



A Citizen Voice for the
Aging Experience

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ENGAGING NH NEWS

Guest Opinion

*"We -- young and old together -
- hold the future in our hands. If
our common life is to become
more compassionate, creative,
and just, it will take an inter-
generational effort."-Parker
Palmer*

WHAT ARE COMPASSION AND KINDNESS?

A Psychological Defini- tion

Compassion is sympathetic concern for the suffering of other people. And kindness is the quality of being generous and caring.

We need both kindness and compassion in our lives. And not just to make the world a better place. We need both these traits for our own health.

Simply put: Without kindness and compassion, you will not have a healthy mind. And without a healthy mind, you will not have a healthy body.

Many people confuse compassion for empathy. However, there are key differences. And where it can be hard to live with too much empathy, it is almost impossible to live without compassion. Empathy is an emotional response to other people's feelings. Someone else feels sad, we feel sad

***Without kindness and
compassion, you will not
have a healthy mind
or body***

for them. It's an emotional mirror between two people, and it creates real feelings in the individual. That's empathy.

Compassion is different. The best definition of compassion is that it is empathy *plus the desire to help*. The important thing is that you don't just feel the emotions of another person; you also want to help them because of those emotions.

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WHO ARE WE?

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

Health Benefits of Compassion and Kindness:

One reason why compassion is important is that it holds significant benefits for our health. In fact, it may have played a pivotal role in our survival as a species. Positive Psychology founder Martin Seligman tells us that connecting with others in a meaningful way [being compassionate] improves physical and mental health and even helps prevent diseases. It is a fact that people who are compassionate live longer.

Here's why compassion is important to our health:

Do you feel better when you give than when you receive? Brain-imaging tests by the National Institutes of Health show that when you give something, you activate the pleasure centers of your brain. Giving even makes you feel loved.

In one test, two groups of people were given money. One group was told to spend the money on themselves. The other half were told to spend the money on other people. The groups were then studied. And the results unanimously showed that spending money on other people feels better than spending money on yourself. This is true for kids too. The University of British Columbia conducted a similar test on

children. Kids were told to either have a treat themselves or to give it to someone else. Almost universally, kids who gave their treat to another kid felt better than those who had their own treat.

So, we know that part of why compassion is important in life is because it makes us happy. Want even

more reasons why compassion is important in life? Consider these benefits:

- Compassion Helps stop anger
- Helps us to be nonjudgmental
- Makes us more accepting of other people
- Gives us understanding and appreciation for how other people feel
- Makes us better listeners
- Improves social skills
- Improves inner peace
- Creates a more harmonious atmosphere in group settings.
- Improves workplace productivity.

Basically, makes you a better person, don't you think?

Paul Harrison The Daily Meditation

NH Updates

AG OFFICE HAS A SCAM SITE

The New Hampshire Attorney General's Office is warning residents to protect themselves from COVID-19 scams — including new ones targeting Social Security recipients, medical scams including phony vaccines, stimulus scams

promising information via text or email, and fake charity scams.

For more information on how to protect yourself and loved ones from scams, visit the attorney general's scam site.

GRANT AWARD LOOKING AT HUNGER

NH Resident, Casey Ingraham received a grant to conduct research on the hunger crisis COVID has caused in NH. She is hoping for a great amount of statistics that she can send to the local food banks and schools supplying food, so they have a good estimate of how they are helping others.

<http://covidhunger.website2.me>;

anonymous survey for NH residents:

www.surveymonkey.com/r/HCLFJ9J

HUD AWARDS GRANT TO LEGAL AID GROUP

A New Hampshire legal organization is getting \$300,000 to fight housing discrimination in the state, the U.S. Department of Housing and Urban Development announced.

It awarded the money to New Hampshire Legal Assistance. The funding is part of \$40 million in grants being awarded nationwide. The HUD grants come from the department's Fair Housing Initiatives Program and the Fair Housing Assistance Program. HUD's Fair Housing Initiatives Program grants support fair housing enforcement, and education and outreach activities.

Associated Press

MEALS ON WHEELS

Before the COVID-19 crisis became a reality, the Fiscal Committee voted to accept \$1.2 million of federal stimulus funds to

increase Meals on Wheels deliveries. Additionally, DHHS is looking to transfer unspent dollars to the programs. Providers of both Meals on Wheels and Congregate Meal sites are looking at distribution of funds between the two programs.

