



A Citizen Voice for the
Aging Experience

February 2014
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ENGAGING NH NEWS

GUEST OPINION:

Protect Our Elders from Financial Abuse

by Carol Currier and Barbara Salvatore

This year, an important piece of legislation is working its way through the NH State House: HB 1555. an act relative to the neglect of elderly, disabled or impaired adults and relative to financial exploitation.

The prime sponsor is Rep Katherine Rogers (D) Concord; Co-Sponsors: Sen. Lou D'Allesandro (D) Manchester, Sen. Donna Soucy (D) Manchester, Rep Denis Fields @ Sanbornton, Rep James MacKay (D) Concord, Rep Maureen Mann (D) Deerfield. NH Elder Law Project (NH Legal Assistance) Attorney Cheryl Discoll assisted with the drafting of this legislation.

The bill was heard by the Health, Human Services and Elderly Affairs Committee on January 14, 2014. If passed, it will be sent to the Criminal Justice Committee for their review.

Here is why this bill is so important:

1. Financial exploitation of older adults is a fast-growing crime against a fast-growing population in New Hampshire.
2. NH ranks 4th in the number of residents over the age of 65 and that population will double by 2025.
3. Financial exploitation is complex and devastating to older victims.
4. Those who commit these crimes are often people that elders expect to

Expanding the law to include law enforcement in the investigation of suspected exploitation offers all NH elders the benefit of timely investigation whether or not they are incapacitated.

trust (family, friends, neighbors, caregivers).

5. Older persons can also be more susceptible to stranger scams and fraud.
6. This bill, if passed, provides law enforcement officers and prosecutors with a clearer criminal statute to support efforts to successfully investigate and prosecute offenders. Many cases of financial exploitation are

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WHO ARE WE?

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

currently viewed as “civil” or “family matters” and are not investigated and prosecuted as crimes.

- 7. The bill increases penalties for repeat offenders.
- 8. Finally, it provides an expanded community response by giving concurrent jurisdiction to Adult Protective Services and Law Enforcement to investigate suspected cases.

A member of the ENH board publicly lent her support to this bill when it was introduced, one of over a dozen concerned citizens who testified in favor of this needed legislation. She had just received a common scam call “awarding her free a security alert system”. There was no testimony presented against the bill.

Under NH law, reports of suspected abuse and exploitation of “incapacitated adults” are referred to the NH Department of Health and Human Services/Adult Protective Services (APS). As mandated, this agency investigates reports on adults that meet a level of incapacity. Currently, victims who do not

meet a level of incapacity may not receive an investigation.

Expanding jurisdiction in NH to include law enforcement in the investigation of reports of suspected exploitation offers all NH elders the benefit of timely investigation whether or not they are incapacitated.

Please join us in supporting this legislation. Call your Representatives today!

*Carol Currier, Concord and
Barbara Salvatore, Bedford co-
chair the EngAGING NH Board*

NH Updates

SEEKING NOMINATIONS: 2014 JOSEPH D. VAUGHAN AWARDS

EngAGING NH and the NH State Committee on Aging are pleased to announce that we are soliciting nominations for the 2014 Joseph D. Vaughan awards.

This joint effort recognizes individuals or couples over the age of 60 who demonstrate outstanding leadership or meritorious achievement as volunteers on be-

half of New Hampshire’s older citizens. Nominees must be residents of New Hampshire whose volunteer work is in New Hampshire.

A joint committee of EngAGING NH, the NH State Committee on Aging, and a member of the Vaughan family will review all nominations and select one person or a couple from each county to be honored. Recipients will be honored in a ceremony highlighting their accomplishments. The awards ceremony is scheduled for May 5, 2014 in the Executive Council Chamber. Governor Hassan has been invited to participate in the presentation of the awards, as has the family of Joseph Vaughan.

The Joseph D. Vaughan Award was initiated in 1962 to memorialize the Honorable Joseph D. Vaughan. A New Hampshire legislator, Representative Vaughan was an early advocate for older residents of the state and was instrumental in creating a state agency dedicated to the wellbeing of older people.

For a copy of the nomination form and instructions, email us at engagingnh@yahoo.com.

ALL Nominations must be received no later than March 14, 2014.

DENTAL BILL NEWS

On January 30, the NH Senate voted 22-2 to amend SB193. Instead of authorizing a Dental Hygiene Practitioner in NH this year, as proposed, the amendment calls for a 12-member study commis-

sion to work through the end of 2015 to evaluate the dental care delivery system for how well it is meeting the needs of underserved populations.

Background: Throughout the debate over this bill, opponents continued to question the need for the new position in part because two other hygiene positions have not yet deployed to the field. They were able to convince the majority of Senators to take a wait and see approach. The commission would assess how these positions are impacting oral health care delivery to underserved populations, and make recommendations on addressing needs with that data well documented.

Key members of our coalition would be seated on this commission, including a representative from the NH Dental Hygienists' Association and NH Kids Count.

While we are disappointed the proposal we have all been working on has been turned down for now by the Senate, the upside is that the issue is still alive, along with the opportunity to educate the legislature and the public about a need we know exists.

Next Steps: From here, SB193-FN goes on to the House, for a public hearing and deliberation. As soon as a public hearing is scheduled in the House, we will alert all partners and supporters. We will post a link on our website to the amendment as soon as it's available.

