died in 2003, created nearly 900 episodes of *Mister Rogers’ Neighborhood* – and in the process, cultivated life lessons to last the rest of our lives. And so much of his wisdom applies to us in our many stages of adulthood.

In celebration of Mister Rogers’ birthday (he would have been 89 on March 20), here are six of those gems:

- 1. Routine and responsibility are the bedrock of your day.**

*Mr. Rogers cultivated life lessons to last the rest of our lives*

Every day, Mister Rogers entered the home on his show and did the same things – sang a peppy song, put on his cardigan and changed out of his dress shoes, fed the fish and had a warm conversation with us. Routines are comforting to children, but maintaining a daily routine and something that brings you care and comfort can get you through hard times no matter your age. A sense of responsibility for ourselves and others – another side of many of our daily routines – can do the same. Feed your pets, call

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or text lonely friends, offer a ride to a neighbor, hug your families. As Rogers sang, "It's such a good feeling to know you're alive."

## **2. It feels good to make something, even if you aren't very good at it.**

In one episode, Rogers used crayons to make a quick picture and illustrate a point, saying a little off-handedly, "I'm not very good at it, but it doesn't matter. It feels good to have made something." That's true — from coloring to roasting a turkey to re-wiring a lamp to knitting a scarf to putting together an IKEA dresser (OK, the last one might be a stretch, since your blood pressure may have risen from all the anger and frustration).

## **3. Put on your sneakers.**

It always helps to change into your comfortable play clothes at the end of the day. My kids crack up when I come home from the office and tell them I need to change from my work clothes to my play clothes. Even if I wore jeans to work that day, I make a point of changing. It really does add a sense of separation between work and home.

## **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.*

## **4. The Land of Make-Believe is still there for you.**

We know a lot about the [benefits of meditation](#) and mindfulness, even if — to paraphrase Mister Rogers — you [aren't very good at it](#). But what about quietly using your imagination to drift and think about how you might make the world better and more magical? Create your own Land of Make Believe. Whether you create characters and a story or just close your eyes and imagine the world in a different light, playing make believe can be good for the soul. Or maybe you'll brew up an idea that goes from Make Believe to Reality. You don't even have to take a trolley.

## **5. Look for the helpers.**

In recent years, the Fred Rogers Company has published a nice body of parent resources, including an interview with Rogers in which he talked about [how](#)

## [to help children get through tragic events.](#)

Here's one quote from it: "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers — so many caring people in this world." When something terrible happens in your life, do the same. So many people around you are willing to help if they know that you need help. And better yet, now that you're grown up, you can be one of the helpers for others in times of need.

## **6. Finally, just be a good neighbor.**

From Lady Elaine to Henrietta Pussycat to King Friday, Mister Rogers' friends from the Land of Make Be-

lieve often enacted lessons about how to treat each other through times of misunderstanding and hurt feelings. We now live in a time where misunderstanding and hurt feelings abound in real life. Remember, everybody's going through something they probably aren't telling you about. Maybe they cannot even articulate it themselves.

Rogers demonstrated on his show and in real life that empathy and grace are the most important foundations to being a good neighbor. His birthday seems like a great time to remind ourselves of this particular life lesson and to take a moment and figure out how to go out and be a good neighbor to someone who needs one.

*Shayla Stern works in digital media journalism and content marketing strategy and as a media professor at the University of Minnesota and DePaul University. This article appeared in Nextavenue.org.*

**NH Updates**

**BE SAFE IN A DISASTER**

The State Committee on Aging wants all people who might have difficulty due to functional needs to know

they won't be forgotten in times of disasters!

In 2010, many NJ survivors of Hurricane Sandy found themselves under additional stress. But according to FEMA, disaster-related anxiety can be especially high in older adults, particularly those living on their own, or isolated from friends and family

There is no NH state law, but within our "State Emergency Operations Plan" exists a State Functional Needs Guidance (March 2010) to assist Emergency Management Directors in planning with individuals with disabilities and others with access and functional needs.

Therefore, this is the town's responsibility to provide safety for its citizens.

If you might need special assistance in evacuating or coping with an emergency situation, prepare now! Contact your local public safety officials (fire/police) to go inform them of your status and resources.

*Mark Frank, SCOA Chair*

**From Our Readers**

- This is really good, thank you! I'm actually going to forward a few things to friends in MN

who are struggling with the challenges of caregiving.

*Jean*

- Just wanted to drop you a quick note to thank you for considering the accessibility of the Newsletter. **You said "...we understand that some assistive technology users need this format."**

While I am not a screen reader user, I know many of our program participants and others are. I enjoy the EngAGING NH newsletter and find it very informative.

*Bill*

- Thanks, this is filled with very good stuff. I'm printing it out to use as an example.

*Toni*

- Carol and all, thank you once again for this great work.

*Candace*

- Barbara, I want to congratulate you on writing one of the most informative and engaging newsletters (no pun) intended, that I have recently read.

*Bill D.*

- Here's a link to a free Care Giver Guide from the National Association of Care Givers

<http://creativecaregiving.org>

Kelly

**Focus on Community**

**POLICE USE OF DAILY PHONE CHECKS**

Living alone can be tough for seniors. Some don't have family nearby to check on them, and they worry that if they fall or suffer a medical emergency and can't get to the phone to seek help, no one will know.

That's why hundreds of police agencies in small towns, suburbs and rural areas across the country are checking in on seniors who live alone by offering them a free automated phone call every day.

Police officials say the computerized calling systems, which are fairly inexpensive and easy to use, provide an important service to a growing senior population that is expected to reach 65 million by 2025. Already, nearly [half of women age 75 and older](#) live alone.

And advocates for older adults say telephone check-in programs can help seniors [remain independent in their homes](#) and give them — and their family members — peace of mind.

