

ENGAGING NH NEWS



A Citizen Voice for the
Aging Experience

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GUEST OPINION:

Aging in Place Needs Out of the Box Thinking

by Louis Tenebaum

The election is over. Happy or not, we can't predict what the new administration will do. But two things are certain. First, aging issues won't disappear. Second, we can't expect more federal funding or new entitlements. But this could be a good thing if it pushes us to think out of the box, particularly regarding aging in place.

What Out of the Box Means for Aging in Place

What do I mean by "out of the box?" I mean focusing on the situation facing middle-income older Americans.

While low-income older adults desperately need funding and support, 70 percent of older Americans (70 million people) do not qualify for government or not-for-profit programs but, at the same time, cannot afford expensive retirement communities or 24/7 care. These people have some resources and most want to age in place. Many own their homes and spend out-of-pocket for care, which is often difficult to locate and manage.

70 million older Americans do not qualify for government or not-for-profit programs but cannot afford expensive retirement communities or 24/7 care.

Without question, this is a cadre that needs better supports.

Out of the box is preparing homes in advance so health costs are avoided or reduced in the future. An age-friendly home helps people stay healthy longer, which reduces costs for health payers

Out of the box thinking is engaging consumers to consolidate their political and market power

and for families. Falls are reduced. And people who do fall can return to a prepared home more quickly, saving rehab costs and improving recovery.

When a home is prepared for aging in place, family and informal and paid caregivers there are injured less frequently. That means available resources go farther.

What Business and Government Could Do

Out of the box is also looking to private investment and business to generate solutions for housing and providing services to older citizens.

Increased sales of age-friendly products

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would mean new jobs and training to manufacture and install the kinds of products that would transform American housing into homes to age in place.

Out of the box is applying the service and delivery innovations, efficiencies and economies that emerge in privately-financed age-friendly homes to all incomes and payers. Higher concentrations of age-friendly homes will be fertile ground for a robust consumer-driven marketplace where all types of service providers can innovate, integrate and scale economically. This is an innovation and opportunity zone.

Increased government spending was probably not in the cards no matter who was next in the Oval Office. So shifting to incentivized private investment is a good strategy in today's political climate. Incentivizing age-friendly home updates amounts to a privately-financed demonstration project. The results will be far reaching, crossing lines of business as well as government silos. What's learned will improve the aging experience for less affluent citizens as well.

Out of the box is about government incentives for consumers to age in place, too. Just as incentives helped the solar industry take off like a rocket, government incentives could make it less expensive to update homes using age-friendly improvements.

Government incentives can leverage private retirement savings as well. For example, why not allow the use of a portion of 401(k), IRA and other health and retirement

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.

savings — without tax or penalty — to purchase appropriate technology and building products for age-friendly home updates?

Success Comes From Interdependence

Out of the box is recognizing that success really comes from interdependence. Though we idealize independence, the reality is that family, neighborhoods, community, services and networks are the foundation underlying individual success at every age — including healthier, dignified and economical aging.

Community supports are necessary resources for self-reliance.

The Power of Consumers

And *out of the box* is engaging consumers to consolidate their political and market power.

Legislators will pay attention to a coordinated campaign from (mostly older) consumers. Awakening consumers to the strength in their numbers, experience and shared goals is a different message than cajoling them to avoid frailty, be fearful of falling and reduce the burden on their loved ones. Acting

from strength encourages self-reliance.

HomesRenewed™, the coalition of business, consumer and non-profit stakeholders that I founded, has a goal of enabling the 70 million boomers to follow their desire to age in place. Together, we can drive policy and investment, unlocking market-based solutions to increase the number of age-friendly homes.

Next Avenue invited all our [2016 Influencers in Aging](#) to write essays about the one thing they would like to change about aging. This is one of the essays.

NH Updates

REAL ID

“Real ID”_New Hampshire has started offering “Real ID”-compliant driver licenses and non-driver identification cards, although they are not required for federal ID purposes at this time.

Real ID-compliant licenses require a valid birth certificate and Social Security number. The state Division of Motor Vehicles said Tues-

day the Real ID-compliant licenses are available.

Current New Hampshire driver licenses and non-driver ID cards will be accepted for travel at airports and entry into secure federal facilities until Oct. 1, 2020. After then, anyone with a non-compliant card wishing to travel by air or to access a secure federal facility will need to provide additional identification such as a U.S. passport.

