



A Citizen Voice for the
Aging Experience

ENGAGING NH NEWS

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How to Find an Old Friend

by Bev Beckham

Where do you begin to look for someone you haven't seen in 10, 20, maybe 50 years? Where do you start when all you have is a name and a face in a high school yearbook and no mutual friends?

I sat next to a boy freshman year. It was 1960. He shared his candy with me. He drew comic strips that made me laugh. We were good friends. And then we graduated and 50 years went by. A few months ago, someone told me he had died.

I didn't want to believe it.

So I decided to see for myself. Three days into my search, I was still at square one. I couldn't find an obituary. I couldn't find a news story. I called our high school and they knew nothing. I Googled, but everything was a dead end. I called every phone number I found that might have a connection to him. All had been disconnected.

Then, bingo, one wasn't.

It was a South Carolina number. It was listed as belonging to a nephew, but a woman answered. It was one of Jack's sisters. And she said he was alive

***A practical guide for
locating a pal from
your past***

and well.

I was *this* close to giving up. I'd been in a maze. But a maze has a way out and I found it. Jack's had a good life. He's happy.

It's simple enough to find someone, anyone, though it can be time consuming and very, very frustrating. But if you don't give up and just keep digging, it's possible to discover what happened to the sweet boy or girl who was a friend a lifetime ago. Here are eight tips to do it:

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Track-Them-Down Tips

1. *Start with a yearbook, notebook, or letter with the return address or an old e-mail.*

You want anything that has specifics about the person you're looking for. Then, Google the person using this information. Something as small as including a middle initial or hometown or line of work can save you hours. You might hit pay dirt with your first try. But if Googling gets you nowhere...

2. *Go on Facebook.*

Tell your friends. Tell your story. I told mine. I wrote everything I knew about Jack, that he had been in the Air Force, that he had lived in Hawaii, that he was an artist. I posted his high school picture. I also asked my friends to share the post.

Many did and because of this, someone I don't know did some research and found Jack's mother's obituary. This obituary listed her name, her deceased husband's name and the names of Jack's six siblings, their husbands and wives and where they all lived. Google every name and address you find.

3. *Go to www.whitepages.com*

This led me easily to multiple phone numbers and addresses. But because the obituary was eight years old, every phone number I called was out of service.

4. *Try www.advancedbackgroundchecks.com.*

It's an amazing site, although again, I was dead-ended; all the phone numbers listed were either disconnected or assigned to people unrelated to Jack. But I found more addresses.

5. *Hang on to the addresses.*

I had multiple addresses for each person in Jack's family. They were my fail-safe. I knew that if I found nothing online, I would write real letters to all these addresses. And hope for a reply.

6. *Spread the net wider.*

Go back and Google the siblings again, and this time write down any information you discover about

their children. Then Google these names.

7. *Double-check information sent by well-meaning people.*

A fellow classmate insisted Jack was dead and sent what he was certain was Jack's obituary. It was dated 1-16-01. There was Jack's name all right. And there was some Jack's face. But it was John Paul, not John Joseph. And it wasn't the right face.

8. *Pick up the phone again and call the siblings' children.*

Call every number you run across. Leave messages if you get a machine, because eventually you will find someone at the end of the line who will call you back and say, "You have the wrong number." (This happened right before I got the correct number.) Or, who will say, and it will be music to your ears: "Yes, I'm his sister and he's alive

WHO ARE WE?

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

and well and happy."

Note: I know you're wondering about my big reunion with Jack. Turns out he is ultra-private and very spiritual. He has few ties with anyone from the past. I have not talked to him, but I did message him that I was glad he has had a good life. And you know what? That was enough for me. Seeing his picture that his sister shared with me, seeing the serenity in his face, was worth all the digging and the sleuthing.

This article previously appeared on Grandparents.com.

NH Updates

TIME TO SUPPORT HEALTHY-AGING IN NH.

Public Hearing dates have been scheduled for both the potential Commission on Aging as well as for establishing a Protective Order for vulnerable adults (see dates/time/locations below).

HB 621-FN: Establishing a Commission on Aging:

Full text of the bill:
http://gencourt.state.nh.us/bill_status/billText.aspx?sy=2019&id=673&txtFormat=html

Public Hearing scheduled for Jan. 30th at 11:15am in

the Legislative Office Building (LOB) Room 205

Sponsors: Rep. Champion, Rep. Hennessey, Rep. Sykes, Rep. Rogers, Sen. Fuller Clark, Sen. Ward

HB 696-FN: Establishing protective orders for vulnerable adults:

Full text of the bill:
http://gencourt.state.nh.us/bill_status/billText.aspx?sy=2019&id=14&txtFormat=html

Public Hearing scheduled for Jan 30th at 2:00pm in the Legislative Office Building (LOB) Room 205

Sponsors: (Prime) Robert Renny Cushing , Sharon Carson, Charles McMahon, Patrick Long, Edward Gordon, William Marsh, Polly Champion, Martha Hennessey, Shannon Chandley

How will you make your voice heard?

Are you new to advocacy or have limited experience interacting with legislators?

