

# ENGAGING NH NEWS



A Citizen Voice for the  
Aging Experience

**February 2018**  
**Volume 12, # 2**

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**GUEST OPINION:**

## **The Future of Libraries & Older Adults**

by Dianne Hathaway, Director,  
Goffstown Public Library

On any given morning, the first library visitors are the usual retired readers to select a new stack of books, read the daily newspaper or log in to a public computer. Our once monthly afternoon book discussion group is fully populated by retired women who socialize, have a snack and then talk about the book. Mary, an older, dedicated library user who lives outside of Goffstown, attends our daytime programs because travel is easier for her in Goffstown and she considers our services her lifeline to others in a similar living situation.

Services for older adults in our community are only growing in demand and librarians, who are good at listening and responding to the needs of our communities, are already focusing on the changing demographics and trends. So when I think about the future of libraries and services to an increasing senior population, I am confident we will meet the challenges by keeping the following in mind:

*Programs & events:* We need to plan programs specific to an older population and their life

***It is evident public libraries, as well as library leaders, need to continue to make the library experience a valuable one for our older adults.***

experiences. This means topics suggested by that population, pertinent to older community members and scheduled during daylight hours at centrally located facilities.

[www.goffstownlibrary.com/calendar](http://www.goffstownlibrary.com/calendar)

*Community space:* This is our greatest challenge at the Goffstown Public Library; not enough space for programs, meetings, and a valuable collections.

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*Large print format books:* Libraries need to spend more money on large print materials to reflect a growing demand, preferably in a paperback format rather than hardcover, since they are lighter and easier to hold for those folks with arthritis and strength issues.

*Talking Book Services, New Hampshire State Library:* This service provides audiocassette and digital cartridge talking books, compatible playback machines, downloadable digital audio books, and descriptive videos to blind and physically handicapped persons. Federally funded program through the Library of Congress; more information is available at [www.nh.gov/nhsl/talking\\_books/](http://www.nh.gov/nhsl/talking_books/)

*Digital materials:* It's great for a reader with vision trouble to be able to read books and magazines on a device since fonts can be enlarged in most cases. Those seniors who are tech savvy have taken advantage of digital collections, though some platforms are too complicated for ease-of-use and we spend a lot of time with folks of all ages, assisting them in loading books on their specific devices. <http://www.goffstownlibrar>

## 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.*

*y.com/nh-downloadable-books*

*Home delivery:* Many libraries have a delivery service to bring library materials to older folks who cannot visit the library, some of them in nursing homes and assisted living facilities. Unfortunately, libraries have a limited capacity to serve all who need this service and we need to explore new community partnerships to help expand the service.

*Library staffing:* As a library director, ongoing consideration is given to the ever-changing demands of my community. Whether it is reallocation of staff, adding hours and expanding services, planning will be required to address the needs of the growing senior population.

There are other needs as well, more than I can fit into this space and many depending on the specific community and library set-

ting. It is evident public libraries, as well as library leaders, need to continue to make the library experience a valuable one for our older adults.

I believe we are up for the challenge.

*Dianne Hathaway has dedicated her career to public libraries and service to community and the greater good. She has been with the Goffstown Public Library for nineteen years and can be reached at [dianneh@goffstownlibrary.com](mailto:dianneh@goffstownlibrary.com)*

## NH Updates

### FUEL PURCHASING CO-OP

Our Town Energy Alliance a fuel purchasing cooperative began in 1999 and was originally intended to reduce fuel cost for older adults. Today it is one of the largest purchasing cooperative for fuel and serves VT and MA as well. Now is the time to renew

memberships or to become a new member if you choose. For contact information or to learn more about them, visit Our Town Energy Alliance on the web. (603) 435-3077, OTEA, PO Box 220, Ctr. Barnstead, NH 03225.

**LEGISLATIVE ISSUES**

(Current 2018 NH session)

HB1516 establishes a commission to examine the feasibility of New England States entering into a compact for a single payor of health care program;

HB1525 provides confidentiality for persons reporting that an individual is no longer fit to drive;

HB1589 addresses the issue of dismissing a live-in-caregiver and eviction requirements.

**THINGS TO WATCH**

Federal level discussion of work requirement for Medicaid and age based criteria. It may be more appropriate to use functional and situational criteria to exempt certain individuals such as those caring for grandchildren.

An annual program is looking for folks who can carry the torch on issues that will help create better lives for Granite Staters as they age.

**SENIOR CONSUMER PROTECTION EVENTS**

US Senator Jeanne Shaheen is hosting two events for older adults. Topics include:

Identity Theft, Telemarketing, and Robocalls; Credit and Loan Offers Charities and Fundraising Fraud; Purchasing Club Memberships, Government Grant Scams; Medical Discount Plans; Sweepstakes and Lotteries; Travel Scams; Other Frauds and Scams

Space is limited. RSVP: 603-647-7500 or [rsvp@shaheen.senate.gov](mailto:rsvp@shaheen.senate.gov)

*Claremont:*

Friday, February 9th, 2018, 1:30PM to 2:30PM  
Claremont Senior Center, 5 Acer Heights Road

*Plymouth:*

Friday, February 9th, 2018, 9:00AM to 10:00AM  
Plymouth Regional Senior Center, 8 Depot Street

**HAVE YOU APPLIED?**

The New Hampshire Senior Leadership Program, now in its seventh year, provides training in advocacy

and community leadership skills to help advance the needs of the 50-plus population.