FUNDING FOR OPIOID CRISIS

President Barack Obama signed the 21st Century Cures Act into law which includes \$1 billion to combat the opioid epidemic nationwide. Of the \$1 billion, \$500 million would be available this year and the remaining \$500 million would be disbursed next year.

NH's Sen. Jeanne Shaheen was instrumental in securing funding as part of the legislation and has led the charge in Congress since November 2015 to provide resources for the opioid crisis. Shaheen advocated for funding to assist states hit hardest by the opioid crisis, including New Hampshire, and the legislation signed into law directs the Secretary of Health and Human Services (HHS) to prioritize states that have experienced the worst crises as a result of the epidemic.

Also included in the Cures legislation is money for new and existing programs at the National Institutes of Health and important reforms to the mental healthcare system.

Nominations Wanted

EngAGING NH and the NH State Committee on Aging are pleased to announce that we are soliciting nominations for the 55th annual Joseph D. Vaughan awards.

This joint effort is to recognize individuals or couples over the age of 60 who demonstrate outstanding leadership or meritorious achievement as volunteers on behalf of New Hampshire's older citizens and others. Direct service to and/or advocacy for **older citizens** is an essential but not an exclusive requirement. Nominees must be residents of New Hampshire whose volunteer work is in the Granite State.

A joint committee of EngAGING NH, the NH State Committee on Aging, and a member of the Vaughan family review all nominations and select one person or a couple from each county to be honored. Recipients will be recognized in a ceremony highlighting their accomplishments.

The awards ceremony is scheduled for May 1, 2017 at the State House in the Executive Council Chambers. Invited guest invited to participate in the presentation of the awards include the Vaughan, Governor Christopher T. Sununu and Commissioner Jeffrey Meyers.

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, go to

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

ALL Nominations must be received no later than March 10, 2017. Emailed nominations are preferred.

Nominations may be emailed to engagingnh@gmail.com or they may be mailed via the USPS to:

THE VAUGHAN AWARDS COMMITTEE
c/o Roger Vachon
19 Centerwood Drive
Concord, NH 03301

Nominations are acknowledged within 72 hours of receipt.

In the absence of acknowledgment, please call Roger at 603-223-6903.

SENIOR FIX-IT CORPS HURTING FOR HANDY VOLUNTEERS

Claire and Roland Robert have spent 60 of their 67 years of marriage in the same home in Nashua. The sprightly couple has no plans to leave, but there are jobs around the house they can no longer do themselves. Whether it's taking down the outdoor awnings on their ranch-style home in the winter or putting air conditioners in the windows in the summer, the Roberts call on the Fix-It Corps of the Retired and Senior Volunteer Program (RSVP) to respond.

Volunteers with the program are usually retired from a trade — electrical, plumbing or construction — and offer their time and skills to help seniors like the Roberts stay in their home by doing small jobs. On this day, it was John Fisher from Nashua who responded to do some work on the couple's porch. He's a retired U.S. Navy commander who spent years in nuclear submarines, earned five masters degrees and two doctorate degrees, and most recently retired as a professor at the University of North Carolina.

"We call him and he's there," said Claire Robert, 84. "And it allows us to stay in our home."

But the program, which serves all of Hillsborough County, is hurting. The office receives three to four calls a week from lower-income seniors in need, but there are only eight volunteers to perform the work. Jennifer Sanders, volunteer services director at Southern New Hampshire Ser-

vices, which administers the program, said it hopes to bring in another 25 volunteers.

The program is looking for volunteers 55 or older, especially in the Manchester area. She said the goal is to help seniors age safely in their homes. She points to state figures that show the annual cost of nursing home care for one person is \$75,821.

"If there is a senior that has fallen because they didn't have a grab bar or a ramp for a wheelchair, if there was something that has happened that could have prevented

them from going into a nursing home, these are the problems we're trying to fix," Sanders said. "We don't want them going into a nursing home for something that is preventable."

The work is done at the volunteers' convenience and the materials are provided by the homeowner. In some cases, the materials are donated. Sanders said RSVP never turns down a senior in need, but the shortage of volunteers may cause a delay in getting work done.

"If we had a few more volunteers, we could be doing this work in a few days as opposed to a few weeks," Sanders said. "We want to be out there and respond as quickly as we can to prevent falls and prevent accidents. The longer we wait, the bigger the risk is."