A great way to get started in advocacy can be to email a legislator. You can take your time and prepare your thoughts before hitting "send."

Do you have limited time to advocate or are you more comfortable with having a conversation with a legislator?

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

Nominated him or her for a Vaughan Award!

Nomination forms are online at

<http://www.engagingnh.org/vaughan-awards.html>

Calling a legislator can be a very personal and effective way to build a relationship with your elected officials.

Are you more comfortable with writing a legislator?

Consider writing a letter to the editor of your local paper or submitting written testimony to the legislative committee.

Even if you do not plan on testifying, are you available to attend any of the upcoming hearings?

It can be very effective to show support for a bill by simply attending a hearing and signing-in in support of the bill.

Are you looking to have the biggest impact you can with your advocacy efforts?

Consider testifying at the public hearing. Prepare 1 – 3 minutes of testimony and deliver it to the committee at the hearing.

ENH NEWSLETTER-FEBRUARY 2019

NOTE: Please see the attached documents to assist you in crafting your message to legislators. They contain great talking points, statistics, and other supporting information to help you.

Both of the bills listed above are to be seen by the Health, Human Services, and Elderly Affairs Committee. We are targeting those committee members with our advocacy efforts. Please see all their contact info below:

Health, Human Services, and Elderly Affairs Committee Members:

Chairman, Lucy Weber
(603)756-4338,
lwmcv@comcast.net
Vice Chairman, Polly Champion (D) (603)643-2837,
Polly.Campion@leg.state.nh.us

(NOTE: Rep. Champion has sponsored BOTH the bills highlighted above and has been very supportive of Healthy Aging)

Clerk, Susan Ticehurst (D)
(603)960-1454, Susan.Ticehurst@leg.state.nh.us

James MacKay(D)
(603)224-0623,
james.mackay@mygait.com

Kendall Snow(D)
(603)669-1075,
Ken.Snow@leg.state.nh.us
Mary Freitas(D) (603)622-9056,
Mary.Freitas@leg.state.nh.us
Jerry Knirk(D) (617)448-7557, Jerry.Knirk@leg.state.nh.us
Jeffrey Salloway(D)
(603)868-1726,
jc.salloway@unh.edu
Gerri Cannon(D)
(603)844-5410, Gerri.Cannon@leg.state.nh.us

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

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Edward DeClercq(r)
(603)458-5272,
Ed.Declercq@leg.state.nh.us
Walter Stapleton(R)
(603)542-8656,

Walt.Stapleton@leg.state.nh.us

Not sure how to get started? Need help preparing a letter or testimony? Contact me! I'm here to help. Dan Hobbs, dhobbs@nhla.org, 603-783-9331

DISCOUNTS ON FUELS

With discounts on heating oil, propane and kerosene, **Our Town Energy Alliance** is one of the largest fuel discount groups in NH, ME, VT & MA.

Now is the time to enroll or renew for 2019. <https://www.otchoice.com/>

YOUR LOCAL RESOURCES

ServiceLink Resource Centers 1-866-634-9412; and call 2-1-1

SENIOR SANCTUARY

Granite Staters ages 65 and older are living in one of the 10 safest states for seniors, according to a new report from the Senior List. NH ranked ninth overall, ranking first for its lowest-in-the-nation poverty level of 5.8 percent. The state also fell toward the bottom in other main categories, ranking 33rd for violent injury deaths among seniors and 30th for cases of fraud.

Though it's not the most expensive state to live in, NH's primary weak spot in

the study was its housing costs. The state ranked 15th for its median monthly housing expenses for renters at \$1,052.

NH Hippo

FREE TAX ASSISTANCE

Cory Goldstone from the Greater United Way on a free tax preparation service for households with incomes of \$66,000 or less:

There are a number of ways to receive further information about Volunteer Income Tax Assistance (VITA). You can call the State's helpline at 2-1-1, or visit NHTaxHelp.org.

You can also visit MYFreeTaxes.com to prepare your own return, with guidance from a toll free helpline.

OPEN DISCUSSION PROJECT

Gibson's Bookstore in Concord is joining with a handful of other bookstores in a new initiative. Called the Open Discussion Project, the idea is to set up reading groups of liberals and conservatives that will

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!

meet monthly and share views about books on race, climate change, guns, immigration, money in politics, and other controversial issues.

The groups—one in each participating store—will be moderated by professional facilitators to ensure all opinions are heard and conversations remain respectful.

Meetings will be on the second Monday of each month, at 5:30 PM, in the bookstore, with the first being on Monday, February 11.

To start the conversation, participants are asked to read *The Righteous Mind* by Jonathan Haidt before the first meeting.

www.gibsonsbookstore.com

2019 LEGISLATIVE SESSION

Bills EngAGING NH is watching include issues such as, property tax fairness; property tax reductions for 65 and older; reduced cost for auto registration for 60 and older, early voting for 60 and older; use of Assistive Living resident IDs as voter ID; paid family leave; financial exploitation and the creation of a Commission on Aging (see Board Notes).