Thank you for your help in keeping the need to expand oral health care access front and center. We

Raise Your Voice!
**Please let us know
what's on your
mind and what's
important to you.**

engagingnh@yahoo.com

are not giving up, and hope you will remain committed as we are!

Show your continuing support for expanding oral health access: If you haven't already, please visit our Facebook page and 'like' it so that you can stay up on any latest news and postings on the effort to bring mid-level dental providers forward in other states (including just today in Maine, whose Senate passed a similar bill today, bringing a dental therapist closer to reality in our region).

Thanks again for your continuing support!

Laurel Redden

2014 SENIOR LEADERSHIP RECRUITMENT EVENT

It's that time of year again when we kick off the process of finding stellar folks to participate in the New Hampshire Senior Leadership program. And this year's kickoff event will be held on February 5 at Concord's Red River Theatres.

We need **your** help finding a new class of participants. Please feel free to bring a guest to the event or share this link to the application: <http://bit.ly/1mHolG3>

Please share this invitation widely with folks you feel may be interested in applying for the Senior Leadership Series. Or just interested in attending a fun event!

Lewis Feldstein, coauthor of **Better Together: Restoring the American Community**, will share his wisdom on community and civic engagement.

A cash bar and appetizers will be available.

When: Wednesday, February, 5th

Time: 5:30 to 7:30 pm

Where: Red River Theatres, Concord NH

RSVP: <http://aarp.cvent.com/2014/SeniorLeadership>

RAISE YOUR VOICE: TELEPHONE TOWN HALL INVITATION

We have to do more to protect our seniors from fraud and that starts with educating seniors on ways they can avoid falling victim to these crimes. Just two weeks ago I introduced a bill that is designed to safeguard seniors from some of the most common forms of health care fraud and this effort, along with others, represents exactly the kind of common sense steps we ought to be taking to protect our seniors.

This is also an issue, along with a host of others, that I'm looking forward to further discussing with Granite Staters next week when I'll host my first telephone town hall of 2014. Telephone town halls are a great way to connect with people across New Hampshire so I

hope you'll join me at 6 p.m. on Tuesday, February 4th. If you'd like to participate, just visit <http://www.shaheen.senate.gov/tel-etownhall/> to sign up and make sure to be at your phone at 6:00 p.m. on February 4th to receive a call.

I'm looking forward to speaking with you.

Sincerely,
Jeanne Shaheen

From Our Readers

NEW MEDICARE BENEFITS

New protections and benefits in the health care law strengthen Medicare, protecting the benefits you've earned and providing more care from your coverage.

Your guaranteed benefits are protected

You've earned your Medicare over a lifetime of work. The health care law protects the benefits you were promised to ensure you can always get the care you need when you need it. The law also adds resources to fight fraud, scams and waste, and helps the Medicare program save money.

More preventive care is covered

Medicare now covers a yearly wellness visit and preventive care at no cost to you. This includes cancer, cholesterol and diabetes screenings, immunizations, diet counseling and more.

Lower prescription drug costs

If you have Medicare Part D, and you reach the coverage gap or "[doughnut hole](#)" in 2013, you will get a 52.5 percent discount on brand name prescription drugs and a 21 percent discount on generic drugs while in the coverage gap.

The discounts will continue until 2020, when the gap will be a thing of the past.

For more information or to calculate your savings with the new plan, visit www.aarp.com.

*Ellen Brownson, Lake Sunapee
Region VNA and Hospice*

PRESCRIPTION DRUG RESOURCE

I do have a lead for you . . . information which may be helpful to your readers. I have already sent this information to friends and people in the medical profession. Others have already had the same good experience as I have.

I found a way to save substantial money on medical prescriptions. You may want to pass this information on to your readers. The website is GoodRx.com.

Here's my story. I am on Medicare and have no drug insurance. I use only two drugs, and it is not cost effective for me to buy drug coverage. I use Triest which is a compounded hormone replacement and is not covered under any insurance plan.

I use tetracycline when I have an acne flare up. My cost for 60 capsules of tetracycline (an antibiotic for acne) from CVS was \$334.99

(That's a 30 day supply). The receptionist in my dermatology office suggested that I buy this drug from Canada or the UK. I investigated that option. It is true. I can buy tetracycline for about \$39 plus postage. I can also buy it from 1-800 [petmeds](http://petmeds.com) at an ever lower price! That brought a smile to my face!

During this research, I found a website called GoodRx (<http://www.goodrx.com>) and I used a coupon from GoodRx to buy my prescription from CVS for only \$10.39. Isn't that incredible! I will save \$225 each time I fill the prescription! (At this point I want to talk about how the pharmaceutical industry is making record profits. I understand the need to recoup research and development costs but I have used tetracycline for more than thirty years. It is not a breakthrough new product!)

If your readers take any medications – even if they have insurance – the coupons from this site could really save them money. All you need to do is key in the name of your prescription and your zip code (location) and you will get a quote from all the pharmacies in your region. You download the coupon and take it to your pharmacy when you pick up your prescription. I use CVS, but I received quotes from Walmart, Rite-Aid, Target, Walgreens, etc. Each quote was different . . . but none were near \$334.99.

There is no membership charge to get the coupons or the savings card -- no charge at all!

I read the bios of the developers of this website. It was founded by an innovative group of young, brilliant consumer advocates who are fighting for affordable healthcare.

I wish I understood how they negotiated with pharmacies and pharmaceutical manufacturers to get these discounts!