"It helps ensure for the elderly person or their family that a phone call is being made every morning, that everything is OK. We've gotten incredible feedback on this program," said Cmdr. Jack Vaccaro, of the Lighthouse Point Police Department in Florida, which has nine seniors in its automated daily call program.

Automated telephone reassurance systems for seniors began nearly three decades ago. They have grown in popularity in recent years and now are used by police departments from California to Massachusetts. Jenni Bergal.

<http://www.pbs.org/newshour/rundown/dont-seniors-live-alone-sign-phone-check-ins/>

**NEW DOCUMENTARY**

Present Perfect, features the Providence Mount St. Vincent Intergenerational Learning Center in Seattle, where 400 elders share a building with 125 unrelated preschoolers.

According To Blogger Marc Freeman, "It's a place that looks very much like the one where my father resides, but with children! And the difference is everything. There's joy."

Nursing homes aren't the only places where age in-

tegration is beginning to reappear, like blades of grass springing up in sidewalk cracks. The nonprofit Generations United is tracking the co-location of senior centers and child-care facilities, along with other arrangements bringing children and seniors together. And the Intergenerational School in Cleveland is connecting old and young in ways that stimulate the intellectual development of both groups.

These bright spots are hardly confined to the domestic scene. Singapore is implementing plans to make the co-locating of these facilities the rule, not the exception. That nation's \$3 billion (Singapore) plan to become the envy of the world's rapidly aging societies explicitly calls for "co-locating of eldercare and childcare facilities" in new developments "to maximize opportunities for intergenerational interactions" and encourage innovation.

These efforts at age integration constitute social innovations aimed at bringing back some of the best features of the past in ways suited to the modern-family world—a kind of progressive nostalgia knitting together unrelated people, young and old, who

need support and need to be needed, too."

## HOW TO DESIGN OUR NEIGHBORHOODS FOR HAPPINESS

When we share our yards, sidewalks, and other common spaces, we find a greater sense of belonging and connection to those around us. The way we design our communities plays a huge role in how we experience our lives.

Neighborhoods built without sidewalks, for instance, mean that people walk less and therefore enjoy fewer spontaneous encounters, which is what instills a spirit of community to a place. A neighborly sense of the commons is missing.

You don't have to be a therapist to realize that this creates lasting psychological effects. It thwarts the connections between people that encourage us to congregate, cooperate, and work for the common good. We retreat into ever more privatized existences.

Of course, this is no startling revelation. Over the past 40 years, the shrinking sense of community across America has been widely discussed, and many proposals outlined about how to bring us back together.

### RAISE YOUR VOICE!

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

One of the notable solutions being put into practice to combat this problem is [New Urbanism](#), an architectural movement to build new communities (and revitalize existing ones) by maximizing opportunities for social exchange: public plazas, front porches, corner stores, coffee shops, neighborhood schools, narrow streets, and, yes, sidewalks. But while New Urbanism is making strides at the level of the neighborhood, we still spend most of our time at home, which today means seeing no one other than our nuclear family.

How could we widen that circle just a bit? Cooperative living and cohousing communities are gaining popularity, especially among young people. Yet, millions more people are looking for more informal arrangements with neighbors, where they share more than a property line.

That's an idea Seattle-area architect Ross Chapin has explored for many years, and now showcases in an inspiring book: *Pocket*

### *Neighborhoods: Creating a Small-Scale Community in a Large-Scale World.*

The benefits of a living in such a community go farther than you might imagine. He believes that groupings of four to twelve households make an ideal community "where meaningful 'neighborly' relationships are fostered."

But even here, design shapes our destiny. Chapin explains that strong connections between neighbors develop most fully and organically when everyone shares some "common ground." That can be a semi-public space, as in the pocket neighborhoods Chapin designs in the Seattle area.

In the book's bright photographs, they look like grassy patches of paradise, where kids scamper, flowers bloom, and neighbors stop to chat. But Chapin points out these commons can take many different forms—

- an apartment building in Cambridge, Massachusetts, with a shared backyard;
- a group of neighbors in Oakland who tore down their backyard fences to create a commons;

- a block in Baltimore that turned their alley into a public commons; or
- the residential pedestrian streets found in Manhattan Beach, California, and all around Europe.

The benefits of a living in such a community go farther than you might imagine. I lived in one while in graduate school, a run-down 1886 row house with a common courtyard near the University of Minnesota campus. At no other time in my life have I become such close friends with my neighbors. We shared impromptu afternoon conversations at the picnic table and parties that went into the early hours of the morning under Italian lights we strung from the trees.

When the property was sold to a speculator who jacked up the rents to raise capital for the eventual demolition of the building, we organized a rent strike. And we won, which would never have happened if we had not already forged strong bonds with each other. Because the judge ruled that the landlord could not raise our rents until he fixed up the building, he abandoned plans to knock it down. It still

stands today, and I still remain in contact with some of the old gang that partied in the courtyard.

*www.yesmagazine.org*

### **THE ISOLATION OF AGING IN AN AUTO-ORIENTED PLACE**

A couple of months ago, I was leaving the store about 8:30 at night when I noticed an elderly woman pushing her shopping cart into the vast expanse of empty parking lot. The scene struck me as odd because, it being winter in Minnesota, the sun was well beyond set, the weather was nippy, and she appeared to be going in the direction of nowhere with no identifiable car in her line of sight. I shrugged it off and got in my car to head home. A few hundred yards later, as I was exiting the lot, there was the woman again except now she was waving at me. I slowed down and paused a moment wondering what to do. Did she need my help? Was I about to get myself into a situation with a "crazy" lady? I uttered a quick prayer for wisdom and rolled down my window.

She politely asked if I was going in the direction of Western Avenue, which was along my route home.

When I confirmed I was, she asked if I might be willing to drive her home. Though I knew better than to really be concerned that she might harm me, I ran through a quick mental checklist anyway of the ways one might avoid being murdered by a stranger. "Establish a personal connection" was one counsel that came to mind, so I asked her name and

#### ***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:

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inquired how she had been planning to get home.