One of the unknowns is when sites are able to reopen, will people feel comfortable attending a public setting? Providers are planning around the best information they have with the diversity of local areas. The priority is insuring access under these unusual circumstances.

More recently Channel 9 hosted NH Together from Home and raised hundreds of thousands of dollars for the NH Food Bank.

NH HOUSE ACTIONS

House Speaker Shurtleff announced in the House Calendar that the NH House will hold its first remote executive session on Thursday, April 30th. The House has purchased a Zoom Webinar system for this purpose. The House Finance Committee will be the first committee to meet, and if all goes well, they will start to incorporate other committees that have currently listed executive sessions. The speaker has also posted new protocols for handling amendment requests in this new remote environment.

NHAHA Advocacy Update, 4/24/2020

Your Voice

ACROSS THE GENERATIONS

I belong to a grassroot organization, which has quite a range of age cohorts, from the so called "Silent Generation" to the Gen. Zs. There was a Zoom conference last night attended by about 200 people, mostly from VT and NH, but from as far away as Hawaii.

Within the group, there's a subgroup of people, mostly the youngest, who were very upset that Bernie has dropped out and are ready to burn the whole house down. There were steady voices from up and down the age spectrum, but it was generally the "olders" who were able to add the perspective of time--what it took for Ghandi to achieve independence for India; for Mandela to end apartheid; for women to win the vote; for the civil rights movement to end Jim Crow in the South nearly a century after the Civil War.

We understand how often we have to endure losses. And our voices mattered.

By the end of the meeting, almost everyone was ready to put down the pitchforks and pick up the pens and clipboards and get back to the long work of building the movement.

JOURNALING BENEFITS

I came across this and thought it would be of interest. Journaling can: 1. It can improve the quality of your writing; 2. It provides hindsight to your problems; 3. Writing can reduce stress; 4. It can improve your memory; and 5. You can better understand yourself.

journalforyou.com/the-benefits-of-keeping-a-daily-journal/

LONG TERM CARE STABILIZATION (LTCS) PROGRAM

In response to requests from Alliance for Healthy Aging, the Provider Coalition and your calls, the Governor announced the development of the Long Term Care Stabilization (LTCS) Program to help stabilize front line work that is not able to be conducted remotely, of certain Medicaid providers that support aging seniors, people with developmental disabilities, individuals

with mental health and substance abuse disorders, children at risk, and developmental disability service providers that provide residential or community/home based care.

This is a short-term program to address concerns that unemployment benefits were higher than wages and is intended to provide financial support as quickly as possible while the State seeks any necessary authorizations. This first phase, through the Dept of Employment Security, will be in place until such authorizations are in place and additional payments can be made through the state's Medicaid program, or if Medicaid funds are not available, it will end on June 30, 2020, the close of the State Fiscal year.



COMMUNITIES RESPOND TO NEEDS

Volunteer groups like Invisible Hands, COVID-19 Neighborhood Volunteers and thousands of others are forming throughout the world in response to social distancing and the novel coronavirus, connecting neighbors who can help with those in need. One of the first groups was in Wuhan, China, connecting neighbors with cars to neighbors who were no longer able to get where they needed to go when public transportation shut down.

Most of today's groups are organized online via websites and spreadsheets, and some are recruiting volunteers through posters and cell phones. *Nextdoor* is a local hub to connect and share with the neighborhood. It's where communities come together to keep a local shopkeeper in business. Where neighbors exchange recommendations for babysitters, plans for local events, and tips about what to order at that new cafe down the street. Where

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.

local agencies connect with neighbors in need.

The Nextdoor app recently added a "Help Map" feature to connect neighbors in need with those who can give.

Nextdoor.com

ACROSS GENERATIONS

We're Are All in This Together and coping with change. On the upside, the world today has spawned creative approaches reflecting a deepening sense of caring for our communities and each other.

A 2019 study found that three in ten U.S. residents with household incomes below \$30,000 a year don't own a smartphone. More than four in ten don't have a computer or home broadband. It's called **the digital divide**, and unequal access to digital resources afflicts low-income people globally.