Barbara A. Miller

I don't know if I've shared this with you before, but another transportation issue for independent-living seniors and others is that when they have day surgeries, they are required by the doctors to have a ride home. But, after day surgery, they are not allowed to ride the senior bus unless they are accompanied by someone, which they frequently don't have. For this reason, personal transportation options like caregivers programs that help persons inside their homes are important. Yes, selfishly this issue speaks directly to RSVP Caregivers and other programs that provide this service. Just sharing other issues with you. I know you hear hundreds of them.

AH

DENTAL PLANS/MARKET PLACE

It is unfortunate that Medicare recipients cannot get a dental plan through the Marketplace. I have a number of clients who can afford to purchase a dental plan but find that anyone who has Medicare is not eligible to purchase a stand-

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@yahoo.com

alone dental plan through the Marketplace.

*Sally Edson,
Market Place Assistor
NH State Health Insurance
Programs, Lebanon, NH*

STILL WORKING AT 99! RIP JUANITA

Juanita Moore, the third African-American actress to ever get a supporting actress Oscar nomination, died of natural causes at her Los Angeles home Tuesday, her grandson said. She was 99.

Moore worked right to the end, preparing for a stage reading of a

new play and helping her actor grandson, Kirk Kellykhan, learn lines.

"I just got cursed out that morning about learning my lines," Kellykhan said.

Moore was helping him prepare for the lead in the West Coast production of the Broadway play "The Wedding Man". He elaborated, "She was scheduled to take part in a January 17 reading of a play based on Michael St. John's book "Hollywood Through the Backdoor".

Forwarded by Mark,
Los Angeles (CNN)

NH WINTER BLUES

Rain and snow and sleet and ice;
Mother Nature's not so nice.
I chop, I scrape, shovel and clean,
It's enough, to make me scream.
On the rivah there ain't no ducks
Cause they all know that winter's tough.

On the roof there's no ho-ho,
Just a ton of heavy wet snow.
There's no time for little cat naps;
Shovel it now or it'll collapse.
Wished I had a heavy duty truck
Cause we all know that winter's rough.

From 40 above to 20 below
In a matter of hours,
It's quite the show.
My driveway was a water way
But now the ice is here to stay.
And I mutter, "I got no luck."
Cause we all know that winter's muck.

Apartment dwellers ask, "What's up?"

And I snarl back, ---“Just-shut-up.”
Friends and neighbors all mean well,
It’s just that this is the winter from hell.

I wish I could go from moans to yucks,
But we all know that winter’s not fluff .

Another day, another mess
Ice coats all and causes stress.
Brought in wood but had to crawl
Good news is I didn’t fall.
Rain soaked clothes, layers to shuck
I’m driven to say this is enough.

CC, with an assist from MS

ServiceLink Focus

The ServiceLink Aging and Disability Resource Centers are the New Hampshire link to information and support services within the community. ServiceLink centers are located in each county to help older adults, disabled adults, caregivers find the information, and resources they need to make informed choices and live independently.

If you have questions, want to find out how you can help others learn about services and resources available in your area, call ServiceLink at 1-866-634-9412 or go to www.servicelink.org.

News You Can Use

JUST WHAT IS PERSON CENTERED THINKING?

As NH moves forward to improve long term care supports and services, a number of projects have focused on “Person Centered” values. Even if this term is not new to you, you can learn more, by going to www.chhs.unh.edu/cacl and click on the video clip at the bottom of the page.

This 6 minute clip was produced by the NH Center on Aging and Community Living is what you need to know. Please share it with your friends and colleagues.

SAVE THE DATE

The 13th Annual Conference on Aging will be held May 22nd at the Radisson Hotel & Expo Center in Manchester. This year the theme is “The Joy Is in the Journey”.

The Mission of the NH Conference on Aging, is to share information, identify and present the positive aspects of aging, and provide solutions to the challenges faced by seniors, their adult children, and caregivers.

Elders, adults nearing retirement age, and caregivers will find information on healthy aging, long-term care options, supportive services and resources, volunteer opportunities and other key issues.

You may have already received a post card with this announcement and you can find information at www.nhconferenceonaging.org or at 603-556-7234.

ADMISSION VS. OBSERVATION

Follow up to our continue coverage of the issue of observation vs. admission status for Medicare at their NBC news did a piece on the topic. To watch the video clip go to:

<http://www.nbcnews.com/video/nightly-news/54026469/#54026469>

YOU CAN TEACH AN OLD DOG NEW TRICKS

A fun to watch video clip on how to separate an egg:

www.youtube.com/embed/iAp8pEaWB1Y

GAS SELF-SERVE WARNING

If you pump your own gas, you may have used the lock down on the nozzle and then relied on the automatic shut off feature to stop the pumping.

This feature is not always available when you are using a credit card. In some cases the automatic shut off operates only when you pay up front. Even if you have used a particular gas supplier in the past, be sure to check for changes in this policy.

If you use the lock feature on the nozzle and the pump does not have an auto shut off, you may overfill your tank and gas will spill on the ground.

If this happens to you:

WE WANT YOU TO KNOW

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

We actively partner and work with other NH advocates.