Doug McNutt, associate state director for advocacy at AARP New Hampshire, says this work is essential – as the state has the second oldest population nationally.

"It's important that we come up with some new ways of dealing with aging, and take advantage of more of the skills of aging people," he states. "Promote some more livable communities and things that will help people age, and really help the rest of the population. "

McNutt says the program teaches people about the legislative process, how aging related programs work, and how they can become leaders in their community.

There are 25 spots available for the 2018 class, and applications will be accepted until Feb. 23.

McNutt explains the program is designed for older adults, caregivers, family members and friends who want to enhance their advocacy skills. And it isn't just for AARP members.

"We've had people who have been with us already as volunteers, and we've

**RAISE YOUR VOICE!**  
Please let us know what's on your mind and what's important to you.  
[engagingnh@gmail.com](mailto:engagingnh@gmail.com)

had people we don't know at all who have gotten involved," he states. "One person ran for the legislature, another person runs our volunteer program in Manchester. And some people have gotten involved in other legislative issues with us."

The New Hampshire Senior Leadership Program is a collaboration involving AARP New Hampshire, the Center on Aging and Community Living at the University of New Hampshire and Dartmouth Centers for Health and Aging.

<https://states.aarp.org/region/new-hampshire/>

**REQUEST FOR STATE REVIEW COMMITTEE MEMBER NOMINATIONS**

The Tufts Health Plan Foundation is the only regional funder focused exclusively on healthy aging. We support age- and dementia-friendly efforts across Massachusetts, New Hampshire and Rhode Island. The Foundation also catalyzes local and regional work to strengthen and support communities in their efforts to be great places to grow up and grow old.

In 2018 the Tufts Health Plan Foundation will launch The Momentum Fund, a

new grant program offering smaller investments to energize innovation and support communities pursuing and/or advancing age- or dementia-friendly efforts. The Foundation invites nominations of individuals to serve on a Momentum Fund review.

The Foundation will convene Momentum Fund review committees in each state. Tufts Health Plan does business (Massachusetts, New Hampshire and Rhode Island) and be made up of individuals who will inform our decision making. Core committee activities will include proposal review and recommendations for funding in their state.

Deadline for nominations for review committee members is 5:00 PM EST on February 16, 2018. Please submit nominations via email to [caite\\_o'brien@tufts-health.com](mailto:caite_o'brien@tufts-health.com). Self-nominations are welcome.

Please include the following information:

- The nominee's name, title and or-

**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](http://www.shaheen.senate.gov)

Senator Maggie Hassan  
1589 Elm Street, Third Floor  
Manchester, NH 03101  
603-622-2204

[www.hassan.senate.gov](http://www.hassan.senate.gov)

Rep. Carol Shea-Porter  
1<sup>st</sup> Congressional District  
660 Central Ave., Unit 101  
Dover, NH 03820  
603-285-4300

[www.shea-porter.house.gov](http://www.shea-porter.house.gov)

Rep. Annie Kuster  
2<sup>nd</sup> Congressional District  
18 North Main Street, Fourth Floor

Concord, NH 03301  
603-226-1002

[www.kuster.house.gov](http://www.kuster.house.gov)



ganizational affiliation

- Contact information, including email and phone number
- A brief bio, resume or link to information describing the nominee's background and expertise

If nominating someone other than yourself, please also include your own name, title and contact information.

For more information, contact Caite O'Brien, Community Investor, Tufts Health Plan Foundation, caite\_o'brien@tufts-health.com, 857-304-3464.

**From Our Readers**

**THE NH WAY**

Fun Facts: the New Hampshire Constitution of 1776 was the first to be ratified by any of the Commonwealths. The NH Constitution of 1784 became the template for the United States Constitution after we won our independence.

The League of Women Voters of New Hampshire is pleased to partner again with the *Telegraph* and *En-AGING NH* to offer readers information about how government works and how to participate in and influence our cherished

American institutions. Our upcoming series of columns will focus on the NH State Legislature and bills that are currently under consideration in Concord. We approach this task with a few basic assumptions:

As the lucky recipients of a representative form of government, we recognize that we **are** the government. Our representatives in Concord can only represent us well if we tell them what our values and priorities are. If we don't participate, they will represent others or themselves.

Knowledge is power. The more we know about how the process works, as well as about the specifics of the various bills we will consider, the better able we will be to participate positively in self-governance.

The truth matters. At a time when some powerful forces seek to undermine or discredit important American institutions, including a free press, we are mindful of the privilege and grateful for the opportunity to partner with a news outlet devoted to serving the community by publishing fact-based content and a range of commentary. While different readers will come to different conclu-

sions, even when presented with the same information, it is fundamentally important that everyone starts out with a solid foundation of verifiable facts.