In Memphis, Tennessee, where two-thirds of students don't have access to take-home digital devices and a third of households are without internet access, this divide made online learning for many students impossible.

Now, teachers are teaming up with TV stations to ditch the 'net and build lessons almost everyone can access. Some Shelby County Schools teachers are recording lessons to be viewed on the district's TV station and also partnering with local TV news station WMC to broadcast those lessons.

chalkbeat.org

(Editor's note: Access to broadband in areas of NH continues to be an issue.)

News You Can Use

LIVING ALONE, PHYSICAL DISTANCING AND LONELINESS

It is a well-known truth that adults who live alone have about an 80% higher chance of a depressive episode than those who live with others. If you are feeling isolated, here are 7 strategies to help you cope. Next Avenue, April 9.

<https://www.nextavenue.org/living-alone-physical-distancing-loneliness/>

A Free App Helps to Stay Safe at Home

Snug is a free daily check-in service for seniors living alone. Have peace of mind that if something hap-pens, Snug will make sure some-one knows. Over 350,000 check-ins so far.

www.snugsafe.com/

A QUICK START GUIDE TO REFRAMING AGING

Framing is the process of making choices about what to emphasize and what to leave unsaid. Here's a quick tour of themes to avoid and alternatives to advance.

Instead of these words and cues: Tidal wave," "tsunami," and similarly

catastrophic terms for the growing population of older people

Try: Talking affirmatively about changing demographics: "As Americans live longer and healthier lives . . ."

Instead of these words and cues: "Choice," "planning," "control," and other individual determinants of aging outcomes

Try: Emphasizing how to improve social contexts: "Let's find creative solutions to ensure we can all thrive as we age."

Instead of these words and cues: "Seniors," "elderly," "aging dependents," and similar "other-ing" terms that stoke stereotypes

Try: Using more neutral ("older people/Americans") and inclusive ("we" and "us") terms

Instead of these words and cues: "Struggle," "battle," "fight," and similar conflict-oriented words to describe aging experiences

Try: The Building Momentum metaphor: "Aging is a dynamic process that leads to new abilities and knowledge we can share with our communities."

Instead of these words and cues: Using the word "ageism" without explanation

Try: Defining ageism: "Ageism is discrimination against older people due to negative and inaccurate stereotypes."

Instead of these words and cues: Making generic appeals to the need to "do something" about aging

Try: Using concrete examples like intergenerational community centers to illustrate inventive solutions

Frameworks Institute

SUPPORTING THE WELLBEING OF VULNERABLE ADULTS DURING THE COVID-19 EMERGENCY

We have a collective responsibility to make sure that vulnerable adults are safe – especially during challenging times. We encourage you to check in with vulnerable adults regularly to ask how they are doing and what they need. Lending an ear and helping vulnerable adults access supports and services can go a long way to keeping them well.

Check in to See How You Can Help It is important to remind caregivers and vulnerable adults that you are there to help, not judge them. If a vulnerable adult raises a concern, consider if you can safely follow-up with their caregiver.

Validate that this is a difficult time, everyone is struggling, and that support is still available.

Questions You Might Ask Caregivers

- Is now a good time to talk? If not, is there a better time?
- Now is a difficult, stressful time for everyone. How are you? Are you okay and safe? Is there anything you need?

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!

ENH NEWSLETTER-MAY 2020

- We all need support right now. Who are the supports in your life? Are you able to connect with them right now?
- Since the COVID-19 emergency started, what's changed for your family? Has anything been more of a struggle? Are you facing new worries or needs?
- Is everyone in your family able to get what they need to get by (for example, you can ask the family about food, housing, income/employment, safety, education, health, heat, internet, etc.)?
- Do you need help connecting to _____?

Questions you might ask those that live alone:

- Now is a difficult time for everyone. Are you OK and safe? Is there anything you need? □How are you feeling?
- Do you have any pain or discomfort (from a medical or dental condition)?
- Do you feel overwhelmed or depressed?
- Since COVID-19 emergency started, what has changed for you?
- Do you have any concerns for your health and safety?
- We all need support right now. Who are the supports in your life?
- Does someone check in with you regularly? Who makes sure that you have everything that you need?
- Are there things that you need and have no way to get? (You may want to ask about medication, utilities, heat, food, etc.)