Formal Partnerships

- NH Voices for Health Care
- NH State Independent Living Council
- State Committee on Aging-Vaughan Awards
- Disabilities Rights Center
- NH Cares
- UNH Center for Aging and Community Living
- Oral Health Care Expansion, Children's Alliance of NH
- Self Advocacy Leadership Team (SALT)

Active Collaborations & Groups:

- Older American's Action Partnership
- Elder Rights Coalition
- Aging and Mental Health
- Granite State Future
- Department of Health & Human Services

Other Groups we work with:

- AARP
- NH Business and Industry Institute
- 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
- NH Statewide Independent Living Council
- NH Business & Industry Association
- ServiceLink

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- Immediately shut off the lock button,
- Remove the nozzle from your tank, and
- Notify the attendant so that an absorbent material can be applied to the spill.

OPENING BUBBLE PACKAGING

If you've ever been totally frustrated by plastic packaging called blister packs, before you decide that it's not meant to be opened, try this: use a can opener!

Of course that assumes that you still own a manual one! All you need to do is run the can opener down one of the grooved sealed edges.

SMOKING AND CATARACTS

Men who quit smoking may reduce their chance of developing cataracts in the eyes, which can impair vision, especially in older people, a Swedish study found. But their risk remains higher than for people who never smoked, even after decades.

In 1997, more than 40,000 Swedish men ages 45 to 79 completed a questionnaire on their lifestyle, including their smoking habits, and were followed over 12 years. Study researchers compared the participants' data to a registry of cataract extractions over the same period of time.

Those who smoked more than 15 cigarettes per day had a 42 percent higher chance of undergoing a cataract extraction than those who never smoked. Among men who

quit smoking that heavily, the risk of undergoing a cataract extraction dropped by half after more than 20 years.

The heavier the smoker was before he quit, the longer it took for the risk of developing severe cataracts to decrease. Even two decades after quitting, though, the risk for cataracts did not reach the level of men who reported never smoking.

Bottom Line: Men who quit smoking may reduce their chance of developing cataracts.

Cautions: The study relied on self-reports of the participants' smoking habits, which may not be accurate. Ophthalmology, Jan. 2

Source: Boston Globe

Health & Wellness

POSITIVE ATTITUDES KEEP OLDER ADULTS FUNCTIONING LONGER

Time to look on the bright side: People over 60 who reported higher levels of life satisfaction also had lower rates of disability and higher energy levels, according to a study in the Canadian Medical Association Journal.

Leading an independent life well into old age and keeping chronic diseases at bay could be as simple as adopting a positive, sprightly attitude and enjoying the smaller things in life.

That's the overarching conclusion of a British study which found that older adults who reported higher

rates of life satisfaction also showed slower declines in difficulty performing daily tasks like getting out of bed, getting dressed, bathing and showering.

Published in the January issue of the Canadian Medical Association Journal, the study followed 3,199 men and women aged 60 years or older in England, over the span of eight years.

"Our results provide further evidence that enjoyment of life is relevant to the future disability and mobility of older people," said study co-author Andrew Steptoe of University College London.

Read more:
<http://www.nydailynews.com/life-style/health/enjoying-life-helps-slow-decline-old-age-study-article-1.1587538#ixzz2rKO2Y0ee>

NEW BLOOD PRESSURE GUIDELINES

A panel of experts has published new treatment guidelines for the management of high blood pressure that could significantly change the way doctors think about hypertension and determine whether or not to prescribe medications. Here's what you need to know about the new recommenda-

ENH welcomes all points of view and invites your submissions.

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engagingnh@yahoo.com

tions, published last Wednesday in the Journal of the American Medical Association.

1. The threshold for treating high blood pressure has been raised for older Americans. If you're over 60, you may not need treatment for hypertension unless your systolic blood pressure (the top number of the measurement) is 150 or above, according to the new guidelines. That's instead of the previous recommendation to treat at levels of 140 or higher. The diastolic pressure (bottom number) is considered high enough to treat if it's 90 or higher, which is the same as in the previous recommendations.

"We did not find evidence for additional health benefits in achieving a level of 140 instead of 150 in those over age 60," said Dr. Paul James, co-chair of the guideline committee and chair of family medicine at the University of Iowa Carver College of Medicine. "We were particularly concerned about medication side effects in the elderly population like lightheadedness and dizziness, which increases the risk of falling and broken bones."

2. What's more, older people tend to be on multiple medications for various conditions such as diabetes, arthritis, and high cholesterol; some of these, James pointed out, could interact with blood pressure drugs to increase side effects.

Drugs should no longer be used in older Americans to drive down their systolic pressure to below 150. That recommendation was made after the committee reviewed a number of recent large clinical trials and found that driving levels down closer to a healthy blood pressure reading — 120/80 — did not prevent additional strokes or heart attacks and led to more side effects from the medications. Older patients who are currently achieving those lower levels on their medications without side effects, however, can stay on the treatment regimen that’s working for them, the guidelines state.

3. Adults under age 60 should aim to have their blood pressure below 140/90.

This recommendation remains unchanged, with one exception. Those with diabetes or kidney disease, regardless of their age, should also now aim for systolic blood pressure levels of below 140 instead of the previous recommendation of below 130. “Again, we didn’t find evidence to support the need to get to this lower blood pressure for those with special health conditions,” James said.

4. Lifestyle changes to lower blood pressure should be emphasized along with medications. These include following a low-sodium diet, losing excess weight, daily exercise, and a diet focusing on fruits, vegetables, and whole grains.

The guideline committee referred doctors to a new heart disease prevention guideline issued by the American Heart Association outlining specific advice doctors should provide to patients.