To begin with, then, we offer as concise a description as possible of how our State Legislature works and how each of us can be involved in it.

The NH Legislature is known as the General Court, and is divided into the House and Senate. With 424 members, it is the largest legislature in the U.S. and fourth-largest English speaking legislative body in the world. Legislators are elected for 2-year terms. Lawmakers are paid \$100 per year plus mileage reimbursement. Low financial compensation is intended to assure that our representatives are lay-people instead of career politicians. However, the Legislature has at times considered decreasing the time commitment for legislators and/or increasing their pay, because current rules prevent some highly qualified and well-intentioned individuals from running for the Legislature.

The NH Constitution states that laws must be enacted

**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!**

by the Legislature; it does not allow legislation by petition or referendum. Because every proposed bill must be considered, it is common for the Legislature to act on over 1,000 bills every session.

When a legislator receives a suggestion from a constituent, or wants to propose a new law, or a change to an existing law, he/she will bring the idea to the Legislative Services Office at the NH State house. The LSO issues a list of all Legislative Service Requests for the new session, which is available to the public at [www.nh.gov](http://www.nh.gov), generally in October or November of each year.

Proposals are written in legal language and drafts of bills returned to the sponsoring legislators for approval. The full text of the bills is generally available to the public at

[www.nh.gov](http://www.nh.gov) in early January. If the sponsoring legislator is a member of the House of Representatives, the bill will begin its journey in the House of Reps; if

the sponsoring legislator is a member of the Senate, the bill will begin in the smaller chamber.

The Speaker of the House of Reps and the President of the Senate receive lists of the bills for their respective chambers and assign each bill to a Standing Committee for further study and public hearing. The chairmen of the Committees schedule public hearings for each bill.

Committee chairmen are members of the majority party and are appointed by the House Speaker/Senate President. The public must be given 72 hours notice of the schedule of public hearings. Anyone may testify before the committee in person or submit written testimony. Information about the status of a bill can be found at

[www.gencourt.state.nh.us/legislation](http://www.gencourt.state.nh.us/legislation).

After the public hearing, the bill goes into Executive Committee. These meetings are also open to the public, but no comments are accepted. The Committee may vote that the bill Ought to Pass (OTP) or that it is Inexpedient to Legislate (ITL). It is sent to the full chamber with this recommendation and that chamber then votes to accept or reject the Committee report. If it survives this step, the chamber votes again to pass or reject the bill. If it is approved, it will Cross Over to the other chamber, where the process starts again.

Every bill must be passed in identical form by both Senate and House, before it is sent to the Governor. If a bill has been amended by the non-originating body, it is sent back to the originating body for concurrence. If it concurs, the bill is sent to the Governor. If the originating body does not concur, the Senate President and the House Speaker appoint a conference committee of members of both houses to work out a compromise. If a compromise is not reached, the bill dies. If a compromise is reached, the bill

goes to the Governor’s desk, and he or she may sign it into law, veto it, or allow it to become law without signature. If it is vetoed, it returns to the Legislature, which may overrule the veto with a 2/3 vote of both houses.

Our legislative process can seem maddeningly Byzantine, but, in their wisdom, the Founders designed it exactly to be elaborate and cumbersome. Having grown up under a burdensome and capricious monarchy, they understood the value to citizen rule of carefully designed inefficiency and redundancy.

In NH, we are fortunate to have more representation per capita than any other state of the Union. We can demonstrate our gratitude to the Founders and those who serve as our representatives by being in touch with them about issues important to us and making our voices heard in Concord.

Sources:

- www.nh.gov New Hampshire Almanac: How a Bill Becomes Law
- www.lfda.org Citizens Count NH
- www.cheshiremed.com Cheshire Medical Center, Dartmouth-Hitchcock

Jean Lewandowski

Thank you for including my article regarding Interlakes Community Caregivers in your January issue. May I sign me up to receive your newsletter?

*Ann W. Sprague, Executive Director, Interlakes Community Caregivers, Inc.*

*Editor’s Note: We always welcome reader submissions. We also encourage professional who subscribe to our newsletter to share it with their constituents.*

**Focus on Community**

**NEW MODEL FOR LIVING**

While 55+ housing has been a market segment for years, the people living in those communities have different wants and needs from those in their eighties.

Yet people *are* living longer, and the generation that invented youth culture is now reinventing what it means to grow old. They’re driving the demand for housing amenities from yoga studios to walkability to hiking trails to use of smart home technology—and will continue to do so as they move through their later years.

How are builders responding? And in what ways can homes that are suitable for

older buyers be profitable for builders?

New modes of elder living are emerging: homes built along universal design principles; projects that emphasize connection to the surrounding community; and others that focus on wellness.

A different approach to senior neighborhood building is when a community itself creates its own custom development. That’s how Quimper Village, a senior cohousing project, was born.

Founders Pat and David Hundhausen discovered architect Charles Durrett, and a proponent of senior cohousing. The Hundhausens along with 27 others researched all aspects of cohousing via classes taught by Durrett, then purchased land and hired Fairbank Construction Company in Seattle. They broke ground in late July.