Questions you might ask those that live with others:

- Is now a good time to talk? If not, is there a better time?
- How are you feeling?
- Do you have any pain or discomfort (from a medical or dental condition)?

- Do you feel overwhelmed or depressed?
- How are people getting along in your house? Are you worried about anyone in your house?
- Are you afraid or feel intimidated by anyone in your home?
- Are you being left alone for long periods of time without the care that you need?
- Does anyone refuse to help you?
- Has money or other possessions gone missing?

To follow up, ask open-ended questions: Tell me more about that. . . What happened next? What is happening right now?

Look out for Vulnerable Adult's Safety

If you have any concerns that someone is in immediate danger, call 911.

If you suspect that a vulnerable adult is being abused or neglected, you must call Adult Protective Services (APS) at 1-800-949-0470. APS Central Intake can determine whether APS involvement is warranted, or if other community supports are more appropriate. Examples of when you might follow-up for more information or call APS with a concern include:

- Anything the caregiver or vulnerable adult told you raised concerns for the vulnerable adult's safety
- The vulnerable adult OR caregiver has concerning injuries or unexplained bruises, welts, or cuts
- The caregiver appears to be under the influence to the extent they could not care for the vulnerable adult
- You observe evidence of

The world has turned upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors

illicit substance use in the home (e.g., drug paraphernalia) or other hazards that could lead to a vulnerable adult's injury/illness (e.g., weapons in reach, extremely unsanitary conditions)

- The vulnerable adult looks or behaves significantly differently than is typical for them or would be reasonably expected
- You are repeatedly unable to get in touch with the vulnerable adult (unrelated to barriers like internet, phone access) AND are seriously worried for their safety (e.g. prior safety concerns due to domestic violence or substance use)

www.new-futures.org/sites/default/files/pages/attachments/Tip%20Sheet%20Supporting%20Vulnerable%20Adlts%20Health%20and%20Safety%20during%20COVID-19%20Emergency.pdf

Commission on Aging Update

The Committee held its first online meeting on April 20th with a presentation by Jennifer Rabalais, of the Center on

Aging and Community Living, and Kelly Laflamme, of the Endowment for Health, on reframing aging based on The Frameworks Institute research.

How to Contact Your NH Commission on Aging

Chair, Rep. Polly Champion
polly.champion@leg.state.nh.us

Vice Chair, Ken Berlin
kaberlin@comcast.net

Clerk, Roberta Berner
bernerabel@aol.com

The Institute works with messaging - how to recognize that what is heard is not always a reflection of the intent of the communicator, and approaches to take to improve communication. The presentation looked at ageism and how to promote healthier perceptions.

Rep. Polly Champion, Chair, indicated that the next meeting would begin to develop a strategic plan for the Commission's mission and values and tools for successfully communicating. That meeting will be on May 15 and is open to the public.

Health & Wellness

TIPS FOR THESE TIMES

1. Visit cdc.gov for up-to-date information about the corona virus from the Centers for Disease Control and Prevention.
2. Keep your doctor's phone number handy. If you think you've been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your health care provide.
3. Taking a break from the 24-hour news cycle is a good idea. When you do seek information about the coronavirus outbreak, look to public media such as PBS and NPR as well as local coverage.

5 EASY EXERCISES FOR PEOPLE WHO HATE WORKING OUT (ONLY #5 IS ON THE FLOOR)

1. Hip Circles:

Benefit: Loosens hips and lower back.

How to do them: Bring your feet together, toes lined up and your hands on your waist. With your hands on your hips, move your hips in a circle five times in each direction. Pretend there is a string elongating your spine and keeping your head upright. The goal is to make as wide a circle as you can

with your hips. Don't hold your breath, keep inhaling and exhaling for all 10 circles.

2. Reach and Tap:

Benefit: This is great cardio exercise and it tones your arms and legs

How to do them: While standing, step your right foot in front of you and tap the floor with your heel, while simultaneously lifting your left hand up as high as you can with your palm facing in (like a ballerina). Then switch sides. Go back and forth 10 times. Variation: Step your foot to the side and tap the floor with your toe.

3. Reach and Tap:

Benefit: Strengthens and tones your thighs.

How to do them: While standing, bring your right knee up (ideally waist high) and gently tap it with your hand before bringing it back down. Do this 25 times and then switch to your left leg.