For Fisher, volunteering was a "way of paying it forward." Fisher, 66, said he enjoys the work and knows there may be a time when he will be looking for the help, instead of providing it.

"I enjoy doing it. I do it for people but it keeps me busy and engaged and it's not terribly challenging," Fisher said. Claire Robert retorted with a smile, "I can give you some more work."

It's not just about the work. There's camaraderie, too. Roland Robert was intrigued by Fisher's experience in submarines and the two talked about Fisher's days in the Bering Sea and uncharted waters in the Philippine Sea. It's this back-and-forth that makes the Fix-It Corps a success, Sanders said.

FYI . . .

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

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

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

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

engagingnh@gmail.com

“Our volunteers, their quality of life is improved by being out there in the community and the impact they are making,” Sanders said. “Our reward is making a difference.”

Growing the number of volunteers will also help with one of the biggest calls for help the group sees — the need for ramps. Sanders said these jobs take teams of people to install.“

We do get a lot of calls for ramps. We just don't have the volunteers,” Sanders said.

For information on the program, and how to donate or volunteer, call 634-1169 or e-mail Heather LaTourette at hlatourette@snhs.org.

Gretchen M. Grosky, NH Union Leader, 1/17/17

94-YEAR-OLD GREAT-GRANDMOTHER GRADUATES FROM SNHU

Ninety-four-year-old Amy Craton was surprised with a graduation celebration in Honolulu yesterday after achieving her lifelong dream of earning a college degree. Craton, one of the world's oldest college graduates, earned her Bachelor of Arts in Creative Writing and English online from Southern New Hampshire University (SNHU) with a perfect 4.0 GPA and is now going on to pursue her Master's degree.

During the celebration, hosted by SNHU, President LeBlanc presented Craton with her diploma among friends, family, and fellow Hawaii-based SNHU alumni. Several of Craton's family members

who were unable to attend the event in Hawaii joined via video chat.

"It feels good to graduate, but in many ways I feel I am still on the road; I have more to learn" said Amy Craton, SNHU graduate. "If you're thinking about going back to school, do it. You'll open up a whole new life."

Craton began her path to a degree in 1962, but put her college education on hold to provide for her four children.

Since Craton lives in Hawaii and was unable to travel to New Hampshire for Commencement in May, LeBlanc and the University decided to throw Craton a celebration of her own.

"Amy is an extraordinary student; at the age of 94, she earned a degree that was 54 years in the making - and with a 4.0 GPA no less," said Paul LeBlanc, President, Southern New Hampshire University. "Amy is the epitome of a lifelong learner, and my hope is that her story will remind others that it's never too late to follow their dreams or learn something new. The entire SNHU community could not be more proud of her accomplishment."

From Our Readers

LIVE YOUR FANTASY

A German Retirement Community did a calendar where seniors amazingly recreated famous movie scenes.

The Contilia Retirement Group in Essen, Germany, made what is



probably the best calendar ever with a few of their seniors.

According to German press, 5000 calendars were printed. And they were given out to residents of the Senior Centre, along with relatives and staff.

The calendar models were interviewed about the project and said it was a ton of fun to dress up as their favorite actors.

The shoot was done with professional stylists and photographers to make sure everything looked as cool as possible.

The oldest senior involved with the calendar was 98 years!

Kitty

ROCK 'TIL YOU DROP

Every year, Jerry Myroup travels to Jamaica with his wife to rock out to the band Little Feat. They like the fan appreciation resort weekends so much that they started wondering how they could live like this all the time, for the rest of their lives. Could they actually rock till they drop?

“It all began as a joke,” Myroup says. But that funny thought sparked some serious conversation. “We thought this is just perfect— people who like to be around each other, a lot of them are musicians. When we get older,

how will we be around the music that we want to hear?” The answer: create a retirement community where rock and roll lovers can grow old together called — what else? — [Rock Til You Drop](#).

**ROCK TILL YOU DROP:
HOME SWEET HOME**

Myroup, who plays guitar and drums, jams with a band called the Old Farts, lives in northwest Indiana and plans to retire in five years, has put up a [web-site](#) to gauge interest in the idea.

“We had a lot of interest, but the problem is getting people to put up money for a vision,” he says. Still, about 20 people so far are onboard. Now they just need to find a place to live the dream of a [co-housing community](#) for aging rockers.

A growing body of research suggests that creativity and artistic expression contribute to healthy aging.