"My name is Miss Mackenzie," she answered. She explained she had been planning to take the bus, but it had gotten late, and the bus was so complicated anyway. Then she added, "And, it's just so much nicer to have somebody to talk to." I was sold. I made room in my backseat for her groceries and we began our drive home. I learned about her years as a flight attendant, what she studied in college, the places she had lived, the languages she spoke. She was a fountain of words. Arriving at her senior living facility, she thanked me and promised that whether it mattered to me, she would pray for me. The truth is, it mattered so much to me.

This story reflects the isolation felt among many of our senior population as they maneuver the built environment. By designing our cities for cars, and consequently neglecting our sidewalks, we have siloed our elders in several ways. Not only does an inability to drive confine many seniors to their homes, but corresponding busy roads and inhumane streetscapes add to the isolating effect by also limiting walkability.

A recent article in the Minneapolis Star Tribune highlighted the research of Jessica Finlay, an environmental gerontologist at the University of Minnesota, who spent over a year interviewing numerous seniors living throughout the city. What she found was that small features often made the most difference for livability. For instance, high curbs, bumps, and cracks in sidewalks were cited as physical hazards that kept seniors from venturing out. In contrast, shade trees, benches, and sitwalls were highly valued microfeatures that enabled them to enjoy neighborhood walks and more easily run errands on foot. Additionally, she found that elders who were "enmeshed in their communities," whether it be through church, volunteering, or intergenerational living rated much higher on her "happiness" scale.

How do we better care for the Miss Mackenzies in our cities? We place benches. We plant shade trees. We maintain our sidewalks. We petition our local zoning codes to allow the construction of Accessory Dwelling Units or "granny flats" that provide intergenerational living opportunities on one housing lot.

All of this requires us to notice the small things, to be in the details, and to advocate for those who need a community of caregivers, which actually includes every single one of us because, in truth, Miss Mackenzie gave just as much care to me as I gave to her that January night.

*Sara Joy Proppe, Strong Towns; originally published on Humane Pursuits*

### **News You Can Use**

#### **HELP WITH TRAVELING**

For elderly seniors, those with disabilities, or those recovering or rehabilitating from an illness or injury, traveling can seem particularly overwhelming or unmanageable. Fortunately, there are a number of companies that provide traveling companion/escort services to help older whether it's seniors going on vacation or grandparents wanting to join their far-off families for weddings and graduations, travel companions help clients who need help moving through airports, managing luggage, navigating busy terminals and hotel lobbies and much more.

Some companion services even provide personal care like medication reminders,

dressings, bathing and feeding. And for those with specific medical needs, traveling nurse services are available too.

To locate a travel companion service in your area, search online for "senior travel companion" or "senior travel escort," followed by your city or state. Or, for medical travel companions do a search for "traveling nurse escort" or "medical travel companion".

### *Questions to Ask*

First, if you require personal or medical care while traveling, find out if the escort is trained to manage your health care needs.

What sort of medical certifications do they have? (Nursing credentials? CPR training? etc.)

Also, find out how many trips the companion has taken with clients. Have they completed trips with travelers of similar needs?

How long has the travel service company been in business?

What is the company's safety record?

What sort of insurance does it carry, and what and who does it cover?

Also, get a quote breaking down exactly what you'll be

## **We Want You to Know . . .**

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

We actively partner and work with other NH advocates.

### Formal Partnerships

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

### Active Collaborations & Groups:

- Elder Rights Coalition

### 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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required to pay on top of the companion's fees. And, get a list of two or three clients/references who have used the service and call them.

Jim Miller, Savvy Senior

[http://www.sentinelsource.com/life\\_and\\_style/lifestyle/savvy-senior-escort-services-that-can-help-seniors-with-the/article\\_ae2d1201-fd25-5d21-bd19-413bfce1725b.html](http://www.sentinelsource.com/life_and_style/lifestyle/savvy-senior-escort-services-that-can-help-seniors-with-the/article_ae2d1201-fd25-5d21-bd19-413bfce1725b.html)

## DOG SHARING

The latest trend in the sharing economy is dog-sharing. No, dogs aren't being passed around for free, but there is a flurry of startups offering dog-walking, dog-sitting, and other dog-related services.

These apps give people the opportunity to become pet owners despite the challenges of modern living and allows anyone to offer their dog-caring services. The services are proving to be a booming business, with one app raising \$19 million in funding in just the last two years.

<https://qz.com/950105/dog-sharing-is-the-new-hot-thing-in-the-sharing-economy/>

## 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.

## CONSUMER POWER

You may not realize it, but you have a lot of political power—not at the voting booth, but in the checkout line.

In this new age of consumer activism, buyers are sending strong signals to American companies—with impressive results. No longer do consumers want to be the passive recipients of marketing messages, trained to purchase things they don't want. They're using their wallet as a weapon and fighting back.

Our purse is one of our strongest powers, and this generation is flexing a

muscle that could lead to a healthier political culture.

The capitalist system, the system often mistreating our people and the planet, revolves around us, the consumer. We can make or break this system. Companies care a great deal about us.

<https://www.fastcompany.com/40402079/every-purchase-you-make-is-a-chance-to-vote-with-your-wallet?partner=rss>

## HOW TO LIGHTEN THE MOOD IN YOUR HOME

Adding mood lighting to your home could add more happiness to it. So might creating a quiet, peaceful environment. Here are some suggestions on how you might achieve both.

*Let the sunshine in*

Whether from a window, glass door, or skylight, natural light helps interior spaces feel larger, and it's a known antidote to depression. In a 2016 survey of 18,000 homeowners by HomeAdvisor, an online marketplace of service professionals, about 75 percent of self-described happy homeowners cited the abundance of natural light in their home as an important contributor to their positive mood. Daylight also helps cut down on ener-

gy costs because you're less reliant on electric lighting.