GRANT AWARD

The NH Fiscal Policy Institute was awarded \$10,000 for a Home and Community Based-Care to improve and enhance NH's long term-care system by informing and educating policy makers with an analysis of data regarding services and staffing. Award Date: 9/17/2018; Time Frame: 10/1/2018 - 1/31/2019.

From Our Readers

This (the December issue) is fantastic, as always. I'm especially glad there's information about how to track legislation. I'm planning to keep an especially close eye on what's happening with the 10-year mental health plan, including what legislators to contact to urge support for it. At some point, too, I plan to share my fitness strate-

gy I call Strategic Inconvenience--building small challenges into your day that encourage movement and balance for those of us not inclined to go to classes or join groups. Happy New Year, and thanks for this wonderful publication!

Jean

I found this at www.southernliving.com: "Good news for chocolate lovers--researchers have found that the delicious treat works better at soothing coughs than conventional cough syrups with codeine. The way it works is that the viscosity of the melted chocolate coating allows cough-suppressing ingredients naturally present in cocoa to come into contact with your ravage throat nerves and calm them down." Doing my happy dance! Diane

What's my gift? Made me think. I volunteer at my church but I don't think of that as a "gift". What is a "gift"? My son and his wife are and wonderful parents but very busy with demanding jobs. I have time. I listen to my wonderful young grandchildren. Sometimes I read to them and sometimes we bake cookies. It is a joy that gives both ways. That's my gift.

Judy

A friend told me about this article last night and thought it would be of interests to our readers: age.... <https://www.nytimes.com/2019/01/12/opinion/sunday/women-older-happiness.html>

AGE OF CHAMPIONS

It's Never Too Soon to Age Well. Free health fair promoting healthy active aging April 27, 2019 10AM – 1PM, Lundholm Gymnasium, UNH, Durham. Free parking available. Includes:

- Community Resources;
- Vendors;
- Demonstrations;
- Health Assessments; Hands-on Activities; and
- Giveaways.

It is hosted by the Center on Aging and Community Living.

www.agingandcommunityliving.org

SUCCESS!

We have closed out Survey Monkey. Our final survey count is (drum roll please).....

2,927 Surveys!

Congratulations and Thank You to everyone for your leadership, participation

and support to NH’s SPOA Survey Campaign!

Jo Moncher, State Facilitator, NH State Plan on Aging Planning Committee; Community Relations Manager NH Division of Long Term Supports and Services

Editor's Note: Future issues of ENH News will cover what we learned.

CONGRESS SHOULD SIDE WITH SENIORS ON DRUG COSTS

Potential presidential candidates take note: protect seniors, not drug company profits

Congress did a good thing earlier this year when it passed a law to help America’s seniors pay less for their prescription drugs. But now, big drug companies are spending millions trying to strong-arm members of Congress into breaking the deal just to boost their own profits.

This would be a terrible blow to seniors. Over 40 million older Americans rely on the Medicare Part D prescription drug benefit to help them pay for life-saving medicines. Unfortunately, an increasing number of

them have to decide between putting food on the table and filling their prescriptions.

Consider this: AARP’s Public Policy Institute found that the average annual retail price for widely used brand-name prescription drugs was nearly \$6,800 in 2017. For the average old-

er American who takes 4.5 brand-name prescription drugs on a chronic basis, their annual cost of therapy would have been more than \$30,000 — over 20 percent higher than the median annual income of Medicare beneficiaries.

In a 2015 AARP survey of people over 50 in New

How to Contact Your State Committee on Aging Representatives

County	Name	Email
Belknap		
Carroll	Susan Ticehurst	Susan.Ticehurst@gmail.com
Cheshire	Susan Emerson	semerson435@aol.com
Coos	Mark M. E. Frank	maxfra@aol.com
Grafton		
Hillsborough	Kathy Baldrige	scoainnh@gmail.com
	Ken Berlin, Chair	kaberlin@comcast.net
Merrimack		
Rockingham	Nancy Formella	naformella@gmail.com
	Susan Nolan	suznnolan@aol.com
	Kristi St. Laurent	ic.thus@hotmail.com
Strafford	John Kennedy	johnk@rhanh.org
Sullivan	Mary Catherine Rawls	Mary.catherine.rawls@hitchcock.org
NH Senate	Ruth Ward	ruth.ward@leg.state.nh.us
NH House	James McKay	james.mackay@mygait.com
HHS Oversight	Frank Kotowski	frkotowski@comcast.net
BEAS Liaison	Jo Moncher	Jo.Moncher@dhhs.nh.gov
Website:	www.dhhs.nh.gov/dcbcs/beas/aging/	

Hampshire, 85 percent said that affording healthcare/prescription drugs was extremely or very important to them. What's more, nearly 48 percent said they worry about being able to afford their prescription drugs.

The law passed earlier in 2018 required drug manufacturers to provide a bigger discount on their brand-name drugs for Medicare beneficiaries who are in the Part D donut hole. This critical reform, if allowed to continue, would save seniors an estimated \$6.7 billion between 2020 and 2027.