“We found that trying to find a location that is suitable for most people is a little difficult when you’re all over the country,” said Myroup.

But the rocking pre-retirees have narrowed down their parameters. The goal is to find property that is affordable in an area with a low cost of living; within an hour of an interna-

tional airport; near a good hospital, cultural venues and a college campus; and, surprise, surprise, marijuana tolerant. The top states the group is considering: North Carolina, Tennessee, California, Oregon and Arizona.

They might buy an RV park. The way Myroup sees it, there are a couple of advantages to that:

“It gives us the ability to have people who want to live in tiny

houses — a lot of people don’t have a lot of money saved up, especially if they’re musicians and artists. It also gives us an avenue to have people come in, see what we’re doing and stay a couple weeks in their RVs.”

Visitors will be welcomed.

“You never know who’s going to stop by and that’s the whole premise of Rock Til You Drop,” he says. “You have the ability to play

How to Contact Your State Committee on Aging Representatives		
County	Name	Email
Belknap		
Carroll	Dr. Norma J Brettell	pastorbrettell@roadrunner.com
Cheshire		
Coos	Mark M. E. Frank	maxfra@aol.com
Grafton	John Acker	John.Acker3@va.gov
Hillsborough	Kathy Baldrige	kathy@lifetimeliquidations.com
	Joan Schulze	joanschulze@myfairpoint.net
	Russ Armstrong	equizr@gmail.com
	Ken Berlin	KBerlin@savingplaces.org
Merrimack	Herb Johnson	clairhonda@msn.com
Rockingham		
Strafford	Candace Cole-McCrea	snowyowl@metrocast.net
	John Kennedy	jjkrha@yahoo.com
Sullivan	Larry Flint	wrecman@comcast.net
	Mary Catherine Rawls	Mary.catherine.rawls@hitchcock.org
<i>State Reps & Senators</i>		
Cheshire	Rep. Susan Emerson	semerson435@aol.com
	Sen. Molly Kelly	molly.kelly@leg.state.nh.us
Website:	http://www.dhhs.nh.gov/dcbcs/beas/aging/	

and jam without having to get in your car. It works out good for everybody.”

TACKLE DOWNSIZING

Having just come out the other side of downsizing to a smaller home, here what helped us survive the process and shorten the upheaval.

When you are faced with room after room of boxes to unpack, it can be daunting. Here is a way to approach the challenge.

- Move all the boxes into the basement, organized by either potential room or type (i.e. paintings, lamps, etc.). How you organize is not important; being able to find what you want with ease, is.
- Tackle one room upstairs at a time.
- Consider the basement/boxes a store. Shop for furniture and accessories until the room has the feel that you want.
- Move on to the next room. Shift things back and forth, as it suits you.
- When all rooms feel great, go through what is left and keep only what you feel you must for sentimental or other reasons. Separate this into a separate area and mark well for future reference (Christmas stuff; other décor stuff; seasonal items; workshop area; etc.).
- Next, invite your kids and friends to shop in your store; what they take, you can enjoy at their place.

WE WANT YOU TO KNOW

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

We actively partner and work with other NH advocates.

Formal Partnerships

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

Active Collaborations & Groups:

- Elder Rights Coalition

Other Groups we work with:

- AARP
- NH Hospice and Palliative Care Organization
- NH State Committee on Aging
- NAMI
- NH Alliance for Retired Americans
- DD Council
- UNH Institute on Disabilities
- NASW-NH
- Area Committees on Aging
- NH Association of Senior Centers
- Endowment for Health, Alliance on Healthy Aging
- NH Legal Assistance
- Department of Health & Human Services
- ServiceLink

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- In the spring, hold a yard sale with what is left over. You will make buttons, but the joy you see in people's eyes, as they get excited about your stuff, is priceless.
- Donate any remains to your favorite charity and have a nice deduction for next year's taxes.
- Enjoy your new, empty basement again

GRANNY PODS

The three web sites below will show you what is meant my Granny Pod.

<http://www.programsforelderly.com/housing-granny-pod-medcottage-senior-housing.php>

<http://www.cbsnews.com/news/granny-pods-inside-housing-alternative-for-aging-loved-ones/>

<http://eldercottages.com/>

Mark M. E. Frank

GIVING TREE

I attend the Open Studio on Friday mornings at the Senior Center. As I was leaving one afternoon, I heard someone mention the giving tree.