Set on 6.2 acres, Quimper Village is made up of 28 one-, two-, and three-bedroom homes ranging from 910 square feet to 1,335 square feet. There’s a 3,000-square foot common house, which includes a kitchen where residents can eat together if they want; separate storage facilities; a wood shop; an

art studio; and a bike barn. The development is located on a public trail that leads to a state park and it's walkable to the picturesque Port Townson.

For the builder, says project manager David Wrinkle, the project is being run in the same way as any other small development construction project, but he says there's more to it than "profitability. It's not just fiscal, there's something spiritual, and it's helping our community grow in nice ways. This is a great project for Port Townsend."

[www.probuilder.com/aging-new-age-innovative-models-senior-housing](http://www.probuilder.com/aging-new-age-innovative-models-senior-housing)

## **UPDATE ON MINKA HOMES**

If the idea of a small house appeals to you, here is the latest from Dr. Bill Thomas' efforts:

[www.statnews.com/2018/01/04/minka-homes-seniors-bill-thomas/?mc\\_cid=5984a0fbc9&mc\\_eid=415f8d3202](http://www.statnews.com/2018/01/04/minka-homes-seniors-bill-thomas/?mc_cid=5984a0fbc9&mc_eid=415f8d3202)

### **News You Can Use**

## **THE RAISE ACT**

The Senate passed the legislation the House of Representatives passed in mid-December. The aim is to help relatives and partners

who provide medical, household and financial assistance to loved ones and it's now on its way to the White House for President Trump's signature.

The RAISE Family Caregivers Act requires the U.S. Secretary of Health and Human Services (HHS) to develop, maintain and update an integrated national strategy to support family caregivers. Goals of a National Family Caregiving Strategy include identifying actions that government, communities, health providers, employers and others can take to support family caregivers, including:

- Promoting greater adoption of person-centered care and family-centered care in health settings and long-term care settings
- Training for family caregivers
- Respite options for family caregivers
- Ways to increase financial security for family caregivers
- Workplace policies to help family caregivers keep working
- Collecting and sharing of information about innovative family caregiving models

- Assessing federal programs around family caregiving
- Addressing disparities and meeting the needs of the diverse caregiving population

## **NEW MEDICARE CARDS COMING**

CMS will begin mailing the new cards to people with Medicare benefits in April 2018 to meet the statutory deadline for replacing all existing Medicare cards by April 2019. The design is in the 2018 Medicare & You Handbook mailed last fall.

"The goal of the initiative to remove Social Security numbers from Medicare cards is to help prevent fraud, combat identify theft, and safeguard taxpayer dollars," said CMS Administrator Seema Verma.

CMS has assigned all people with Medicare benefits a new, unique Medicare number, which contains a combination of numbers and uppercase letters. People with Medicare will receive a new Medicare card in the mail, and will be instructed to safely and securely destroy their current Medicare card and keep their new Medicare number confidential.



Issuance of the new number will not change benefits that people with Medicare receive.

[www.cms.gov/medicare/new-medicare-card/nmc-home.html](http://www.cms.gov/medicare/new-medicare-card/nmc-home.html)

## MAKING THINGS ANEW

By remaining open to personal growth, we can develop a “new nose” for sniffing out fresh truths amid the stench of hackneyed and cynical ideas that surround us.

“The object of a New Year is not that we should have a new year. It is that we should have a new soul and a new nose; new feet, a new backbone, new ears, and new eyes. .... Unless a man starts afresh about things, he will certainly do nothing effective.”

-- G.K. Chesterton

Regardless of how we feel about our lives during the course of a previous year, the arrival of a new one has the potential to inspire us with hope and a desire for change -- in ourselves and in the world around us. What forms these changes take and how we implement them depend on our willingness to examine our current beliefs and behaviors, and to make things anew. British writer and philosopher G.K. Chester

## 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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ton was onto something when he described the breadth of those changes as including not only the physical body but the soul.

As we age and approach the ends of our lives, too often do we focus on the inevitable deterioration of our bodies, as billions of our cells stop replicating themselves (it's called senescence), while not acknowledging the fact that billions of other cells still continue to multiply and thrive. Given that we keep on going, that we still have noses, feet, backbones, ears, and eyes, what then should we say about our souls?

Like our cells, our younger concepts of reality can, with time, undergo a senescence of sorts. We may reject old beliefs and ways of acting in the world as we acquire -- and learn from -- greater experience. Whether or not we replace those old perceptions and behaviors with newer ones by using the particular kind of wisdom that comes with age is up to us. Should we

**How to Contact Your  
State Committee on Aging Representatives**

County	Name	Email
Belknap		
Carroll		
Cheshire	Susan Emerson	semerson435@aol.com
Coos	Mark M. E. Frank	maxfra@aol.com
Grafton		
Hillsborough	Kathy Baldrige	kathy@lifetimeliquidations.com
	Ken Berlin	kaberlin@comcast.net
Merrimack		
Rockingham	Kristi St. Laurent	KristiSt.Laurent@gmail.com
Strafford	Candace Cole-McCrea	snowyowl@metrocast.net
Sullivan	Larry Flint	wrecman@comcast.net
	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
Website:	<a href="http://www.dhhs.nh.gov/dcbcs/beas/aging/">http://www.dhhs.nh.gov/dcbcs/beas/aging/</a>	

choose to do it, we can renew our souls.