PhRMA, the industry lobbying group, wants Congress to roll back the deal, which would deliver \$4 billion more in profits to pharmaceutical companies over 10 years. The industry is the last one that needs to make more money off of seniors and taxpayers. In 2016 alone, Medicare Part D paid \$141 billion to drug companies.

These same big drug companies that reap tens of billions of dollars annually from Medicare Part D are trying to get Congress to reverse the savings it delivered to seniors. These companies are spending millions on advertising and

lobbying targeting Congress. What a waste! Those millions could be devoted to developing drugs to treat diseases such as Alzheimer's and Parkinson's.

And there's an ironic disconnect. President Trump has been talking a lot lately about how unfair it is that Americans pay the highest drug prices in the world. But just months after Congress made progress toward lowering drug costs, some members of Congress are preparing to side with the drug lobby rather than look after their own constituents' interests, which align with the President's position.

A deal is a deal. AARP's 230,000 members in New Hampshire are not going to sit by and let this happen.

Senators and others who want to be president, take note. When you come to our community, be prepared to show that you have what it takes to stand up to big drug companies. Older Americans vote — a majority of voters in the 2018 election were over 50 — and they will remember whether presidential candidates stand by seniors or sided with big drug companies to raise the cost of prescription.

Richard Chevrefils of Concord, AARP's regional volunteer director for the East Region, spent 35 years in social services with the NH Department of Health and Human Services. This article appeared in NH Business Review.

Focus on Community

INTERLAKES COMMUNITY

What would you do if something happened and you couldn't drive anymore? What if you needed a bit of help to continue living in your own home? Who would you rely on? Would you have to move?

Interlakes Community Caregivers provides transportation to medical and personal appointments and other life enhancing services that promote and maintain independent living.

Formed in the basement of the Center Harbor Congregational Church in 1998, a group of parishioners saw such a need and began an outreach mission in which neighbors would help neighbors in their daily lives.

Since that time, Community Caregivers has grown to be an independent 501(c)3 nonprofit organization that serves the towns of Center

Harbor, Meredith, Moultonborough and Sandwich. Services are provided at no charge and include rides to medical or personal appointments, help with grocery shopping, running errands, friendly visits and more.

The grassroots mission continues with local people volunteering to provide these free services. Donations from local individuals, businesses, civic organizations and churches fund the frugal budget; no funding is received from the Federal Government or State Agencies.

Whether neighbors need help for the short-term to recuperate from surgery or illness or for a longer term to age in place, Interlakes Community Caregivers is here for the community. The upcoming year of 2018 will mark 20 years of neighbors helping neighbors in this rural community, enhancing the quality of life for thousands.

For more information, visit their website at www.InterlakesCommunityCaregivers.org, email rec-tor.Caregivers@gmail.com, call 603-253-9275 or follow them on Facebook.

ONE-FLOOR LIVING HELPS SENIORS 'AGE IN PLACE'

Older adults are less likely to need to change residences if their homes have certain features, including no stairs, a new study found.

"Most older adults do not want to move to a nursing home, and supporting older adults to age in the community has potential to improve quality of life and costs for care," said lead study author Marianne Granbom of Johns Hopkins University in Baltimore, Maryland, and Lund University in Sweden.

"But to truly understand how aging in place can be supported, we need to shift focus from merely looking at individual health problems to also include the environments they live in," she told Reuters Health by email.

Granbom and colleagues analyzed data collected between 2011 and 2105 on 7,197 U.S. adults ages 65 and older. During that period, about eight percent moved within the community and four percent moved to residential care facilities such as nursing homes and assisted living. Overall, those who lived alone, had a lower annual

RAISE YOUR VOICE!

Please let us know what's on your mind and what's important to you.

engagingnh@gmail.com

income, and visited the hospital during the past year were more likely to move.

After taking health factors into account, poor indoor accessibility was strongly associated with moving to a new home in the community, but not with moving to a nursing home, the researchers reported in *Journals of Gerontology*.

Having a one-floor house or having the kitchen, bedroom and bathroom on one floor were the features most strongly associated with aging in place. Dwellings with elevator access, lifts or stair-glides were also helpful. No other home environment factors, such as entrance accessibility or housing conditions, were associated with relocation.

For older adults, moving to more age-friendly home environments could help postpone the need for a nursing home, Granbom said.

The study found that the longer the adults had lived in their current homes, the less likely they were to

move at all. Future studies could incorporate the emotional attachment to home to better understand the complexities of relocation decisions, the authors wrote.

Dr. France Legare of Laval University in Quebec, Canada, who wasn't involved with this study but who has researched housing decisions among older adults, suggests some home-planning ideas to consider.

"During construction, leaving a space for a lift that could be installed later could be helpful, especially in dense cities where dwellings are often two or three stories," Legare said in a phone interview. "Even if it isn't built yet, having a potential area for a lift could help people age in place and make housing decisions as they grow older."

Other features such as improved lighting, a no-step entrance, walk-in showers with grab bars, and railings on both sides of indoor stairs could help, said Jon Pynoos of the University of Southern California in Los Angeles, California, who has researched the future of housing for older adults.