4. Field Goals:

Benefit: Firms and strengthens your arms and shoulders.

How to do them: While standing, lift your arms straight out to the side (creating a T shape with

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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your body) and then bend your arms into right angles, so that your elbows are in line with your shoulders and your hands are in line with your elbows, palms

facing forward. While leaving your arms in that position, bring your hands down forward (now they are in line with your elbows) and then bring your hands back to the original position above your elbows. Repeat for 30 seconds. If you would like to work with balance do this up on your toes. Resist shrugging your shoulders. Keep your spine elongated and your face relaxed.

4. Ab Presses:

Benefit: Tones stomach, quadriceps (thighs), and arms.

How to do them: Lie flat on your back with your neck relaxed on the ground. Lift your knees all the way up, so your knees are in line with your hips and your feet are relaxed in the air. Put your hands on the front of your thighs and use your arm strength to press into your thighs as hard as you can for 30 seconds without allowing your legs to move. Pull your stomach in and engage your ab muscles the entire time, and drive your knees back towards your chest to create resistance.

Next Avenue

THE IMPORTANCE OF HUMOR

It's easy in these difficult times to get caught up in fear which creates stress. Research shows that humor and laughter are good ways to cope.

According to the Daily Nurse website "A sense of humor is an important part of coping with physical and mental adversity and challenges. It can also make you healthier."

Laughter is said to have great health benefits, such as reducing stress and boosting the immune system. It is a way for nurses to energize themselves and to unite with one another, and it is an especially powerful tool in letting go of the difficult emotions that accompany every day's work.

The site offers the following tips:

- Listen to your favorite comedians. Remember a good joke and practice telling jokes and stories.
- Learn to laugh at your own flaws, weaknesses, and blunders.
- Watch a movie or a YouTube video that makes you smile and laugh.
- Share the humor you observe with someone every day.

It should be noted that the brain doesn't recognize the difference between laughter connected to humor and laughter that is practice as is done in Laughing Yoga. You can find laughing videos on YouTube. Laughter is infectious; all you have to do is listen.

Day 7 at home and the dog is looking at me like, "See? This is why I chew the furniture!"

**WHAT
NEUROSCIENCE
CAN TEACH US
ABOUT LOWERING
ANXIETY**

If coronavirus has disrupted your usual daily rhythm and kept you indoors, it's totally understandable if you've been feeling a bit more anxious lately. The good news though is that neuroscience can offer some non-pharmaceutical, research-backed ways to mitigate anxiety. Let's see what the science tells us.

The first finding is that the absolute best non-medical way to reduce anxiety is to talk to someone else. Just connecting with someone at that simple level sends signals to the brain that mitigate the feeling that something awful might be about to happen. We, humans, are designed to connect with others, and we need the sound of other human voices to begin to do that at the simplest level. It makes us feel as if we're not alone and that helps with feelings of anxiety that often develop as isolated thoughts. And, of course, a conversation of the virtual kind is still possible even now with many countries and locales in lockdown and social distancing in force.

Further, we can reduce anxiety by finding something to share with someone else. Chimpanzees don't share, but humans do, and from an early age. Research shows that even babies spontaneously share with strangers without being taught

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

to do so. Even when they're hungry, just before meals, roughly 40% of babies will share food with strangers rather than eat it themselves. So, sharing runs deep with us humans, and by connecting us with others, it can reduce anxiety and strengthen our social ties. We don't always remember or honor the idea, but we are a communal species.

While the most common therapy to reduce anxiety usually involves exposure to the anxiety-producing thing, about half of the people afflicted don't respond well either to exposure therapy or medication. There is another way, the development of what are called safety signals. The best safety signals involve a musical piece, a calm and pleasant place, or a friendly person or thing, such as a stuffed animal.

The idea is simply to think about the chosen signal when one becomes anxious. The result is that different parts of the brain are activated than when experiencing anxiety, or exposure therapy. So, if you're finding yourself anxious in isolation during this pandemic, your best bet is to communicate — connect with another human being. Share something with them, or simply talk. If you can't find anyone to communicate with at the moment, then listen to a relaxing piece of music, visualize a favorite vacation spot, or think of a friendly person or much-loved possession.