But how?

By remaining open to personal growth, we can develop a "new nose" for sniffing out fresh truths amid the stench of hackneyed and cynical ideas that surround us. We can exercise "new feet" that take us in previously unexplored directions. We can replace our "backbone," curved from the frustrating

burden of coping with ageism, with a straighter, more supportive one of strength and determination. We can better listen with "new ears" and more keenly observe with "new eyes."

Personal growth shouldn't be our only goal in 2018. We can resolve to be more effective catalysts for change all around us as well. As we renew ourselves, we become better able to renew the world

around us. After all, our culture is like an organic body that constantly replenishes itself while simultaneously undergoing its own form of cellular senescence. As groups of determined individuals (such as in the "Black Lives Matter" and "#MeToo" movements) organize and act, they cause social tipping points that challenge old perceptions, trends, and injustices -- and bring about change.

Today, the issue of aging is on the verge of a social tipping point, too. More people are becoming sensitized to anti-aging language and agendas and are embracing pro-aging attitudes. Now more than ever, generations are working together to stop the ongoing replication of ageist propaganda and to boost our social immunity to ageism by creating new programs that honor and support people of all ages. Each of us can become more engaged in this movement.

Chesterton was right. It goes without saying that, unless we start afresh about things, we will certainly do nothing effective. The arrival of 2018 gives us yet another opportunity to make over our body politic and renew our collective soul.

**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!

Happy "Anew" Year.

*Jeanette Leardi, Changing Aging Contributor*

**JUSTICE DEPARTMENT SCRAPS ADA GUIDANCE**

Attorney General Jeff Sessions said he's rescinding more than two dozen guidance documents including several clarifying the implications of the Americans with Disabilities Act.

Among the 25 revoked documents are a number of ADA-related items dating as far back as 1995 offering guidance on everything from service animals to accessible building practices as well as a 2016 letter on employment of people with disabilities.

Sessions called the revoked documents "improper or unnecessary" and said they were outdated or went beyond what the law called for.

The move announced in late December came after President Donald Trump issued an executive order requiring all federal agencies to identify regulations for "repeal, replacement or modification." The withdrawn guidance was identified through this process, Sessions said.

Disability advocates indicated they are particularly worried about the U.S. Department of Justice's decision to pull a statement issued under the Obama administration addressing the implications of the ADA's integration mandate on employment.

"The civil rights of persons with disabilities, including individuals with mental illness, intellectual or developmental disabilities, or physical disabilities, are violated by unnecessary segregation in a wide variety of settings, including in segregated employment, vocational and day programs," the Obama-era guidance stated.

The document warned states that they needed to modify their policies to ensure that employment programs offer people with disabilities the opportunity to work in integrated settings.

"We are extremely concerned about the withdrawal of this guidance document, both because it sends the wrong signal to public entities that are seeking to comply with the ADA and because it may reflect a diminished concern with the importance of providing employment services in the most integrated setting," reads a statement from the Consortium for Citizens with Disabilities and the Collaboration to Promote Self Determination, two umbrella groups representing dozens of disability advocacy organizations.

Taking away the guidance does not change any of the ADA's mandates, disability advocates noted. Nonetheless, withdrawing the guidance, which serves as an interpretation of the law, can create uncertainty, they said.

"Guidance documents are important tools to educate all stakeholders about the requirements of the law in a clear fashion, and the withdrawal of some of these guidance documents may create confusion and misunderstanding," the advocacy coalitions cautioned.

Sessions indicated that the Justice Department is con-

tinuing to review guidance to identify other documents that may be ripe for repeal, replacement or modification.

*The Disability Scoop, Michelle Diament 1/4/18), Granite State Independent Living Advocacy Alert*

## Health & Wellness

### NEW BLOOD PRESSURE GUIDELINES

Nearly half of American adults are at risk for major health problems because of high blood pressure, according to a new scientific guideline that redefines the dangerous condition and provides tactics for doctors to detect, treat and prevent it. People with readings of 130 as the top number or 80 as the bottom one now are considered to have high blood pressure, according to the

guideline released Nov. 13, 2017 by the American Heart Association.

High blood pressure used to be defined as 140/90. The change means 46 percent of U.S. adults are identified as having high blood pressure, compared with 32 percent under the previous definition. A blood pressure of less than 120/80 still will be considered normal, but levels at or above that, to 129, will be called "elevated."

Still, the guideline — in the works for about three years and based on hundreds of studies and clinical trials — doesn't suggest a massive increase in the number of people who will need to take medication to control hypertension.

Instead, the guideline, published in the AHA's journal *Hypertension*, emphasizes that doctors need to focus on a whole framework of healthier lifestyle changes for patients. For example it recommends for a heart-healthy diet include reducing salt and incorporating potassium-rich foods such as bananas, potatoes, avocados and dark leafy vegetables.