"In a home with two or more stories, stacking closets that could later be replaced with a small ele-

vator might be a good investment," Pynoos, who wasn't involved with this study, told Reuters Health by email. "Basically, plan ahead."

Journals of Gerontology: Social Sciences, online 12/5/18.

Carolyn Christ, Reuters.com

News You Can Use

CMS COMPLETES ROLLOUT OF NEW MEDICARE CARDS AHEAD OF SCHEDULE

the Centers for Medicare & Medicaid Services (CMS)—the agency that oversees the Medicare program—announced that they finished the rollout of new Medicare cards to 61 million people with Medicare ahead of the original deadline of April, 2019. This means that all people with Medicare should now have Medicare cards that include a random Medicare Beneficiary Identifier (MBI) instead of a number based on their Social Security number.

CMS started issuing the new Medicare cards on a rolling basis in April of 2018 in an effort to combat identity theft and other fraud, and to comply with recent legislation. Those

who enrolled in Medicare after this process began should have received the new style of card when they first joined.

If anyone with Medicare has not received a card with the new MBI, they should immediately contact 1-800-MEDICARE, log into their MyMedicare.gov account, or ask their health care provider for assistance.

People with Medicare should keep their new cards safe and treat it like a credit card. This means not sharing the information on it with anyone except doctors, pharmacists, health care providers, insurers, and people they trust to work with Medicare on their behalf.

Once they have received the new cards, people with Medicare should no longer use the old cards but should destroy them, to ensure their Social Security numbers are kept as safe as possible. Beneficiaries who are enrolled in Medicare Advantage will continue to use their plan-issued card at the time of service, but should keep their new Medicare card in a safe place.

Medicare Rights Center

BE PREPARED FOR EMERGENCIES

Winter storms can make traveling near impossible, create multi-day power outages, and cause social service agencies to cancel their services.

Preparing for emergencies includes:

- Having plenty of batteries and flashlights on hand and easily accessible;
- Making sure there are a few extra days' worth of prescription medications available;
- Putting together a simple first-aid kit;
- Storing at least three days' worth of food and water;
- Keeping an easy-to-use cell phone available along with a list of important phone numbers;
- Developing an emergency plan in case of power outages so that your loved one does not panic; and knows what to do and what to expect.

Other tips include:

1. Make it Safe and Cozy: Set the thermostat to at least 68-70 degrees. If the home is old or hard to

HELP!

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

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

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

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

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

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

keep warm, consider closing off areas that aren't used regularly. You can also lay towels underneath drafty doorways.

Don't forget to install and/or test smoke and carbon monoxide detectors—fireplaces, gas heaters and lanterns can lead to carbon monoxide poisoning, making winter a particularly important time of year to have functioning detectors. If heating bills are a concern for your loved one, visit <https://liheapch.acf.hhs.gov/help>, which can offer assistance with heating costs.

2. Lining up a plow guy or a trusted friend or neighbor to help with snow removal, and be sure that their cane tips are in good shape. Stock up on hand and feet warmers, some are even reusable.

3. Consider putting inexpensive ice cleats on a pair of boots. Make sure the car is serviced before winter hits, consider getting snow or studded tires, and be sure to throw a small emergency roadside kit in there for safe measure. Be sure that your loved one removes his/her boots as soon as they come inside. This lessens the chance of

tracking snow and ice onto the floors, which can quickly become a dangerous, slippery mess.

4. Check in Regularly: Winter depression is real, and it particularly can affect those who live alone.

For more details about preparing for winter emergencies, visit the federal <https://www.cdc.gov/disasters/winter/index.html> covering the topic.

PAPER RECEIPTS TOXINS

A new bill in California "Skip the Slip" legislation would make digital receipts the default; here's why it's a big deal. It tackles the pesky problem of the toxins.

The Ecology Center estimates that 93 percent of paper receipts are coated with Bisphenol-A (BPA) or Bisphenol-S (BPS), which is used as a color developer to help the receipts be legible. (It is the BPA that makes them ineligible for recycling.):

"When we touch receipts, the chemical coating is absorbed into our bodies through our hands in mere seconds. Researchers at the New York State Department of Health documented connections between BPA exposures and developmental and neuro-

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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HELP SPREAD THE WORD!

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

logical problems. BPA impacts fetal development and is linked to reproductive impairment, type 2 diabetes, thyroid conditions, and other health concerns.

Companies have sought out "non-BPA" paper, but the typical replacement is BPS, a similar chemical which research indicates has similarly detrimental effects as BPA."

www.treehugger

DOES YOUR NEW YEAR RESOLUTION INCLUDE FINDING THE TIME TO VOLUNTEER?

It only takes a few hours a week to make an impact on someone's life.

Opportunities include:

- Meal Delivery
- Kitchen Help
- Administration Support
- Special Events

Most volunteers offer their services on a weekly basis, morning and early afternoon shifts are available. Training is provided.

Saint Joseph Community Services is one of several meals on wheels providers in NH nutrition sites deliver meals throughout Hillsborough County, Monday through Friday.

Call ServiceLink to find your community's Nutrition Program.