This time I really looked at the tree and without thinking I went over to the tree and picked a tag. It said this lady needed 2 specific things and wanted 2 specific things. I decided she was getting all four. At first, I imagined someone my age or older, perhaps without family or close friends and how I would feel. Wow, did that feel difficult! I decided this lady was part of my family this

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year and re-imagined a lady enjoying opening her presents.

One of the things she wanted was a "pretty necklace." I enjoy making jewelry and as I strung a necklace for her I thought about her and wished her well. I wrapped the gifts in pretty paper and put them into a Christmas gift bag along with tissue and even a bow. When I delivered the bag to the Senior Center and handed it over....a sense of awe came over me as I saw all the bags of gifts surrounding the tree. It felt so good to see that so many had participated and shared the spirit of Christmas with someone unknown to them as I had done.

This experience was one of several that truly made my holidays bright. I never thought about getting a thank you from the lady. Several weeks later I received an email from the Senior Center and it included an attachment of a beautiful thank you note from her, and she was so happy that she said she cried happy tears, which got me doing the same. I will be participating again this Christmas.

Thank you to the staff at the Senior Center for providing a wonderful opportunity to share.

Dori Bongiovanni

Focus on Community

GETTING CREATIVE ABOUT CREATING COMMUNITY

Lydia Manning thinks Myroup is onto something with his co-housing scheme, and not just because she likes to jam, too. As a gerontologist with Concordia University in Chicago, Manning studies resilience and aging. The founding members of Rock Til You Drop are the subjects of her latest research project.

"I'm interviewing them, asking what does it mean to you, how are you conceptualizing it, how does it shape your imagined aging, how are you going about planning for it," she says. "I do think these types of communities are going to be gaining in popularity. I think you'll see a trend of people wanting to craft space, rather than just pick a place and go. The marketplace is going to have to change in terms of our options for people."

There's a good reason for that to happen: A growing body of research suggests that creativity and artistic expression contribute to healthy aging. Creativity is linked to decreased stress, better cognitive health, self-acceptance and a sense of purpose. Gay Hanna, executive director of the [National Center for Creative Aging](#), observes that "art is spiritual and it's community building."

Co-housing with like-minded people, of course, only makes it easier to pursue your interests. "Aging in place and age-friendly communities are going to make it more

conducive for these informal groupings of artists and interest groups to form,” Hanna says.

PUTTING ART AT THE HEART

Emilie Parker, 64, is already doing it. She’s a sculptor and painter; her husband is a scriptwriter. “Fun for me is doing art and being around artists,” she says. “When I think of what I want to do with my life, artist co-housing is perfect. I don’t want to be alone, I want to be with my friends, and I want privacy, too. I want to share art every single day. I don’t want to have to go somewhere or do something to make it happen.”

That’s why Parker founded [Louisville Artists Cohousing](#) near Boulder, Colo. Together with eight other painters, musicians and fabric artists, she and her husband are looking for property on which to build 24 homes. Although a majority of the core group is over 50, the community will be multigenerational.

Like all co-housing, it will have private households and a large common area where people can dine together and watch movies or exercise. In addition, Louisville Artists Cohousing will have art-making spaces in the common area and each household will have room for a home studio.

The group hopes to find property that is zoned residential and commercial, in order to build an additional 6,000-square-foot of studio space where outside artists could hold exhibitions and teach classes. The fees for using the space would help defray building costs.

Although members are not required to be artists, they should be art-loving. “The things that I value will be the same things that my neighbors value,” says Parker. “Community is a good thing for everybody — you get to take advantage of everybody’s skills and talents — it’s a healthier way to live.”

Beth Baker, Aging in Place blogger

WHY WON'T YOU BE MY NEIGHBOR?

A third of Americans say they've never interacted with the people living next door.

Before moving out of my parents’ house, I had been living in the same neighborhood for almost 10 years. But if you were to ask me for the names of all the families next door, I couldn’t tell you.

Turns out that I’m not alone. Few Americans today say they know their neighbors’ names, and far fewer report interacting with them on a daily basis. Pulling data from the General Social Survey, econ-

omist Joe Cortright wrote in a recent City Observatory report that only about 20 percent of Americans spent time regularly with the people living next to them. A third said they’ve never interacted with their neighbors. That’s a significant decline from four decades ago, when a third of Americans hung out with their neighbors at least twice a week, and only a quarter reported no interaction at all.