*Make the most of mirrors*

Hang an oversized mirror in the living room to reflect natural light, making the space feel larger.

*Create layers of light*

Proper lighting improves the feel and function of a home, especially as you get older. A 60-year-old needs twice as much light as a 30-year-old, according to the American Lighting Association. It recommends three layers of light. The first is ambient light for overall illumination — such as from a chandelier or recessed canister light. The second is task lighting, such as under-cabinet LED strips in the kitchen to make food preparation easier. The third is accent lighting that introduces drama — think picture lights over a framed painting.

*Install dimmers*

A simple swap of a wall switch can let you vary the light to suit the activity — from bright light during meal prep to low light for entertaining.

*Pick the proper bulb*

Use the information on the lighting facts label, cover-

ing features such as color temperature and lumens. LED bulbs around 2,700K (the K stands for Kelvin temperature) on the color-temperature scale cast a warm yellow light similar to outmoded incandescent bulbs, making them a good general-purpose choice. Bulbs with a temperature around 3,000K have a whiter light that's better suited to bathrooms and laundry rooms. As for brightness, look for bulbs with 800 lumens to get the equivalent of a 60-watt incandescent.

*Cultivate quiet*

Your home should be a quiet escape from the outside world. But a combination of loud appliances, hard surfaces, and open floor plans can pretty quickly ratchet up the racket. That can take a toll on your body, as well as your mind. About 48 million Americans live with some hearing loss.

"Noise-induced hearing loss is cumulative over time," says Nancy Nadler, deputy executive director of the Center for Hearing and Communication. "Whenever it's possible, turn down the volume in the home."

If you have a multifunctional kitchen, complete with homework stations,

it's important to choose an ultraquiet refrigerator along with a quiet dishwasher. Elsewhere in the home, install carpets and drapes to help absorb loud noises. As a general rule, keep the TV and music speakers at a volume that allows you to have a normal conversation.

**Health & Wellness**

**VITAMIN C AND CANCER**

According to a new study, giving cancer patients high doses of vitamin C during their treatment may weaken cancer cells and make them more vulnerable to the effects of chemotherapy and radiation. 93 percent of the people in the study receiving vitamin C infusions responded to chemotherapy and radiation, compared to 40 percent who usually do. Moreover, more than 30 percent of the people getting the vitamin C also showed signs of their tumors shrinking. Usually, only 15 to 19 percent of people receiving chemo and radiation see their tumors get smaller.

<http://time.com/4718630/vitamin-c-cancer-treatment-chemotherapy/>

**MAN MOVES PARALYZED LEGS USING DEVICE**

**THAT STIMULATES SPINAL CORD**

A new study reports researchers have successfully used electrical stimulation on the spinal cord of a paralyzed patient to allow him to stand, move his legs and make stepping motions. Source: Mayo Clinic. Mayo Clinic researchers used electrical stimulation on the spinal cord and intense physical therapy to help a man intentionally move his paralyzed legs, stand and make steplike motions for the first time in three years. The case, the result of collaboration with.

*https://www.optimistdaily.com/category/health/?SearchCatId=5*

**NEW PROMISING ALZHEIMER'S DRUG**

The drug, called intepirdine, works by increasing the release of a chemical in the brain that plays an important role in memory function. If trials conclude successfully later this year, a new drug will provide

some relief for people suffering from Alzheimer's disease. It would be the first new treatment for the disease available in over a decade. The drug works by increasing the release of a chemical in the brain that plays an important role in memory function and should help people with dementia live more independently for longer. Its developers say unlike more experimental

treatments, which have caused excitement in early stages but then failed in clinical trials, the drug works in tandem with existing medication to help people with dementia live more independently for longer. "Studies based on theory can be successful, but several hundred of them have failed," said Lawrence Friedhoff, chief development officer at Axovant, the company pro-

How to Contact Your State Committee on Aging Representatives		
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Website:	<a href="http://www.dhhs.nh.gov/dcbcs/beas/aging/">http://www.dhhs.nh.gov/dcbcs/beas/aging/</a>	

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Forward it on!

ducing the drug. "Our trial is replicating a study that already shows statistically significant benefit in humans, so it has a much higher chance of being successful." The last Alzheimer's drug to be approved was donepezil in 2002. While the intepirdine trial is not guaranteed to succeed, this drug is the only plausible new treatment being submitted for approval in the next few years, following a string of failures.

<http://www.independent.co.uk/life-style/health-and-families/health-news/alzheimers-first-new-treatment-14-years-approved-year-intepirdine-axovant-lawrence-friedhoff-a7658346.html>

### **BABY BOOMERS COMBAT AGING WITH BODYWORK**

According to the U.S. Centers for Disease Control and Prevention, preventing disease and injury is critical to reducing the expected

growth of health-care costs headed our way, as more than 70 million U.S. baby boomers cross the 60-year-old threshold. Moreover, disease prevention is critical to, well, your health!

Whether you're a boomer who is running a marathon or running after your grandchildren, you know that growing older doesn't mean growing old. If you're wondering how to stave off the effects of aging, the preventative and restorative nature of massage and bodywork might be just what the body ordered. The benefits from massage and bodywork can help bodies of all ages, especially for baby boomers. Research has shown that massage:

- Improves range of motion and decreases low-back pain
- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.
- Provides exercise and stretching for atrophied muscles.
- Reduces swelling and scar tissue.
- Reduces recovery time from injury/surgery.

- Reduces stress, a major contributor to disease and ill health.
- Releases endorphins, the body's natural pain-killer, thereby reducing the need for medications.
- Stimulates lymph flow and supports the body's natural process of detoxification.

In addition to all the physical benefits massage and bodywork offers, there also are proven psychological changes we experience with massage. One of the reasons massage feels so relaxing is that there is a literal psychological benefit as dopamine and serotonin become balanced in the system.