<https://www.servicelink.nh.gov/contact-us/index.htm>

HOW TO DRIVE ON ICY ROADS

Video

<https://biggeekdad.com/2017/01/drive-icy-roads/>

5 CALMING TECHNIQUES FOR CAREGIVERS

When it begins to feel like too much, follow these simple tips

While being a caregiver for an elderly loved one can be deeply rewarding, it can also be extremely stressful.

During those moments when your nerves are frayed and your patience is wearing thin, there are some helpful techniques you can use to remove yourself from the situation and calm down. Sidestep letting strong feelings get the best of you by remembering to "give yourself five" when you're steaming. What's great about this little mantra is that it can take so many different forms:

1. You could take five (literal) steps back from the situation if your loved one with dementia has become belligerent.

2. Count to five before you answer if you're stuck in a cycle of repeated questions or comments.

3. Take five whole minutes to yourself (set a timer!) if you're just worn out. While you relax, put on a surefire calming television program or hand the person with dementia a favorite snack and leave the room (if you're sure he or she will be safe).

4. When you can't escape physically, imagine five nice things you'd do for yourself if you could. Sometimes just picturing a spa day or a chocolate cake in vivid detail is a tiny bit like experiencing the real thing.

5. Take five deep breaths: Inhale deeply through the nose, hold it for a count of five, then let it out slowly through the mouth. Repeat five times. Nobody will notice you're stepping back from the edge of a cliff as you breathe.

Paula Spencer Scott, NextAvenue.com

Health & Wellness

KEEPING CANCER CELLS DORMANT

An exciting new study, led by a team of Australian researchers, has uncovered how the immune system can keep cancer cells in a dormant state. It's hoped the breakthrough insight will offer new pathways for research into immunotherapy techniques that can essentially stop a tumor's growth for an indefinite period of time.

<https://newatlas.com/cancer-kept-dormant-immune-trm-cells/57837/>

REDUCING SIDE EFFECTS OF CHEMO

Doctors at the University of California developed a tiny medical sponge that could reduce the side effects of chemotherapy. The device is introduced inside a vein and removes excess chemo drugs from the blood once they have attacked the target tumor. Experts hope that the breakthrough will potentially lead to avoiding treatment side-effects, such as hair loss and nausea.

<https://www.bbc.com/news/health-46782190>

REVERSING DEMENTIA

Researchers uncovered a

remarkable treatment technique to reverse dementia with the help of ultrasound. By using high-frequency sound waves, scientists managed to clear toxic protein clumps from the brain without any additional therapeutic drugs.

This is a major breakthrough that could make way for an affordable, portable device which would help millions of patients suffering from Alzheimer's disease

<https://newatlas.com/ultrasound-sound-dementia-alzheimers-human-trials/57725/>

THC TREATMENT FOR ALZHEIMER'S

Scientists tested the effects of tetrahydrocannabinol (THC), one of the active compounds in marijuana, and discovered that it can promote the removal of a protein responsible for the progression of Alzheimer's. The finding supports the

results of previous studies that found evidence of the protective effects of cannabinoids, including THC, on patients with neurodegenerative disease.

<https://futurism.com/marijuana-compound-removes-toxic-alzheimers-protein-from-the-brain>

SECRETS TO DENTAL HEALTH

The 6 steps that make a difference over the years

If you're 65 or older, you might find that your dental health is iffy. Twenty percent of older adults have untreated tooth decay, more than two-thirds have gum disease, and almost 1 in 5 has lost all of his or her teeth, according to the Centers for Disease Control and Prevention.

That can cause pain and affect the ability to eat, and gum disease has been linked to heart disease, type 2 diabetes, and possibly certain cancers.

"Dental health is related to your general health, since inflammation and infection in your mouth can spread to other areas of the body," explains Judith Jones, D.D.S., M.P.H., a professor of dentistry at the University of Detroit Mercy and a spokeswoman

ENH welcomes all points of view and invites your submissions.

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

engagingnh@gmail.com

Forward it on!

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.

for the American Dental Association (ADA).

Here, six steps that will help you maintain your dental health—and help your teeth last longer.

1. Keep Them Clean

That means brushing with a fluoridated toothpaste for 2 minutes twice a day. Avoid whitening toothpastes, which can wear down enamel, says Karyn Kahn, D.D.S., a dentist at the Cleveland Clinic.

2. Choose the Right Brush

Manual toothbrushes can do a fine job, but electric and sonic devices may

have a slight edge. According to a 2014 analysis from the independent -Cochrane Collaboration, powered toothbrushes reduced dental plaque 21 percent more and gingivitis 11 percent more than manual devices after three months of use.

They may also be easier to use if you have hand or wrist arthritis, says Jay W. Friedman, D.D.S., M.P.H., a consumer healthcare advocate in Los Angeles. But be gentle; too much pressure can wear down tooth enamel and erode gums.

3. Get in Between

Clean between teeth each day to remove any food stuck there. Kahn says this breaks up plaque before it does any damage.

You can floss or use a water jet or an interdental brush. The latter is more effective than flossing, according to a study published in 2015 in the Journal of Clinical Periodontology.