Dr. Randall Zusman, director of the division of hypertension at Massachusetts General Hospital Heart Center, who was not involved with writing the new guidelines, wondered why the authors did not include lifestyle recommendations specific to lowering high blood pressure such as relaxation techniques. His center offers a stress management program for hypertensive patients to teach them ways to elicit the “relaxation response,” which lowers blood pressure and heart rate.

5. Expanded array of drugs recommended as a first line of treatment. Doctors should prescribe any of four classes of drugs: thiazide-type diuretics, calcium channel blockers, angiotensin-converting enzyme (ACE) inhibitors, or angiotensin receptor blockers to treat high blood pressure in those experiencing it for the first time. The previous guideline emphasized using only diuretics as a first-line therapy, James said.
6. African-Americans, however, should be prescribed calcium channel blockers or ACE inhibitors first because those medications are more effective at lowering their blood pres-

sure. Beta blockers should not be considered as a first treatment of choice, the guidelines state, because a recent study found that patients who took them had a higher risk of having a stroke or heart attack or of dying from heart disease than those who took other blood pressure drugs.

Source: Boston Globe

SEDENTARY OLDER WOMEN

Sitting has become the new smoking in terms of bad health habits. Researchers are racing to determine how much is too much and, more importantly, what we can do about it.

In a study published last Tuesday in the Journal of the American Medical Association, Boston researchers analyzed sedentary behaviors in more than 7,200 elderly women who wore accelerometers to measure how often they moved each day for a week. The study found that they spent two thirds of their waking hours in a sedentary position, but it also found that they didn’t sit for very long without getting up to move around a bit.

“I was kind of surprised to see that study participants spent only 30 percent of their time sitting around

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for longer than 30 minutes,” said study leader Eric Shiroma, a researcher at Brigham and Women’s Hospital.

Of course, they may have made a concerted effort to get up and move around more than usual knowing they were wearing an accelerometer for a study. The researchers couldn’t control for that, nor did they look long-term to see whether excess sitting was linked to poorer health. “That’s what we’re looking at next,” Shiroma said. He admitted that scientists are “just starting to scratch the surface” of research into sedentary lifestyle habits, in an attempt to come up with sensible public health recommendations for limiting sitting like we now have for encouraging exercise.

Source: Boston Globe

CHOLESTEROL LEVELS AND BERGAMOT

Bergamot is a citrus fruit used in flavoring. If you drink Earl Grey tea, you may be familiar with its taste.

A recent study in Europe showed that Bergamot may lower cholesterol levels and work in synergy with statin drugs to bring total and ‘bad’ LDL cholesterol down even further. About one in every four Americans over the age of 45 is prescribed a statin to lower their cholesterol, and many doctors hope to see that number rise even higher.

How to Contact Your State Committee on Aging Representatives

County	Name	Email
Belknap	Pat Consentino	sel.consentino@tiltonnh.org
Carroll	Kate Cauble	kemc226@aol.com
Cheshire	Bob Ritchie	fictionfitz@gmail.com
Coos	Mark M. E. Frank	maxfra@aol.com
Grafton	Rich Crocker	richcrocker@metrocast.net
	Chuck Engborg	eengborg@roadrunner.com
Hillsborough	Sherri Harden	hardensherri@gmail.com
	Joan Schulze	joanschulze@myfairpoint.net
Merrimack	Herb Johnson	clairhonda@msn.com
Rockingham	Sheila King	bbwic@metrocast.net
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Sullivan	Larry Flint	wrecman@myfairpoint.net
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District 12	Senator Peggy Gilmour	peggy.gilmour@leg.state.nh.us

But statins cannot always bring cholesterol levels down to doctors’ “target” ranges, and especially at higher doses they can have side effects like headache, sleep disturbance, and, most notably, muscle pain and inflammation that can become severe. Investigators from the Research Centre for Food Safety & Health compared 77 people with high cholesterol who were given either rosuvastatin (trade name Crestor), bergamot-derived polyphenols, both or a placebo. They found that both the rosuvastatin and bergamot extract lowered cholesterol levels compared to those who took a placebo,

and the people who received the combination of statin and bergamot extract showed the greatest improvement.

These findings suggest that bergamot extract could help people lower their statin doses and see the same effect on their cholesterol—but with less risk of side effects. The investigators believe that the antioxidant polyphenols in bergamot have multiple health-promoting effects to both lower cholesterol and reduce oxidative damage to the blood vessels.

Source: *International Journal of Cardiology*, 2013;170:140-5

Editor's Note: Please note the use of the term MAY in this article. Further research is needed to determine the potential for use in the future. When considering taking any dietary supplement, a discussion with your health care provider is recommended. Here is a link to help start a talk with your doc:
<http://www.ncbi.nlm.nih.gov/pubmed/24239156>

QUICK SELF-ADMINISTERED TEST COULD HELP IDENTIFY DEMENTIA

The pen-and-paper SAGE test identifies cognitive problems with an accuracy comparable to more in-depth neuropsychological tests, according to Ohio State University researchers. You can print out and take the test at home.

Should you be worried that those "senior moments" are a sign of something serious? A simple test available online could be the first step in figuring it out, according to a group of researchers.

The SAGE test, which stands for self-administered gerocognitive examination, is a short, 12-question test designed to measure memory, reasoning, visual-spatial and other thinking skills. Available for free online, it's designed for patients over 50 to print out and take on their own, or in small groups.

SAGE was developed in 2010, and blind studies demonstrated "a very high correlation" — about .84 — between the self-administered test and lengthier, full-standard neuropsychological testing, said Dr. Douglas Scharre, director of the

division of cognitive neurology at The Ohio State University.