And when massage produces oxytocin in the body, there is a sense of being nurtured. Add that to the restorative effect that comes from those quiet moments during massage, and you've got a process that experts say is incredibly healing.

*Age is a State of Mind,  
www.abmp.com*

### **GRATITUDE JOURNALING**

Gratitude may seem like a practice you do for others, but it actually has enormous benefits for your own well-being. Studies show

expressing more gratitude can help boost happiness and reduce the negative effects of depression. Here's how you can upgrade your gratitude practice. "Although gratitude is often depicted as other-oriented, in many cases it is never expressed to the other," write researchers from the University of Limerick. But what happens when we *do* express the gratitude that we're journaling about? According to their study, the practice becomes even more beneficial.

The researchers recruited nearly 200 participants (ages 18-84), who were split into three groups. One group wrote in a gratitude journal three nights a week for three weeks, focusing on positive social interactions or relationships they appreciated that day. Another group kept a similar journal, with a twist: At the end of each week, they thanked someone in their lives about something specific—*Thanks for being such a good listener yesterday!*—and then reflected on the person's response and their own feelings. A control group journaled about things that happened during the day.

Before the experiment, immediately after, and in a

series of follow-ups, participants filled out surveys about their life satisfaction, positive and negative emotions, and depression during the previous month. They also rated how often they expressed gratitude in their relationships, and how grateful they felt overall. Right after finishing three weeks of journaling, the gratitude-expressing group was faring the best: Their negative emotions decreased more than those in the other groups, and they also felt less depressed and more emotionally balanced than when they started.

"Other-oriented gratitude appears to be particularly effective in enhancing emotional well-being when this gratitude is outwardly expressed," the researchers conclude. In other words, says lead author Brenda O'Connell, "When you feel thankful for someone, actually thank them!"

[http://greatergood.berkeley.edu/article/item/how\\_to\\_upgrade\\_your\\_gratitude\\_practice#](http://greatergood.berkeley.edu/article/item/how_to_upgrade_your_gratitude_practice#)

### Tech Tips

#### COLLECTING AND SELLING PERSONAL DATA

Last week, the US Congress voted to overturn rules that would have pre-

vented Internet service providers from selling customers' data without permission. Though the rules had not yet gone into effect, the vote drew considerable attention to the question of how people can better protect their online privacy and data.

One increasingly popular option is to make use of tools designed to help obscure your online activity—the better to throw off surveillance from corporations and governments alike. Dan Schultz, a programmer, reacted to the vote by creating a tool called Internet Noise to help people seed their online activity with "noise," or random web searches and sites that obscure their true browsing habits. Noisify, a Chrome extension, performs a similar function by generating random searches on your Facebook page, so Facebook knows a little less about what you're actually looking at or interested in. AdNauseam, another browser extension, will click on lots of ads for you, so that any insights about your behavior of buying habits gleaned from these clicks will be largely worthless. Another browser extension, TrackMeNot, generates random web searches, so that "actual

web searches, lost in a cloud of false leads, are essentially hidden in plain view.”

The problem with these tools and strategies—which are undoubtedly well-intentioned—is that it’s actually pretty hard to generate convincingly realistic-looking noise. That doesn’t mean there’s zero value to these tactics. If your goal is simply to make it a little harder for advertisers to figure out what sorts of things you might be interested in buying, then inserting even some fairly rudimentary random noise into your browsing habits may do the trick. Read more—<https://qz.com/948340/congress-will-let-internet-providers-sell-consumer-data-so-rebels-devised-a-way-to-trick-corporations/>

### **TIPS TO SPOT FALSE NEWS ON FACEBOOK**

As Facebook works to limit the spread, here are some tips on what to look out for:

1. Be skeptical of headlines. False news stories often have catchy headlines in all caps with exclamation points. If shocking claims in the headline sound unbelievable, they probably are.

2. Look closely at the URL. A phony or look-alike URL may be a warning sign of false news. Many false news sites mimic authentic news sources by making small changes to the URL. You can go to the site to compare the URL to established sources.
3. Investigate the source. Ensure that the story is written by a source that you trust with a reputation for accuracy. If the story comes from an unfamiliar organization, check their "About" section to learn more.
4. Watch for unusual formatting. Many false news sites have misspellings or awkward layouts. Read carefully if you see these signs.
5. Consider the photos. False news stories often contain manipulated images or videos. Sometimes the photo may be authentic, but taken out of context. You can search for the photo or image to verify where it came from.
6. Inspect the dates. False news stories may contain timelines that make no sense, or event dates that have been altered.
7. Check the evidence. Check the author's

### **LOOKING FOR A BACK ISSUE OF ENH NEWS?**

Check our website:  
[www.engagingnh.org](http://www.engagingnh.org)

sources to confirm that they are accurate. Lack of evidence or reliance on unnamed experts may indicate a false news story.

8. Look at other reports. If no other news source is reporting the same story, it may indicate that the story is false. If the story is reported by multiple sources you trust, it's more likely to be true.
9. Is the story a joke? Sometimes false news stories can be hard to distinguish from humor or satire. Check whether the source is known for parody, and whether the story's details and tone suggest it may be just for fun.
10. Some stories are intentionally false. Think critically about the stories you read, and only share news that you know to be credible.

## MAGIC OF TECH TOUCHES HEARTS

Hey, that's my daughter," my patient exclaimed as she looked at my iPhone two weeks ago. "That's Sandra," she said excitedly.

There was amazement on her face.

We were sitting at a lunch table in a day room in her nursing home and I had made a FaceTime call on my iPhone to her daughter in Tampa, Fla.

The older woman is receiving hospice services, and these weekly calls to her daughter are precious.

Sandra held the phone close to her face as she smiled and said "Hi, Mom."

The elderly woman appeared beside herself with excitement. At first speechless, she finally got out some more words.

"You are quite the daughter," she said smiling.

"You are quite the mother," Sandra said in return, laughing at her mother's sweet comment.