4. Know When to See a Pro

While many dentists recommend a checkup and cleaning every six months, most people can probably follow a once-a-year schedule, Friedman says. In fact, a 2013 study published in the Journal of Dental -Research found

that most people get no additional benefit from seeing a dentist or having a cleaning more than once a year.

But if you have significant tartar, or gum disease (or one or more of its risk factors, such as diabetes or a smoking habit), twice-a-year cleanings are often appropriate.

And tell your dentist if you notice a persistent sticky, dry feeling in your mouth. You may have dry mouth, which can hike cavity risks.

5. Be X-Ray Savvy

The ADA generally recommends bitewing X-rays (which reveal cavities between teeth) every two to three years for adults with good oral health who are at normal cavity risk.

"But even every three to five years is reasonable," Friedman says, adding that most people need more extensive X-rays only every eight to 10 years.

6. Recognize a Dental Emergency

A persistent, throbbing toothache that makes it hard to chew or bite can signal an abscess or infection, especially if accompanied by facial swelling, Jones says. These infections can spread quickly to your jaw, head, or neck, so

seek treatment right away, preferably at your dentist's office but at an emergency room if necessary.

"I've seen people spend 10 days in the hospital ICU or lose their vision due to an untreated tooth abscess," Jones says. If a tooth splits vertically, see a dentist as soon as possible (preferably the same day) because that can easily become infected, she says.

A fractured tooth that's not painful, jaw pain when chewing, a broken denture, or a mouth sore also warrants treatment but can wait a few days, Friedman says.

A version of this article appeared in the 10/18 issue of Consumer Reports On Health.

CORRECTING EYE DROPS

Researchers have developed a new kind of eye drop that can successfully fix corneas in pig eyes, and could potentially do the same for people. The eye drops, which the scientists call "nanodrops," work to correct refractory problems and can help improve both nearsightedness and farsightedness.

<https://futurism.com/nano-drops-repair-corneas-replace-glasses/>

Tech Tips

CYBER ATTACKS, WHAT YOU NEED TO KNOW

Malvertising: A hacker creates an infected ad. Said hacker then spreads it to as many websites as possible. You happen to be on one of those websites. Result? You fall victim.

What you probably didn't know: you don't even have to click on the ads. Just loading the site delivers an unwanted infection.

What does malvertising do? The infection can cause all sorts of mayhem like viruses, spyware, and more. 2018 saw a rise in ad-blocking tools and software, 2019 should have even more sophisticated ad-blocking tools from your to choose from. All you really need to do, is download a good ad blocker.

There are different types of attacks:

Botnets: Simply put, this is when a hacker creates nasty malware that enslaves thousands upon thousands of smart devices (your PC included) in order to get the processing power to do some greater evil. Be sure to update your devices passwords and use anti-malware to regularly check for infections.

Cryptomining: Hackers do a lot of nasty stuff, but often they do it with one goal in mind: makin' money. And thanks to cryptomining, they've been able to cut out the middleman and simply turn your computer into a money-generating machine. Two pro tips for you: make sure your antivirus is up and running, and disable JavaScript in your browser.

www.avg.com

VIRTUAL PRIVATE NETWORK

VPN is a convenient way to ensure safe and secure Internet use. With a growing number of cases of data breaching and system hacking, privacy concerns among individuals are also on the rise. Here's a guide that explains why you should use a VPN to ensure secure web browsing and which services are regarded as most reliable. <https://www.fastcompany.com/90282668/the-one-thing-you-should-do-to-protect-your-privacy-in-2019>

Dollars & Sense

MOVING TOWARD A CASHLESS SOCIETY

Contactless payments are set to finally become widespread in the US, posing a

renewed challenge to the use of cash. The US has long been a laggard when it comes to payment technology. But several factors, from changes in how fraud liability is handled to the biggest credit card issuer's embrace of contactless technology, are now coming together.

Even the Federal Reserve is contemplating how best to upgrade the country's payment plumbing to make it real-time and available 24 hours a day. Britain's experience with contactless payments shows how it gives physical cash a run for its money. Spending using contactless cards rose to £3 billion (\$3.8 billion) in 2017, up from £117 million in 2014, according to the UK Cards Association.

Contactless payments in the UK also got a boost when the London underground tube network began using them. New York City's subway is adopting the same technology, which is expected to go online this year.

The US, encumbered by entrenched interests and aging transactions systems, has been slow to change. But the massive data breach in 2013 at retail company Target helped

spur the shift away from the magnetic stripe, an older and more vulnerable way of processing payments. Since then, a change in fraud liability has given merchants, like stores and restaurants, an incentive to switch to chip technology that's more secure. Merchants, instead of card issuing banks, have been on the hook for fraudulent magnetic stripe payments since 2015.

JPMorgan is also driving the shift by rolling out contactless technology on its payment cards, which could mark a tipping point. The biggest US credit card issuer has said all of its Visa credit cards will be enabled for contactless payments by June, and debit cards will have it by the end of the year. Visa has said there will be 100 million contactless cards in the US by the end of the year.