In a new study in the January issue of *Neuropsychiatry and Clinical Neurosciences*, Scharre and his team examined the use of the test in community health care settings — such as clinics, senior centers and health fairs — by screening 1,047 people at 45 different events.

Researchers found about 28.4% of the over-50 participants screened had signs of cognitive impairment, comparable to results from other tests, and determined that the exam was "feasible" to administer in such settings — though researchers didn't follow up on whether any of the test-takers sought treatment.

CAN YOU HELP?

You may make a donation to ENH through our fiscal agent, Disabilities Rights Center, Inc. which is a non-profit 501 (c) (3) corporation.

Make your check out to Disabilities Rights Center, Inc. and note "EngAGING NH" on the memo line. DRC's mailing address is 18 Lowe Avenue, Concord, NH 03301.

Donations are tax deductible to the extent allowed by law.

"The problem with most cognitive tests is that they require someone to administer it to you," Scharre told the Daily News. It's not very easy to do even in health care settings because of the time involved, he said.

Read more:

<http://www.nydailynews.com/life-style/health/quick-self-administered-test-id-dementia-researchers-article-1.1578095#ixzz2rK0mzGzz>

PRODUCT RECALLS

Ford Escape, 2013 models manufactured from Oct. 5 2011 and June 2, 2013. Contact your dealer or Ford at 866-436-7332.

Chevrolet Malibu, 2013 and 2014 models. Contact your dealer. Details 800-521-7300.

Kia Sedona manufactured between 6/15/05 and 8/14/12 and sold or registered in CT, DE, IL, IN, ME, MD, MA, MI, MN, MO, NH, NJ, NY, OH, PA, RI, VT, WV, WI and DC. Call KIA at 800-333-4542 for details.

Cuisinart 7-cup food processor sold in stores and on line (Amazon and Zappos) from 10/12 to 6/13. If you own one, stop using it and call 877-339-2543 or go to www.cuisinart.com

Dollars & Sense

PURCHASING COOPERATIVES

This has been a long and cold winter with escalating fuel costs that have impacted homeowners and

Help Spread the Word!

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

Forward it on!

businesses alike. One way to help with these costs is through pre-by arrangements.

Another way is through purchasing cooperatives, a model in which members recognize discounted prices through bulk buying. We have such an organization here in NH, Our Town Energy Alliance formerly Out Town Energy Choice.

The Our Town Energy Choice "OTEC", a publishing company, was founded in November of 1999 by the Barraforths as a community service for senior citizens. In 2000 OTEC became independent of the publishing company, and in 2005, purchased The Energy Alliance of NH, another fuel group from Tamworth, NH when its founder, Wayne Mock, retired. The two groups were run independently for two years and then merged for more efficient buying power.

The name Our Town Energy Alliance was selected and OTEA grew from the 74 OTEC original members to its present 2013 member-

ship of 15,000+ households, schools, towns and businesses.

“It has truly been a community effort. We've fought several battles together against the speculators and for the rights of the oil consumer. After fourteen years, many of you are good friends and we consider all of you our good neighbors. We thank you all and promise to continue to do our best for you in these difficult times,” said Dan Barraford in 2012.

Recently, OTEA has added an electricity program to its services.

If you wish to learn more or to become a member for the 2014-15 winter season, go to:

<http://www.otchoice.com/default.asp>

Tech Tips

WHAT DOES THAT STAND FOR?

CFL - compact fluorescent lamp or light, those energy efficient spiral light bulbs;

UPC – Universal Product Code, or what we call bar codes;

LCD Liquid Crystal Display – a type of TV, or other high tech product, screen;

PVC Polyvinyl Chloride - one of the most common plastics used globally for many products including such things as plumbing pipes.

CFL BULB DISPOSAL

The EPA recommends that consumers take advantage of available local options for recycling CFLs, fluorescent bulbs, and other bulbs

that contain mercury, and all other household hazardous wastes, rather than disposing of them in regular household trash. This is because the light bulbs contain mercury.

Some local stores have recycle programs. To learn more or to find a local option, go to:

<http://www2.epa.gov/cfl/recycling-and-disposal-after-cfl-burns-out>

Among the companies listed on the site, we found Ace Hardware, Aubuchon, Home Depot and Lowe's.

ELECTRONICS DONATION AND RECYCLING

Electronic products are made from valuable resources and materials, including metals, plastics, and glass, all of which require energy to mine and manufacture. Donating or recycling consumer electronics conserves our natural resources and avoids air and water pollution, as well as greenhouse gas emissions that are caused by manufacturing virgin materials.

The EPA has a web site to help: <http://www.epa.gov/osw/conserve/materials/ecycling/donate.htm>

Have A Mac or iPhone product? Try www.Gazelle.com

OPENING FILES WITH SPECIFIC PROGRAMS

Do you occasionally receive a prompt that asks you to select a program to open the file? That's because the file you received, usually in email, has a format that is not recognized by your computer.

File associations (extensions) are those three letters that appear after the period which is also called a "dot". These include jpg, txt, docx, doc and many others.

Need help figuring out what extension you need? Try www.FileExtension.com or www.Filext.com.

Provided that you have the extension program installed on your computer, you can right-click your mouse and select "Open With" and then highlight the file extension from the list of programs that appears. Instead of "Open With", you can click "Choose Program" to browse your hard drive for the required program.