When people ask me what they can do when they visit their loved ones in nursing homes, without hesitation, I encourage them to bring in their smart phones.

Not only can they find their parents' favorite songs on those phones, but they can take their loved ones on virtual visits to their old neighborhoods on Google Earth or even Google Images. And there is no end to the videos on YouTube and the re-runs of shows from the '50s and '60s.

Nursing home residents love it.

It's often hard for them to imagine that the oblong flat thing I am holding in my hand is a phone. My smart phone is an iPhone6, and it's about 3 1/2 by 7 inches in its case. It certainly doesn't look like the black dial phones of yesteryear.

In truth, it looks more like a tiny TV when I am showing videos to my patients, so that's how I describe it quite often.

"Do you like this little television?" I sometimes ask.

"Where do you buy one of those things?" a 94-year-old dementia patient asked

me recently.

When my patients have a little strength in their hands, they love to hold that phone themselves and watch the "shows" play. And it's great fun to let them make choices in the YouTube videos.

"Do you want to hear the Andrews Sisters or Bing Crosby?" I might ask.

They usually have very definite opinions on their music choices.

At other times, when I visit patients in their rooms, I will "tune in" to a recitation of the Rosary on YouTube or to the World's Greatest Hymns.

It becomes magical with patients who were the children of immigrants - the French and Polish and Italians who came to work in our textile mills more than a century ago.

Most are Catholic, and so I find the Rosary in Italian or French on YouTube. Suddenly, they hear the language of their parents and sometimes tears roll down their faces.

Last week, I was with a 99-year-old whose parents had come to the United States just before she was born. She had a stroke and can no longer talk. But when I placed my iPhone6

### HELP SPREAD THE WORD!

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

beside her pillow and she heard the Rosary in Polish, her eyes opened wide in amazement. I watched as she alternately laughed and smiled turning her head toward the phone.

Next time you visit someone in a nursing home, bring your smart phone along.

It's a guarantee for a magical time.

*Susan Nolan, Union Leader,  
3/31/17*

## Dollars & Sense

### SUPPLEMENTAL MEDICARE INSURANCE

If you plan to enroll in original Medicare, getting a supplemental policy (also known as Medigap insurance) too is a smart idea because it will help pay for things that aren't covered by Medicare, like copayments, coinsurance and deductibles. Here are some tips to help you choose an appropriate plan.

#### **Medigap plans**

In all but three states (Massachusetts, Minnesota and Wisconsin), Medigap plans, which are sold by private health insurers, come in 10 standardized benefit packages labeled with the letters A, B, C, D, F, G, K, L, M and N. Plan F

is the most popular policy followed by plan C because they provide comprehensive coverage. Plans K and L are high-deductible policies that have lower premiums but impose higher out-of-pocket costs. Plan F also offers a high-deductible version in some states. And a popular middle ground policy that attracts many healthy beneficiaries is plan N.

#### **How to choose**

To pick a Medigap policy that works best for you, consider your health, family medical history and your budget. The differences among plans can be small and rather confusing.

To help you choose, visit [Medicare.gov](http://Medicare.gov), and click on "Supplements & Other Insurance" at the top of the page, then on "Find a Medigap policy" and type in your ZIP code. This will give you a list of the plans available in your area, their price ranges and the names, and contact information of companies that sell them. Since all Medigap policies with the same letter must cover the exact same benefits (it's required by law), you should shop for the cheapest policy. You'll get the best price if you sign up within six months after en-

rolling in Medicare Part B. During this open-enrollment period, an insurer cannot refuse to sell you a policy or charge you more because of your health.

Medigap policies are usually sold as either "community-rated," where everyone in an area is charged the same premium regardless of age; "issue-age-rated," that is based on your age when you buy the policy, but will only increase due to inflation, not age; and "attained-age-rated," that starts premiums low but increases as you age. Community-rate and issue-age-rated policies are the best options because they will save you money in the long run.

#### **Drug coverage**

Medigap policies do not cover prescription drugs, so if you don't have drug coverage, you need to consider buying a separate Medicare Part D drug plan too. See [Medicare.gov/find-a-plan](http://Medicare.gov/find-a-plan) to compare plans. Also note that Medigap plans do not cover vision, dental care, hearing aids or long-term care either.

#### **Alternative option**

Instead of getting original Medicare, plus a Medigap policy and a separate Part

D drug plan, you could sign up for a Medicare Advantage plan that provides all-in-one coverage. These plans, which are sold by insurance companies, are generally available through HMOs and PPOs. To find and compare Advantage plans visit [Medicare.gov/find-a-plan](http://www.Medicare.gov/find-a-plan). Also available at [Medicare.gov/pubs/pdf/02110-medicare-medigap.guide.pdf](http://www.Medicare.gov/pubs/pdf/02110-medicare-medigap.guide.pdf) is a guide "Choosing a Medigap Policy" guide at, or call 1-800-MEDICARE and ask them to mail you a copy.

Jim Miller

[http://www.sentinelsource.com/life\\_and\\_style/lifestyles/savvy-senior-the-abcs-of-picking-a-medicare-supplemental-policy/article\\_f006a885-4ffb-546c-9396-7d94b02088bb.html](http://www.sentinelsource.com/life_and_style/lifestyles/savvy-senior-the-abcs-of-picking-a-medicare-supplemental-policy/article_f006a885-4ffb-546c-9396-7d94b02088bb.html)

## **ITEMS THAT SHOULD NOT BE IN YOUR WALLET**

A stolen wallet can cause all kinds of headaches including potential identity theft. By removing a few items from your wallet, you not only reduce the size, but also your risk of identity theft. Here is a list of things that should not be in your wallet:

*Social Security card*

And anything with the number on it. Your nine-digit Social Security number is all a savvy identity thief needs to open new credit card accounts or loans in your name. It is also something that can't easily be changed once stolen.