<https://www.psychologytoday.com/us/blog/communications-matter/202004/how-reduce-anxiety-right-now>

STUDY SAYS COGNITIVE ABILITY INFLUENCES PHYSICAL ABILITY, NOT THE OTHER WAY AROUND

A study from Switzerland’s Université de Genève looked to answer the question of which came first: a decrease in physical activity or cognitive decline?

Cognitive abilities and physical activity are correlated, and the World Health Organization reported 3.2 million people a year die due to physical inactivity. However, researchers at UNIGE have sought to discover whether cognitive decline or physical inactivity influences the other. The study was published in the American Psychological Association’s monthly peer-reviewed journal, *Health Psychology*.

“Correlations have been established between these two factors, particularly in terms of memory, but also regarding the growth and survival of new neurons,” said Boris Cheval, a researcher at UNIGE’s Swiss Centre for Affective Sciences (CISA) in a press release. “But we have never yet formally tested which comes first: Does physical activity prevent a decline in cognitive skills or vice versa? That’s what we wanted to verify.”

Earlier studies have hypothesized that physical activity prevents cognitive decline. But according to Cheval, recent studies may indicate that past research has “only told half the story ... since they demonstrate that our brain is involved when it comes to engaging in physical activity.”

Researchers at UNIGE tested the two possible options by using data from the Survey of Health, Aging and Retirement in

Europe, a socio-economic database covering more than 25 countries.

Over the course of 12 years, 105,206 adults ranging in age from 50 to 90 were tested every two years on their cognitive abilities and their physical activity.

Researchers measured cognitive abilities with a verbal fluency test that saw participants name as many animals as they could in 60 seconds. They also tested cognitive ability with a memory test where they memorized 10 words before reciting them. Physical activity was measured using a scale from 1 to 4.

“This study backs up our theory that the brain has to make a real effort to get out of a sedentary lifestyle and that by working on cognitive capacities, physical activity will follow,” Cheval said in the conclusion.

Kiersten Willis, The Atlanta Journal-Constitution, 4/6/2020

HELP SPREAD THE WORD!

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

Tech Tips

“On [April 6th], I joined my colleagues to introduce bipartisan legislation to protect Americans from COVID-19 scams. We are living in a time of stress and uncertainty, and as we combat the spread of COVID-19 in New Hampshire and across the U.S., we must also combat the spread of misinformation and scams, which have been on the rise.

By providing critical information and resources, we can keep consumers safe and prevent bad actors from taking

advantage of Americans during this national emergency.”

Rep. Kuster

HOW TO SPOT A STIMULUS CHECK SCAM

On April 2, the IRS issued a statement, warning taxpayers to be on the lookout for phishing scams related to coronavirus stimulus checks. Retirees are specifically being targeted by scammers looking to gain personal information because they don't typically have to file tax returns. Money, April 10.

HOW TO SPOT MISINFORMATION

Did the post spark anger, disgust, or fear?

News can trigger strong emotional responses, but if your initial feeling is an outrage, take a deep breath and look to verify the information on other sites before you accept it as fact. Check it especially if you've only read the headline. It could be exaggerated clickbait.

Did it make you feel good?

We hate to say it, but even good news isn't always true. Pay extra attention to stories that call you to action such as "only 1% of people will share this story."

Is it hard to believe?

Astronomer and author Carl Sagan once said, "Extraordinary claims require extraordinary evidence." If your immediate instinct is doubt, definitely double-check the information.

Did it confirm your beliefs?

Our brains are wired to trust what we already believe. Make sure to ask yourself if the information is legitimate or just easily digestible. And remember, just because

something is widely shared doesn't necessarily make it true.

Spelling and grammar

A lack of spell check often goes hand in hand with a lack of fact-checking. Even the best editors miss the occasional mistake, but frequent errors and wide font variety should make you apprehensive.

Was it a meme?

Yes, they can be funny, but memes are the medium of humor, opinion, and attention-seeking, not news. Aside from lacking nuance, these mediums have been used in more dangerous capacities by extremist groups to attract younger audiences.

What's the source?

There is a whole spectrum of media reliability and bias. Just because something is accurate, doesn't mean it is not biased. Use **The Media Bias/Fact Check** website to verify your source and assess it yourself by asking critical questions such as, "does it present facts fairly?" and "does it take all sides of the issue into account?"