"Dr. Robert M. Carey, vice chair of the guideline-writing committee, said he expects some controversy

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over how the report treats older adults. It recommends people 65 and older be treated to the same 130/80 goal as younger patients.

A guideline early this year from the American College of Physicians and the American Academy of Family Physicians suggested patients 60 and older be held to a standard below 150/90.

The guideline, the first comprehensive one in 14 years, homes in on making sure doctors' offices and patients understand how to accurately measure blood pressure and diagnose hypertension in the first place.

[www.grandpad.net/nextavenue?mc\\_cid=775a8667be&mc\\_eid=9a0a0d63b6](http://www.grandpad.net/nextavenue?mc_cid=775a8667be&mc_eid=9a0a0d63b6)

## 5 EASY EXERCISES FOR PEOPLE WHO HATE WORKING OUT

### 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

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

### Nominated him or her for a Vaughan Award!

Nomination forms are online at

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

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 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.

### 5. 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.

**NEW TINNITUS APPROACH**

If you've had tinnitus before, you know how annoying it is to constantly hear that ringing noise in your ear. Luckily, researchers believe they may have worked out the first non-invasive treatment that can reduce tinnitus symptoms, and it uses a pretty fascinating mechanism that slowly trains the ringing out of your ears.

The technique doesn't concentrate on any physical damage or deep brain activity that may be associated with tinnitus, but rather, it looks to train our errant nerve activity through a combination of precisely

timed sounds and weak electric pulses.

"The brain, and specifically the region of the brainstem called the dorsal cochlear nucleus, is the root of tinnitus," says Susan Shore, the U-M Medical School professor leading the research team. "When the main neurons in this region, called fusiform cells, become hyperactive and synchronize with one another, the phantom signal is transmitted into other centers where perception occurs. If we can stop these signals, we can stop tinnitus. That is what our approach attempts to do."

It's too early to talk about commercialization, or what the treatment might cost, but it seems like we tinnitus sufferers have a genuine hope of being free from this condition sometime in the coming years.

<https://newatlas.com/tinnitus-cure-treatment-headset/52854/>

**STUDY FINDS FOOD PROGRAM LINKED TO BETTER HEALTH**

A new report links access to SNAP benefits to improved health and lower health care costs.

The paper, published by the Center on Budget and Policy Priorities, compiles

studies of the health status of low-income people who receive assistance through the Supplemental Nutrition Assistance Program, formerly known as food stamps, and those who are eligible for benefits but not enrolled in the program.

According to Brynne Keith-Jennings, a senior research analyst at the Center and co-author of the report, those studies indicate that people receiving benefits are healthier and less likely

**FYI...**

This newsletter is intended as a forum for you to share personal experiences, information and points of view.

In our media driven world of skillful marketing and political spin, we believe that diversity is critical to discernment and therefore the EngAGING NH Board of Directors welcomes all points of view, expressed with civility!

While the opinions expressed do not necessarily reflect those of the Board members, our intent is to include material that assists you in forming your own opinions.

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

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to need medical services.

"SNAP participants spent about 25 percent less per year than nonparticipants in health care costs," she explains. "A similar study looked at seniors in Maryland and found that they were less likely to be admitted to nursing homes."

The Trump administration has proposed cutting SNAP by \$192 billion over 10 years. But the paper suggests cutting benefits could harm health and raise health care costs.

Some of the studies cited in the paper used data going back to the '60s when the food stamp program began. Keith-Jennings notes that those studies found long-term health benefits.

"Children who grew up in counties with food stamps grew up to be healthier than those who didn't," she points out. "They were less likely to have, for example, metabolic syndrome, which is a cluster of diseases like heart disease."

About 70 percent of SNAP participants are in families with children, and a quarter are in households with seniors or people with disabilities.

Other studies have shown that those who receive benefits are more likely to take their prescription medications.

Keith-Jennings fears that cuts would force more people to choose between food and medicine.

"If they were to lose their SNAP benefits or get less in SNAP benefits, they might be forced to make that trade-off again, which could make it harder for them to be healthy," she says.

Keith-Jennings adds that SNAP benefits increase food security, help families purchase healthier foods and free resources for health-promoting activities.

*Public News Service*

**Tech Tips**

**SOME BASIC INTERNET TERMS:**

**Application:** An application, or application program, is the software (hardware refers to device you are using, PC, laptop, tablet, smart phone) program that runs on your

computer. Web browsers, e-mail programs, word processors, games, and utilities are all applications.

**Bandwidth** refers to how much data you can send through a network or modem connection. It is usually measured in bits per second, or "bps." You can think of bandwidth as a highway with cars traveling on it. The highway is the network connection and the cars are the data. The wider the highway, the more cars can travel on it at one time. Therefore more cars can get to their destinations faster. The same principle applies to computer data -- the more bandwidth, the more information that can be transferred within a given amount of time

**Browser:** A web browser, or simply "browser," is an application used to access and view websites. Common web browsers include Microsoft Internet Explorer, Google Chrome, Mozilla Firefox, and Apple Safari. To tell what browser you're using, go to: <https://www.whatsmybrowser.org/>

**Drivers:** a device driver is a program that controls a particular type of device that is attached to your computer. There are device

**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.

drivers for printers, displays, CD-ROM readers, diskette drives, and so on. When you buy an operating system, many device drivers are built into the product. However, if you later buy a new type of device that the operating system didn't anticipate, you'll have to install the new device driver. A device driver essentially converts the more general input/output instructions of the operating system to messages that the device type can understand.