In a separate 2010 survey by the Pew Research Center, researchers found that 43 percent of Americans know most or all of their neighbors. But nearly a third said they know none by name.

“There used to be this necessity to reach out and build bonds with people who lived nearby,” says Marc Dunkelman, a public policy fellow at Brown University who studied the shift in American communities for his 2014 book *The Vanishing Neighbor*. That was particularly true in the 1920s through the 1960s, when social tension ran high due to issues like the Great Depression and the Cuban Missile Crisis.

But things have changed. Dunkelman hesitates to give any one reason, but his working theory is that Americans today have limited social capital—time and attention—and more ways to spend it.

So it’s not that we are making an active decision not to talk with our neighbors. We just prefer to spend our precious time texting friends, Skyping family, chatting on online forums, or even spending time alone with Netflix. (Cortright’s report notes that we spend 19

Help Spread the Word!

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Forward it on!

hours a week watching TV, up from 10 hours in the 1960s).

The way cities or neighborhoods are designed also might have something to do with the decline in neighborliness.

“We live in more sprawling communities, where people are literally living further from one another,” says Cortright. In the 1950s, he writes, half of residents in the 20 largest metro areas lived in the principal city. Today, only 1 in 5 does.

Many have moved to suburbs, where living spaces have become more private. There’s been a boom in gated communities, which were designed to keep people of differing backgrounds out. And many spaces that brought communities together, like pools and gyms, have gone private. Plus, living in suburbs means we’re commuting more—alone.

All this means that Americans are growing farther apart and talking less with people who have different opinions.

But one of the very things that led to this decline in neighborliness may be key to reversing the trend: technology.

Dunkelman points me to a social networking site called Nextdoor. It’s like Facebook, but instead of connecting with existing friends, it connects you with people in the neighborhood. You can discuss community issues, ask for local recommendations, or even organize events with the people you see every day—something that the site’s founders felt was lacking

back when they created the company in 2011.

“People were relying on social networks more and more, but there was this huge gap,” says Nextdoor co-founder Nirav Tolia. “There wasn’t a social network targeting an absolutely essential community: the one in which we live.”

The website has gained popularity over past few years, attracting people in more than 70,000 neighborhoods across the country.

Read the complete article at:

<http://www.citylab.com/housing/2015/08/why-wont-you-be-my-neighbor/401762/>

NH START-UPS BET ON COMMUNITY REVITALIZATIONS THAT INCLUDE ACTIVE LIFESTYLES

Melanie Davis and Carmel Shea are both active users of the Derry Rail Trail. A few years ago, after a bike ride, they noticed there were no real options to relax, grab some healthy food, or just hang out with friends over a coffee near the trail. They had young children, were at a crossroads in their respective careers, so they decided to open The Grind Rail Trail Café on the Derry Rail Trail in April 2014 to fill that void. It turns out that bet-

ting on active living and good, nutritious food was a healthy business decision and they began turning a profit within months of opening.

According to Davis, “We opened right on the rail trail hoping that there were other people like us who would appreciate a fun place to be with family and friends, enjoy some healthy food, grab a cup of coffee and feel comfortable wearing their biking or cross-country ski gear. We were welcomed immediately. The response was overwhelming.”

The Grind Rail Trail Café, serves health-conscious food that is local and organic whenever available, as well as locally roasted organic coffee. It has not only gained huge popularity in the greater Derry area, it has been recognized statewide, receiving awards for best coffee shop from the Hippo, New Hampshire Magazine and WMUR.

Complete streets

Davis credits much of the café’s success to its location on the rail trail and noted that the sign and bike rack right off the trail really helped attract customers.

The Derry Rail Trail is a popular destination for locals and tourists looking for a safe place without vehicles to bicycle, walk, ski and

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snowshoe. It has eight miles of paved path running from Windham right into Derry's downtown. It's the longest paved section of the Granite State Rail Trail and plans to expand it to the Londonderry trail are in the works.

According to Will Stewart, president of the Greater Derry Londonderry Chamber of Commerce, the rail trail continues to provide economic stimulus, not just to The Grind, but to much of downtown Derry and surrounding communities.

He added that Derry is looking to add Complete Streets components, such as bicycle lanes and better crosswalks to make Broadway, the busy Route 102 connector that runs through the downtown, more walkable and bikeable.