Who said it?

Politicians, officials, and even your relatives may not always tell the truth. Look to see if a fact-checking site has verified the information in a speech or announcement and use intelligent listening skills even if the information is coming from a friend or family member. They probably don't mean to share false information;

ENH welcomes all points of view and invites your submissions.

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

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Forward it on!

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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.

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they most likely don't know their information is unverified.

Is there a hidden agenda?

Read varied sources and make sure what you are reading is really non-partisan.

Have you checked the facts?

Starting with simple facts is a great

way to begin assessing a source. Snopes and FactCheck work well.

<https://theconversation.com/10-ways-to-spot-online-misinformation-132246>

Dollars & Sense

CARES ACT AND INVESTMENTS

Can Retirees Just Leave

Their Money Invested to Ride Out the Coronavirus Downturn? Many of them can, thanks to the suspension of required minimum distributions.

The good news: The Coronavirus Aid, Relief and Economic Security Act (the CARES Act for short) has suspended required minimum distributions (RMDs) for 2020. That means if you were going to be forced to take money out to avoid a big tax penalty, you no longer have to. The suspension of the RMD requirement gives you the

option to leave your money invested to ride out the bear market.

While this may not be possible for all retirees for financial reasons, it's a big benefit for those with other sources of funds to live on. (Required minimum distributions are normally mandated for retirees with 401(k)s, IRAs, and certain other tax-advantaged retirement plans. Retirees must begin withdrawing funds after age 72 or after age 70 1/2 if they hit this age prior to Jan. 1, 2020. IRS tables specify the amount of required distributions, and a 50% tax penalty is imposed on any distributions that were required but weren't made.)

For 2020, however, the passage of the CARES Act means you don't have to withdraw any money if you don't want to.

www.fool.com/retirement/2020/04/05/can-retirees-just-leave-their-money-invested-to-ride.aspx

DONUT HOLE ECONOMIC SYSTEM

After COVID-19 will the global economic system change? A new economic model developed by Kate Raworth. The Oxford University economist had been on a long mission to answer the question: how do we fast-track economic development while leaving a livable planet for future generations?

Her findings resulted in a bestselling book called *Doughnut Economics: Seven Ways to Think Like a 21st-Century Economist*. Now, her blueprints for a greener economy are leaping off the page and becoming official policy for the city of Amsterdam as the Dutch capital looks to maneuver its way out of the economic mess left by the coronavirus pandemic.

The central premise is simple: the goal of economic activity should be about meeting

the core needs of all but within the means of the planet. The "doughnut" is a device to show what this means in practice. To make the model work for Amsterdam, the model was scaled down to a "city portrait" showing where basic needs are not being met and "planetary boundaries" overshot. It displays how the issues are interlinked.

Amsterdam is the first city in the world to formally denounce our attachment to economic growth and laws of supply and demands, opting instead to embrace an economic model that works with the planet. It can't be understated how big of a deal this is.

www.theguardian.com/world/2020/apr/08/amsterdam-doughnut-model-mend-post-coronavirus-economy?fbclid=IwAR1i0UOTyKXwNYZL-8ky6CMI7N5u7YLGIS5JmI5-P14PHyfs_rMSaonrZcE