Laugh & Live Longer

ACTUAL AUSTRALIAN COURT DOCKET 12659

A lady, who was about 8 months pregnant, got on a bus. She noticed the man opposite her was smiling at her. She immediately moved to another seat. This time the smile turned into a grin, so she moved again. The man seemed more amused. When on the fourth move, the man burst out laughing. She complained to the driver and he had the man arrested.

The case came up in court. The judge asked the man (who was about 20 years old) What he had to say for himself. The man replied,

"Well your Honor, it was like this: When the lady got on the bus, I couldn't help but notice her condition. She sat down under a sign

that said, 'The Double Mint Twins are coming', and I grinned. Then she moved and sat under a sign that said, 'Logan 's Liniment will reduce the swelling,' and I had to smile.

Then she placed herself under a deodorant sign that said, 'William's Big Stick Did the Trick', and I could hardly contain myself.

But, Your Honor, when she moved the fourth time and sat under a sign that said, 'Goodyear Rubber could have prevented this Accident!' . . . I just lost it."

"CASE DISMISSED!! "

Purposeful Living

John Robicheau has been volunteering at Genesis Healthcare Colonial Hill in Rochester for three years. In this capacity, he runs Activities and creates new Activities for the residents. When not involved in Activities, he transports residents in and out of the Dining Room and even scrapes dishes after meals.

He has introduced new Activities such as games and multi-sensory Exercise for the residents. He helps build friendships among the residents and also gives individual attention to residents who prefer not to attend Group Activities.

On Bus Trips, he helps with a smooth transition into the community for the residents so they fit in and don't stand out. At the facility, he starts working as soon as he comes in the door and never stops until he leaves. In this way, he in-

spires resident's family members to help out as well.

John is very much loved at Colonial Hill by residents and staff who look forward to his contributions. He averages from 42 to 50 hours per week and he is very disappointed if the weather keeps him away. He definitely uses his retirement years to help others and would be lost if he didn't have the chance to contribute to people's lives.

In his spare time, this veteran of the US Marines and the US Navy, at age 81, spends an additional 35 hours per month on average helping out at the Cornerstone VNA Adult Day Care Center. There, he helps participants with various crafts, singing, playing cards or other games with them. He helps with setting up for lunch and cleaning up afterwards. At Christmas time, he dresses up as Santa and hands out gifts. He has used his woodworking talents to help participants make bird houses. He has made several bird houses to be placed along their Circle of Caring trail.

John, it is said, is a wonderful man who is sincere, dedicated, and passionate about helping others and making their lives a little brighter.



John Robicheau

Focus on Community

SURVEY SAYS PEOPLE PREFER PEDESTRIAN-FRIENDLY COMMUNITIES

For Americans, it's all about the neighborhoods.

Americans made two things very clear in the latest biennial Community Preference Survey by the National Association of Realtors: They want to live in walkable neighborhoods, and they care more about neighborhood than house size when deciding where to live.

Given the focus on neighborhood, the question becomes what kind of neighborhood do people prefer most?

According to the survey, it's a suburban neighborhood with a mix of houses, shops and businesses. The kind of neighborhood they prefer least? A suburban neighborhood with houses only.

Those findings are among several survey results that show an affinity for mixed-use, walkability, compact development and other characteristics of smart growth. The 2013 survey of 1,500 people was conducted for NAR by American Strategies in conjunction with Myers Research and Strategic Services.

The number of people who preferred a mixed-use suburban neighborhood was nearly double the next leading choice of a rural area and nearly triple the number

who preferred a suburban neighborhood with houses only.

The total responses for a preferred location to live were: suburban with a mix of uses, 30 percent; rural area, 16 percent; city near a mix of offices, apartments and shops, 15 percent; small town, 14 percent; and city mostly residential, 13 percent.

A detached single-family home was the preferred housing choice of 76 percent. More than half — 52 percent — preferred a detached single-family home with a big yard while 24 percent preferred a detached single-family home with a small yard.

But the preference for large lots versus compact development does not appear to be set in stone.

Most people said they would trade a big yard for a small yard if it meant living in a community where they would have a shorter commute to work (57 percent), could walk to schools, stores and restaurants instead of needing to drive (55 percent) or could walk to parks, playgrounds and recreation areas instead of needing to drive (53 percent).

Most (57 percent) would not, however, trade a detached single-family home for an apartment or townhome even if the apartment or townhome offered a short commute and was within walking distance of shops and restaurants.

If housing type is stripped from the equation, 60 percent preferred a neighborhood with a mix of houses, stores and other businesses within easy walking distance

versus a neighborhood with houses only where they would have to drive to stores and other businesses.

People also put a high priority on walkability when they were asked to indicate the importance of 19 neighborhood characteristics when deciding where to live.

Sidewalks and places to walk were rated either very important or somewhat important by 80 percent of survey participants. High-quality public schools (rated very important/ somewhat important by 74 percent) came next, but was followed by being within easy walking distance of other places and things in the community (rated very important/somewhat important by 69 percent).

When asked to choose between a smart growth community and a traditional suburban community, 50 percent favored the smart growth community compared to 45 percent for the traditional suburban community (5 percent did not answer).

The smart growth community was defined as a place with a mix of housing types where schools, stores and services are within walking distance and there is nearby public transportation. The traditional suburban community was defined as a place with single-family homes only, where people need to drive to schools, businesses and services and public transportation is either distant or unavailable.