**ISP:** Internet Service Provider: Service that gives access to the Internet and may also offer bundles ser-

vices such as Internet/TV/Phone as well as others. The ".net" indicates the ISP designation, such as Comcast.net, Metrocaster.net, Fairpoint.net.

**A file format** describes the way data is stored in a file. It defines the data structure (how the data is organized in the file) as well the type of data that the file contains. The type of file format is indicated by what comes after the "."; examples: doc, jpeg, PDF.

Some file formats are "open formats," meaning they are publicly available and can be used by all software developers. Other file formats are proprietary or "closed formats," meaning they can only be opened by specific applications.

**Modem:** The term modem is a combination of the words Modulator and Demodulator. A modem is a hardware device used to connect computers via phone lines, most often to the Internet. Modems both send and receive data.

**Operating System:** The software that supports a computer's basic functions, such as scheduling tasks, executing applications, and controlling peripherals.

**NEW PRODUCT, GRANDPAD**

The modern ways families stay connected can be overwhelming. A new product is designed to be less complicated to provide easier ways to communicate. grandPad is a tablet product and support system that connects families in easy ways. Users can tap a picture to make a call, send and receive email, view family photos and videos, play games, listen to music and so much more.

The grandPad tablet, unlimited data, companion app, free setup and shipping are available for \$47 per month with the purchase of a one-year plan. And there is a FREE 30-day trial with no risk or obligation.

*Editor's Note: ENH does not endorse any commercial products. This article is for information purposes only.*

**Dollars & Sense**

**HOW TO TURN YOUR PASSIONS INTO RETIREMENT INCOME**

**1. Find a part-time job.** Look for a part-time job that offers the chance to engage with your hobbies and passions on a more



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regular basis. For example, if you love plants and being outdoors, you might find it satisfying to work at your local arboretum, community park or garden center. Or, if you're open to traveling for part-time work, you can search on Cool-Works.com for seasonal jobs at the National Parks, ski resorts and dude ranches.

**2. Become a gigster.** Eager to strike out on your own, but don't want the headaches of starting and marketing a business? Consider applying for short-term gigs that play into your passions by using gig technology platforms and mobile apps. For example, if you love pets and would enjoy working as a pet sitter or dog walker, you could sign up on Rover.com. You set your own schedule and rates; Rover.com handles the payments and insurance for dogs in your care. In exchange, the company takes 20 percent of your earnings to cover administrative

costs and overhead and to make a profit, of course.

If you Google "gig platforms" you'll find that there are many other possibilities. For instance:

**Coachup.com:** Sign up to offer coaching services to local clients. **Gigmas-**

**ters.com:** It matches people who provide event services (like music entertainment, wedding photographers, magicians and officiants) with prospective customers. **EatWith.com:** Apply to be a dinner party chef, working out of your own home.

**3. Sell your art or crafts online.** Many retirees enjoy hawking their wares at local venues like craft fairs, art shows and farmers markets. It's a nice way to get out of the house, interact with customers and generate income in the process. But why not expand your reach by taking advantage of online marketplaces as well?

UGallery.com represents about 500 artists, splits the sale of artwork 50/50 (the company also covers the costs of packaging and shipping). Interested artists must go through an application process to be accepted.

Other online marketplaces for artists and craftspeople

include Etsy.com (primarily for crafters), Amazon Handmade and Zibbet.com. Before setting up shop at any, make sure you compare fees and services, since terms differ among the sites.

**4. Teach your craft.**

Whether you're a polished piano player, a witty writer or a master at mahjong, you can likely earn income in retirement by teaching others how to do what you do so well. If you prefer to stay local, look into teaching opportunities at continuing education programs offered through your town, community colleges or private adult education programs.

Or you can offer lessons out of your home (just be sure to check zoning restrictions before hanging out a shingle). To take your teaching online, you can deliver classes through your own website or by creating a class using an online teaching platform like LinkedIn's Lynda.com, Skillshare.com or Udemy.com.

**Laugh & Live Longer**

**THE NEW YORK ELBOW**

A New York grandmother is giving directions to her grown grandson who is

coming to visit with his wife.

"You come to the front door of the apartment. I am in apartment 301. There is a big panel at the front door. With your elbow, push button 301. I will buzz you in. Come inside, the elevator is on the right. Get in, and with your elbow, push 3. When you get out, I'm on the left... With your elbow, hit my doorbell."

"Grandma, that sounds easy, but, why am I hitting all these buttons with my elbow?"

"..... "What . . . . . You're coming empty handed?"

**WISE GRANDFATHER**

*Why Fathers and Grandfathers pass their handguns down through the family.*

An old man is dying. He calls his grandson to his bedside,

"Sonny, I want you listen to me. I want you to take my chrome plated .38 revolver so you will always remember me."