Laugh & Live Longer

PANDEMIC JOKES

This virus has done what no woman had been able to do...cancel all

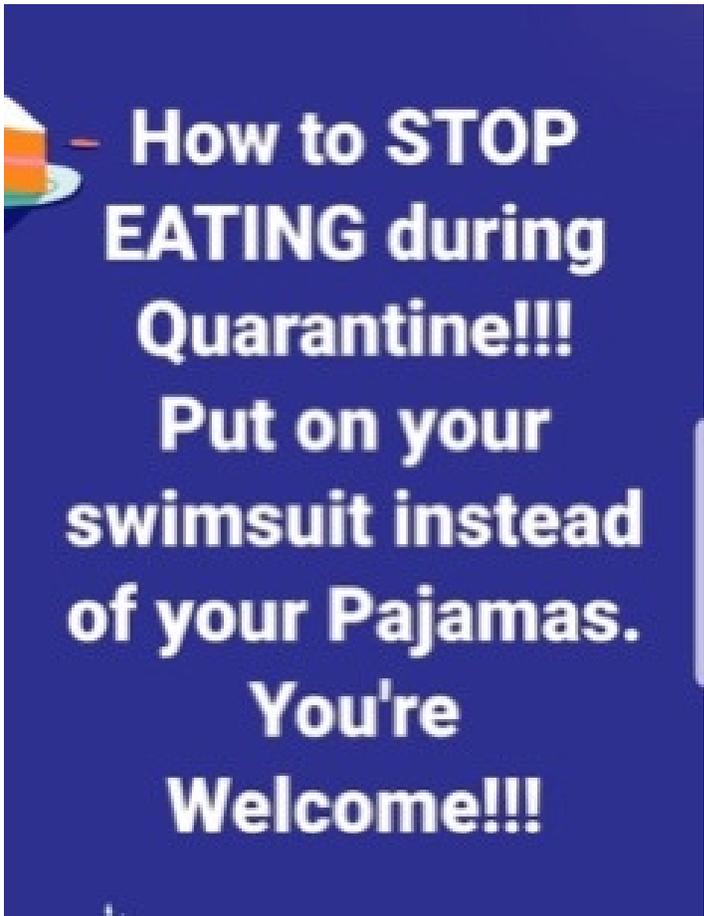
sports, shut down all bars, and keep men at home!!!

I ran out of toilet paper and am now using lettuce leaves. Today was just the tip of the Iceberg, but tomorrow Romaines to be seen.

Purposeful Living

PRACTICAL VOLUNTEERING OPPORTUNITIES

As the world leader in volunteerism, we feel a responsibility to unite our broader community-to use this moment to learn from one another to grow and become stronger. Please visit our website and click on "learn more" to visit the resource hub and explore the growing network of #COVID19 and virtual volunteering



opportunities for practical actions you can take to support your community.

www.volunteermatch.org/search?!=NH

SEACOAST VOLUNTEERS, NH & ME

Together we can. Bringing much needed supplies to our most vulnerable population, limiting their risk of exposure to the COVID-19 virus. Visit the site for more information.

https://seacoastvolunteers.org

Board Notes

WHERE IS THE RIVER?

We all love to discover new meanings in life, and sometimes they can come in surprising ways.

Pir Shabda Khan, a Sufi Master describes an exercise he does with his students. It begins with a casual walk along a river

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

with students relaxing, enjoying the beauty of nature, and just being present.

Then they stop and he asks this question: "Where is the river?" He pauses while the students think and then offers a new way to look at things. You may say it's where the water is, but the water is constantly moving. It is everywhere and nowhere at the same time. You may say the river is where the banks are, but the banks, soil and rocks, could not be anywhere without the trees and the roots that support the banks. You could say the river is then where the trees are, but the trees could not be supporting the banks without the sky from which the rain falls. You might say the river is then where the sky is, but the sky could not make rain without the sun.

We could probably take this story on and on, pointing out the activity below the surface. But the point is made in the first paragraph: interdependence and diversity are critical components of life. As we have been spending the last few weeks dealing with a stay-at-home routine, our interdependence and collaboration has taken on new importance. We are looking more at

what can be contributed and less at classifying roles as more or less important based on monetary value and other factors. The repeated statement of, "We're all in this together" takes on a much deeper meaning and shifts how we are looking at one another.

Shifting out of classifying people can also be applied to "vulnerable populations", and in particular,

older adults. While there has been emphasis on nursing homes, there are many stories of people coming out of retirement and being of service. And not just those associated with medical services. People are stepping up to the plate and doing whatever fits with our needs. People are doing this even if it means that they may not be able to go back home to their families! Nobody questions age, they just accept whatever help is offered and with gratitude.

May is Older Americans' Month. Many of the usual ceremonies and activities have

I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.

RAISE YOUR VOICE!

Please let us know what's on your mind and what's important to you.
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been postponed or cancelled. The State Commission on Aging and EngAGING NH have postponed the ceremony honoring those who volunteer on the behalf of older adults until September. An announcement

of the 2020 recipients will be released in May and we will begin to post the profiles in June EngAGING NH newsletter.

But as we work through all the changes life is throwing at us, let's take a lesson from COVID19 and appreciate all Older Americans as contributors; not just this month, or this crisis but in a world that truly understands the importance of coming together.