Being able to walk to schools, stores and services was the most appealing characteristic of the

smart growth community for 64 percent of the people who preferred the smart growth community. It was also the most appealing characteristic of the smart growth community for 54 percent of those who preferred traditional suburban development.

*Michelle Wardlaw, Union Leader,
1/25/14*

Board Notes

EngAGING NH was conceived after a small group of faithful, but disgruntled advocates found themselves having yet another round of exasperated discussions in the halls of NH's Legislative Office Building. We all knew that most people wanted to age in their homes and communities. But what citizens wanted was not what was given funding or policy priority.

This fact was confirmed at a summit held in 2006, where participants engaged in workgroups to identify the most significant issues themselves as they aged. Something had to be done about the lack of representation and citizen voice for older adults.

Part of the problem is that NH no longer has a department or administrative unit on aging, as do many other states. Instead, NH combines aging with other groups under Community Services in the Department of Health and Human Services. The NH State Committee on Aging (SCOA) serves an advisory group to its Commissioner. There is also a small network

of Area Committees on Aging (ACOAs).

However, the support for SCOA by DHHS is minimal, and most ACOA's are now defunct. NH has experienced a continued loss of funding at both the State and federal levels for elder care. The services and supports that once created a fabric of supports for livable communities have dried up.

Fortunately, our Yankee spirit has always been alive and well in NH, where people work together to address issues at local levels; and there have been some really good projects.

But a lingering problem persists—there is a lack of connections between supporting and maintaining these efforts and little communication and even awareness between regions. This results in a weak and ineffective influence on policy decisions. In addition, elder advocates are rarely heard when it comes to promoting rationales for prevention and cost avoidance or investing in the future planning.

These complex problems are larger than any one group's scope to solve. An organization must look beyond predictable affiliations, and any assumption that there are no common or similar goals.

Partnering is an option which offers new opportunities to expand assets and influence. As an organization with limited financial and staffing resources, EngAGING NH has actively pursued a number of successful partnerships as regularly documented in "We think You Should Know" (see page 7 in

this issue). But let's examine three more closely:

1. *Granite State Future*. This project, coordinated by the State's nine regional planning commissions, is a local and regional dialogue among businesses and non-profit organizations, governmental agencies, and voters. It includes newcomers and long-term residents to consider the critical question: how should we plan for the future? It has looked at questions such as: What do those of us who live and work here in New Hampshire want for the future of our communities? How can we keep what we value, meet the challenges of changing demographics, and increase economic vitality and opportunity?

While this might appear to be a view through a business lens, the focus is still on vital communities. When ENH became involved as a partner, we were able to bring aging into the discussions and planning, and join others concerned with creating livable, sustainable communities.

2. *Children's Alliance of New Hampshire Oral Health Project*. This project came to ENH, seeking to address access to dental care for children through Senate Bill 193.

Access is a real issue, and the data bears that out: 28,000 NH residents live in virtual "dental deserts", where challenges getting care are great. NH's dentists are not evenly distributed

throughout the state, leaving those in rural areas with few resources and options. And, the NH Dental Society’s data shows more than 40% of current practicing dentists plan to retire within 10 years.

Access to dental care is also a significant issue for older adults whether they are living independently or in facilities. ENH submitted letters of support to various newspapers, addressed the issue in our newsletter, and will submit testimony to the Legislature in upcoming hearings.

3. *The Self Advocacy Leadership Team (SALT)*. A group of individuals with disabilities are currently working on the issue of transportation. They created a position paper referencing a *Transportation for America - Dangerous by Design Report*, which reports:

- Between 2000 and 2009, 100 people were killed while walking in NH, which cost the state \$430.0

million”.

- Reducing pedestrian fatalities just 10% would have saved NH \$43.00 million over 10 years.
- 67% of all pedestrian fatalities occur on federally funded road ways.
- Only 1.5% of the federal funds put aside for making these roadways safer is being used.

SALT collected and continues to collect stories to enhance the position paper. They testified to a group in Portsmouth which included the Department of Transportation (DOT) Commissioner and members of the local Regional Planning Boards?

ENH partnered with SALT because transportation is a significant factor in livable communities. It was a top priority identified in our 2006 Summit. ENH has provided testimony to the DOT, We are using our networks to help disseminate

their position paper, as well as supporting their efforts in self advocacy.

We highlight these three initiatives not only to underscore strength in numbers, but to illustrate that a wider diversity in participant backgrounds stimulates more creative the thinking and problem solving.

If you are working on a project, consider looking around for partnership opportunities. Look for commonality within diversity. And contact us, if you think that a joint effort might help your dream become a reality.

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

Name	Mailing Address	Phone	Fax	E-Mail Contact Form
U.S. Representative Carol Shea-Porter	1530 Longworth HOB Washington, DC 20515	(202) 225-5456	(202) 225-5822	https://shea-porter.house.gov/contact/email-me
U.S. Representative Ann Kuster	137 Cannon House Office Building, Washington, DC 20515	(202) 225-5206		https://kuster.house.gov/contact/email-me
U.S. Senator Kelly Ayotte	144 Russell Senate Office Building Washington DC, 20510	(202) 224-3324	(202) 224-4952	http://www.ayotte.senate.gov/?p=contact
U.S. Senator Jeanne Shaheen	520 Hart Senate Office Building Washington, DC 20510	(202) 224-2841	(202) 228-3194	http://shaheen.senate.gov/contact/