"But grandpa, I really don't like guns.. How about you leave me your Rolex watch instead?"

"You listen to me, boy. Someday you're going to be running the business,

you are going to have a beautiful wife, lot of money, a big-a home and maybe a couple of babies.

Some day you are going to come home and maybe find your wife in bed with another man. What are you going to do then?

Point to you watch and say, 'times up' "?

**THE WINNER**

A woman arrived at the casino. She seemed a little intoxicated and bet twenty thousand dollars in a single roll of the dice. She said,

"I hope you don't mind, but I feel much luckier when I'm completely nude."

With that, she stripped from the neck down, rolled the dice and yelled, "Come on, baby, Mama needs new clothes!"

As the dice came to a stop, she jumped up and down and squealed. "Yes! Yes! I won, I won!"

She hugged each of the dealers, picked up her winnings and her clothes and quickly departed. The dealers stared at each other dumbfounded.

Finally, one of them asked, "What did she roll?"

The other answered, "I don't know - I thought you were watching."

**NH POEM**

It's Winter in New Hampshire and the gentle breezes blow. Seventy miles an hour, at thirty-five below. Oh, how I love New Hampshire When the snow's up to your Butt. You take a breath of winter air and your nose gets frozen shut. Yes, the weather here is wonderful, so I guess I'll hang around. I could never leave Cause I'm frozen to the ground!!

*Author Unknown*

**Purposeful Living**

The 2017 Rockingham County Vaughan Award winners were Herb and Gen Rowell, who exemplify the words Volunteer and Leadership. For over 20 years, they've been mem



**Gen & Herb Rowell**

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

Name	Mailing Address	Phone	E-Mail Contact Form
U.S. Rep. Carol Shea Porter	1530 Longworth House Office Building, Washington, DC 20515	202-225-5456	<a href="https://shea-porter.house.gov/contact/email">https://shea-porter.house.gov/contact/email</a>
U.S. Rep Ann Kuster	137 Cannon House Office Building, Washington, DC 20515	202-225-5206	<a href="https://kuster.house.gov/contact/email-me">https://kuster.house.gov/contact/email-me</a>
U.S. Senator Maggie Hassan	B85 Russell Senate Office Building, Washington, DC 20510	202-224-3324	<a href="https://www.hassan.senate.gov/content/contact-senator">https://www.hassan.senate.gov/content/contact-senator</a>
U.S. Senator Jeanne Shaheen	506 Hart Senate Office Building, Washington, DC 20510	202-224-2841	<a href="http://www.shaheen.senate.gov/contact/contact-jeanne">www.shaheen.senate.gov/contact/contact-jeanne</a>

bers of the Chester Senior Group. Gen has been treasurer for the last 10. Gen and Herb help open up the Watson Pond community center every week for activities like coffee hours, pot luck luncheons, card games, and meetings. They visit seniors who are ill or shut-ins and visit those living in local nursing homes. On trips, Herb volunteers as van driver and Gen keeps track of those who have signed up. They are members of Derry Caregivers, where they are drivers for doctor appointments, dialysis and cancer treatments, or for elders who need to get out for errands. As members of the Chester Congregational Church, they work at the Chester food Pantry and the Family

Promise program, which feeds and shelters homeless church members. They set a good example for others in town, inspiring them to volunteer.

**Board Notes**

**FEBRUARY HOLIDAYS**

Given two ice storms and too many days of bitter cold, there's a good chance that February 2 will dawn bright and sunny. May America's favorite ground hog, Puxatawney Phil, cast an incredible shadow. But while Phil may steal the show, February is full of holidays. All the ads for jewelry, chocolates and car sales constantly remind us of Valentine's Day and Presidents' Day; but, there are some others that just

don't get the attention they should! For your enjoyment, here are a few:  
 February 7 Wave All your Fingers at Your Neighbor Day;  
 February 11 Don't Cry over Spilled Milk Day;  
 February 16 Do a Grouch a Favor Day; and  
 February 18 National Drink Wine Day  
 But the month kicks off on the first, with what just might take the popular vote, *No Politics Day!*  
 According to HolidayInsights.com, *that means no political activities and no political statements of any kind whatsoever.... no Facebook or twitter posts, no discussions or debates, and no sharing or spreading political articles, comics, or other materials.*

*And, certainly, no fake news that day. The news media should also participate in this special day. We have little faith that the media will comply, as all the negativity sells TV, radio and print ads.*

*It was quickly decided not to make this a national day, as that would require an act of congress or a presidential proclamation. There is no way this could be accomplished without a whole lot of political lobbying. And, could you imagine any politician voting for no politics, even if only for a day.*

*So, let's all celebrate this refreshing and relaxing day. There will be plenty of time for politics tomorrow.*

**Deep Thought for The Day:** *It is rather ironic to realize that a successful No Politics Day would be a political victory! "*

We hope that this bit of humor brought smiles, and that it also serves as a reminder that laughing is good for us. When we can laugh at ourselves and with others, we move into a space that is more likely to build relationships, find solutions and give hope.