<https://qz.com/1517682/contactless-card-payments-could-mark-the-end-of-cash-in-the-us/>

Laugh & Live Longer

OUTTA MY WAY!

I changed my car horn to gunshot sounds. People get out of the way much faster now.

BE MINE

Q: Why did the man send his wife's Valentine through twitter?

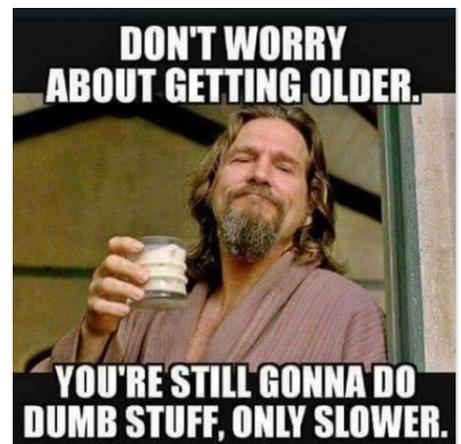
A: Because she is his sweetheart.

Q: What Valentine's Day candy is only for girls?

A: HER-SHE'S Kisses.

Q: What kind of Valentine's Day candy is never on time?

A: ChocoLATE



Purposeful Living

Strafford County was pleased to learn that our nominee for the 2018 Joseph D. Vaughan Awards, Lana Black, was selected. She has volunteered with our agency for the past several years. Lana was a loving caregiver for our agency for 23 years, and has continued to believe in what we do here. Her positive and uplifting attitude never go unnoticed.



Lana Black

Lana continues to come in 2 days per week and volunteer in our

medical records department, supporting home support and nursing, although she is open to helping in any way she can. Lana brings warm, homemade treats for our staff to enjoy every Wednesday.

Lana also volunteers at her church thrift shop, and her favorite pastime is ironing the clothing that is brought in. She is also involved in her church suppers, and her pies are always in demand. Additionally, over the course of the year, Lana works on a counted cross stitch project that she donates to the church to be auctioned at their Christmas Fair every year. Lana is an avid reader, and enjoys watching the History channel.

Her smile and treats are missed when she is not in the building, and I'm certain our medical records staff misses her when she is not here also.

Thank you so much for allowing us the opportunity to praise Lana and what she does for our agency.

Board Notes

The EngAGING NH Board of Directors has been an active participant in the NH Alliance for Healthy Aging (NHAHA) Advocacy workgroup and is a strong supporter of the need to create a Commission on Aging. NH does not have and Agency on Aging, as other states do, and there is no comprehensive approach for planning for the needs of housing, transportation, services and other issues.

Below is the document as prepared by NHAHA based on the work of the Advocacy Workgroup. We encourage you to follow and support HB 621-FN.

Why New Hampshire Needs a Commission on Aging

Background: As more of us live longer, healthier lives, New Hampshire faces a powerful opportunity to rethink the future of our communities. Everyone has so much to offer as they age, but often our current policies, systems, and cultural assumptions fail to take advantage of the new

realities of an older Granite State.

Demographic trends show us that by 2030, one in three people in New Hampshire will be over the age of 60, an increase of almost 40% from 2012. This shift will affect where we dwell, how we work, how we access healthcare and other services—essentially, how we navigate our day-to-day lives. To help prepare for our state's changing demography, we must roll up our sleeves and imagine new ways to shape the places in which we live.

New Hampshire Commission on Aging—A Crucial Opportunity to Make a Difference: This is an ideal time for us to gather and use our "Yankee ingenuity" to develop new and creative ways to support all Granite Staters as we age. The driving force to help us do this will be the creation of a Commission on Aging which can champion issues affecting older people across all state agencies, build effective public/private partnerships, and focus attention on creating an age-friendly state.

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

Name	Mailing Address	Phone	E-Mail Contact Form
U.S. Rep. Chris Pappas	323 Cannon HOB, Wash- ington, DC 20515	202-225- 5456	https://shea-porter.house.gov/contact/email
U.S. Rep Ann Kuster	137 Cannon House Office Building, Washington, DC 20515	202-225- 5206	https://kuster.house.gov/contact/em ail-me
U.S. Senator Maggie Hassan	B85 Russell Senate Office Building, Washington, DC 20510	202-224- 3324	https://www.hassan.senate.gov/c ontent/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

The purpose of this Commission would be much broader than the State Committee on Aging, which is limited to assisting and advising the NH Department of Health and Human Services on problems impacting older adults.

We envision the Commission to plan for and address all aspects of our aging population including practices that support healthy aging, ensuring the availability of a stable workforce of direct care workers to support us as we age, retaining and re-engaging older workers to meet our state’s current workforce challenges, and making New Hampshire an age-friendly state for all people.

The Commission would identify the most effective policies and practices of

other states and explore how they can be incorporated in New Hampshire. Commission members will include a wide range of public and private members including, but not limited to, the NH Department of Transportation, NH Department of Labor, business leaders, service providers, older Granite Staters, caregivers, and other stakeholders.

How You Can Help

Contact your state legislators and tell them to support HB 621, which seeks to establish a state Commission on Aging. Tell them that we need a Commission on Aging now.