*Health insurance card*

Someone posing as you can incur thousands of dollars in health care benefits. You might not even know it until health care providers turn over unpaid bills to collection agencies. Carry this only when you are going to need it, otherwise carry a copy with most of the number blacked out. In the case of an emergency room visit, you can always provide the rest of the number later.

*Passport*

This government-issued ID opens up a world of possibilities for an identity thief. A thief can open up a bank account, get a new copy of your Social Security card, and travel about in your name. Instead, carry only a driver's license or other personal ID. While you are overseas, keep a copy of your passport and passport picture with you and leave the original in a safe secure hotel lockbox, unless needed that day.

*Birth certificate*

While a birth certificate alone won't get ID thieves very far, it can be used in conjunction with other documents.

*Password cheat sheet*

The average American has at least seven different passwords. Carrying a list of these in your wallet is never a good idea.

Spare keys. A lost wallet will usually have the home address of its owner somewhere inside. If you also keep a spare key inside, it is just plain easy to rob your home.

*Stack of receipts*

Businesses are not to print anything containing your credit or debit cards' expiration date or more than the last five digits of your credit card number. While this seems like limited information, it is a starting place for an identity thief to try to get the rest of the data. Keep the receipts you need at home. Remember to shred receipts after they have exceeded their use.

*Multiple credit cards*

A properly managed credit card is a financial tool many people use, however, don't keep multiple cards with you. In fact, carrying only one card can help you

avoid overextending the use of credit. Carry a single card for emergency purchases or when trying for additional rewards under reward programs. Also, maintain a list of all card numbers someplace in your home, along with the phone numbers to call just in case they need to be canceled.

*Account and routing numbers*

The obvious place for these is on checks and deposit slips. Checks are an easy way for a thief to withdraw funds. While you can dispute the withdrawals with the financial institution, it does mean not having access to your money in the meantime. Carry only the number of checks you anticipate using.

And when you're finished removing your wallet's biggest information leaks, take a moment to photocopy everything you've left inside, front and back. Stash the copies in a secure location at home or in a safe deposit box. The last thing you want to be wondering as you're reporting a stolen wallet is, "What exactly did I have in there?"

*Marc A. Hebert, Union Leader, 4/2/17*

**Laugh & Live Longer**

*"If you don't like something, change it. If you can't change it, change your attitude...Whenever I want to laugh, I read a wonderful book, 'Children's Letters to God.' You can open it anywhere. One I read recently said, 'Dear God, thank you for the baby brother, but what I prayed for was a puppy.'"*

*Maya Angelou*

**PUNS**

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'

Two silk worms had a race. They ended up in a tie.

**TECH HUMOR**

**Hers**

Dear Technical Support,  
Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slowdown in overall system performance — particularly in the flower and jewelry applications, which operat-

ed flawlessly under Boyfriend 5.0. The new program also began making unexpected changes to the accounting modules.

In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5 and then installed undesirable programs such as NFL 5.0, NBA 3.0, and Golf Clubs 4.1.

Conversation 8.0 no longer runs, and Housecleaning 2.6 simply crashes the system. I've tried running Nagging 5.3 to fix these problems, but to no avail.

What can I do?

Signed,  
Desperate

Dear Desperate:

First keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an Operating System.

Please enter the command: "C:/ I THOUGHT YOU LOVED ME" and try to download Tears 6.2 and don't forget to install the Guilt 3.0 update.

If that application works as designed, Husband 1.0 should then automatically run the applications Jewelry 2.0 and Flowers 3.5. But remember, overuse of the

above application can cause Husband 1.0 to default to Grumpy Silence 2.5, Happy Hour 7.0 or Beer 6.1.

Beer 6.1 is a very bad program that will download the Snoring Loudly Beta.

Whatever you do, DO NOT install Mother-in-law 1.0 (it runs a virus in the background that will eventually seize control of all your system resources).

Also, do not attempt to reinstall the Boyfriend 5.0 program. These are unsupported applications and will crash Husband 1.0.

In summary, Husband 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly.

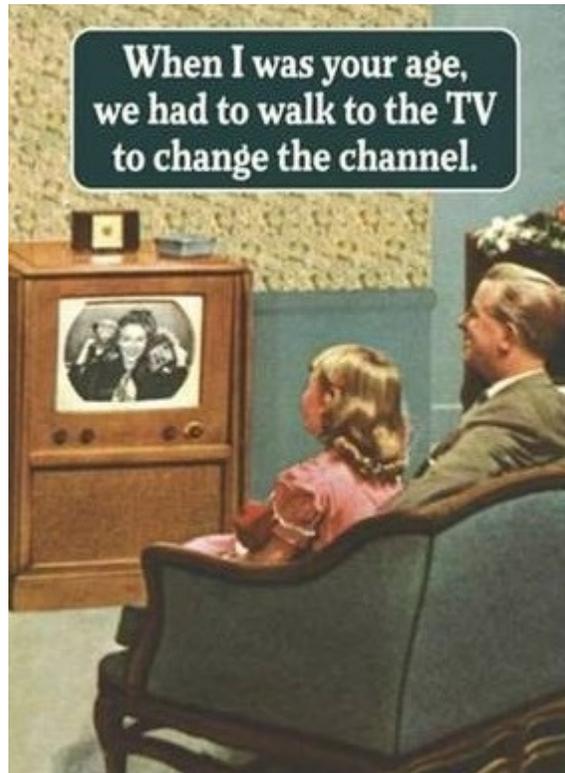
You might consider buying additional software to improve memory and performance. We recommend Food 3.0 and Hot Lingerie 7.7.

Good Luck,  
Tech Support

**His**

Dear Tech Support:

Last year I upgraded from Girlfriend 7.0 to Wife 1.0 and noticed that the new program began running unexpected child pro-



cessing that took up a lot of space and valuable resources.

In addition, Wife 1.0 installs itself into all other programs and launches during system initialization, where it monitors all other system activity. Applications such as PokerNight 10.3, Drunken Boys Night 2.5 and Monday Night football 5.0 no longer run, crashing the system whenever selected.

I cannot seem to keep Wife 1.0 in the background while attempting to run some of my other favorite applications. I am thinking about going back to Girlfriend 7.0, but un-install does not work on this program.

Can you help me please?  
Thanks,  
Joe

Dear Joe:

This is a very common problem men complain about but is mostly due to a primary misconception. Many people upgrade from Girlfriend 7.0 to Wife 1.0 with the idea that Wife 1.0 is merely a "UTILITIES & ENTERTAINMENT" program. Wife 1.0 is an OPERATING SYSTEM and designed by its creator to run everything.

It is unlikely you would be able to purge Wife 1.0 and still convert back to Girlfriend 7.0. Hidden operating files within your system would cause Girlfriend 7.0 to emulate Wife 1.0 so nothing is gained.

It is impossible to un-install, delete, or purge the program files from the system once installed. You cannot go back to Girlfriend 7.0 because Wife 1.0 is not designed to do this. Some have tried to install Girlfriend 8.0 or Wife 2.0 but end up with more problems than the original system.

I recommend you keep Wife 1.0 and just deal with the situation. Having Wife 1.0 installed myself, I might also suggest you

read the entire section regarding General Partnership Faults (GPFs). You must assume all responsibility for faults and problems that might occur, regardless of their cause. The best course of action will be to enter the command C:\APOLOGIZE. The system will run smoothly as long as you take the blame for all the GPFs.

Wife 1.0 is a great program, but very high maintenance. Consider buying additional software to improve the performance of Wife 1.0. I recommend Flowers 2.1, Jewelry 2.2, and Chocolates 5.0.

Do not, under any circumstances, install Secretary With Short Skirt 3.3. This is not a supported application for Wife 1.0 and is likely to cause irreversible damage to the operating system.

Best of luck,  
Tech Support

**Purposeful Living**

**PURPOSE IN OLD AGE**

*"The greatest good fortune, greater even than health, for the old person is to have his world still inhabited by projects: then, busy and useful, he escapes both from boredom and*

*decay. The times in which he lives then remain his own, and he is not compelled to adopt the defensive and aggressive forms of behavior that are so often characteristic of the final years. His oldness passes as it were unnoticed. For this to be the case he must have committed himself to undertakings that set time at defiance."*

*Simone de Beauvoir, The Coming of Age*

The NH State Committee on Aging and EngAGING NH are happy to announce the 2017 Vaughan Awards Winners:

Belknap: Lynn Ayre

Carrol: Maureen Chamberlain

Cheshire: Barbara Rockwell

Coos: Shirley and Paul Croteau

Grafton: William Fontaine

Hillsborough: Shirley Janocha

Merrimack: Cay Bowman

Rockingham: Gen and Herb Rowell

Strafford: Barbara Gammon

Sullivan: Jeanne and John Wilson

Learn more about these amazing volunteers in upcoming ENH News.

**Board Notes**

**DEPENDS ON YOUR POINT OF VIEW**

Turkish folk hero Mulla Nasrudin was standing near a river. A man on the other side shouted to him, "Hey! How can I get across the river?"

"You are across!" Nasrudin shouted back.

Thanks to the Endowment for Health, the NH Union Leader and Sunday news has featured a Silver Linings series, which provides solution focused journalism to cover issues impacting NH's older adults.

This month it covered a recent NH tragedy where a 55 year old man facing a home eviction notice from his town, chose to blow up himself and the house.

The issues of safety vs risk—a person's right to choose—are important factors for all of us regardless of chronological age. The article highlighted NH's Adult Protective Services, as well as mental health services, as a resource for dealing with similar issues where unsafe home conditions exist.

**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	<a href="https://shea-porter.house.gov/contact/email">https://shea-porter.house.gov/contact/email</a>
U.S. Rep Ann Kuster	137 Cannon House Office Building, Washington, DC 20515	202-225-5206	<a href="https://kuster.house.gov/contact/email-me">https://kuster.house.gov/contact/email-me</a>
U.S. Senator Maggie Hassan	B85 Russell Senate Office Building, Washington, DC 20510	202-224-3324	<a href="https://www.hassan.senate.gov/content/contact-senator">https://www.hassan.senate.gov/content/contact-senator</a>
U.S. Senator Jeanne Shaheen	506 Hart Senate Office Building, Washington, DC 20510	202-224-2841	<a href="http://www.shaheen.senate.gov/contact/contact-jeanne">www.shaheen.senate.gov/contact/contact-jeanne</a>

But, is 55 really old?

*What IS Old today?*

AARP solicits your membership when you turn 50.

The Older Americans Act supports people 60 years of age and older. You can collect reduced Social Security earnings early, starting at 62. The age for full Social Security payments is now a moving target, based upon your birth year. Medicare coverage begins the month of your 65th birthday.

A current comic strip implies that aging is smoking a pipe, wearing a Mr. Roger's sweater and passing out butterscotch candies. We may dye our hair, get hair plugs, use face creams and exercise to keep our youthful appearance. Perhaps we were taught that "a lady never tells her

age". Or we say, "60 is the new 40". While we may believe that aging is a state of mind, what role do we, as aging adults, have in perpetuating stereotypes against aging?

Ageism is alive and well in our society. For many of us, being seen as "old" represents a loss of power, respect and position in our communities. We are "retired": superannuated, worn, unusable, useless. No wonder we fight this image. The disenfranchisement that comes with aging is real. Just open a paper or magazine and look at who the advertising is aimed at. After age 50, we become invisible, although our purchasing power is greater compared to other age cohorts. New technology is not developed with a focus on older

users, even though it might be a great benefit to enhancing our later years.

When we are 4½, we say we are 5. When will we start to have the same pride in our later years? Can we work towards changing this image?

The conversation will continue . . .