"We want to help improve the built environment so that downtown businesses can benefit from pedestrians and bicyclists and feel confident about opening in Derry," Stewart said.

Derry is not alone in its efforts to support economic growth by capitalizing on people's desire to walk, bicycle and be more active.

In a presentation at the Oct. 12 HEAL NH Conference, Dr. Charlie French, program team leader of community and economic development at UNH Cooperative Extension, discussed the positive impact Franklin is experiencing as part of the planned revitalization of a city-owned tract of land along the Winnepesaukee River and unused mills to transform the area into a central attraction and economic hub.

According to French, four new businesses have opened, including Outdoor New England, a kayak and outdoor equipment store. One, which offers yoga classes, had a soft opening in mid-November, and had a grand opening on Jan. 1. Other downtown businesses that have opened over the past year include Franklin Clothing Company, the Central Sweets candy store and Franklin Studio, a volunteer-run coffee shop.

Property values

The good news is that there is strong evidence that these community efforts will pay off. According to Smart Growth America, a Brookings Institution study, real estate values increase as neighborhoods become more walkable.

Christopher Leinberger, co-author of the report, explained his find-

ings in a New York Times article: "There is a five-step 'ladder' of walkability, from least to most walkable. On average, each step up the walkability ladder adds \$9 per square-foot to annual office rents, \$7 per square-foot to retail rents, more than \$300 per month to apartment rents and nearly \$82 per square-foot to home values ... As a neighborhood moves up each step of the five-step walkability ladder, the average household income of those who live there increases some \$10,000. People who live in more walkable places tend to earn more, but they also tend to pay a higher percentage of their income for housing."

Local studies echo the Brookings report.

Another presenter at the HEAL NH conference, Semra Aytur, associate professor in the Department of Health Management and Policy at the University of New Hampshire, outlined the results of a New Hampshire study that found several health and economic benefits associated with active recreation spaces and walkable, bikeable communities. In addition to increased property values, she cited benefits that included stronger local economy, higher leisure-time activity, healthier workforce and "increased perceptions of happiness."

With no income or sales tax, New Hampshire relies heavily on property taxes. The direct association found between increased property values for communities that offer access to walking, bicycling, parks and other active recreation spaces – not to mention the health bene-

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.

fits – has important implications for our state.

Dozens of New Hampshire communities have adopted this forward-thinking approach to infrastructure, and, with the passage of Senate Bill 364 to study the feasibility of adopting Complete Streets at the state level, more Granite State residents may soon be walking or biking to a downtown startup coffee shop or doing yoga in a renovated mill.

Terry Johnson, Director of HEAL NH at the Foundation for Healthy Communities, NH Business Review, 12/9/16

News You Can Use

EMAIL SCAM

A new Gmail-based phishing scam is convincing even the most tech-savvy users into revealing their usernames and passwords to cybercriminals. If you use a Gmail account, be sure to see this article.

<http://www.lavasoft.com/mylavasoft/company/blog/latest-gmail-phishing-scam-is-very-convincing>

STYLISH BIBS FOR THE MESSY

BeBibs are fashion adult bibs that safeguard your clothes against the perils of the morning routine such as makeup, coffee or toothpaste. BeBibs are easy to wear over any outfit, offering protection from mishaps at any time of the day.

With a variety of fabric patterns and colors, BeBibs are designed to appeal to all ages. They are lightweight and machine washable.

They offer a convenient and fashionable way to ensure a spotless appearance all day long.

BeBibs make the perfect gift for a bride, daughter, wife, mother, grandmother, sister or friend. It is ideal for a teenager experimenting with makeup, for an older woman experiencing more spills while eating or for any woman looking to protect her clothing with a product that is fashionable, functional and fun.

www.bebibs.com

ACCESSIBLE PARKING REMINDER

With wintry weather now upon us, The New Hampshire Governor's Commission on Disability would like to remind you of the following:

- Accessible Parking Spaces must be cleared within 24 hours of snow.
- Access Aisles must be cleared within 24 hours of snow.
- Accessible Parking Signage must be replaced immediately after snow removal.

Obstruction of accessible parking spaces and access aisles carries a fine up to \$250 (RSA 265:74-a)

GSIL Advocacy Alert

FIND TRANSPORTATION SERVICES

Looking for transportation services in your area? Just go to <http://www.eldercare.gov/eldercare.net/public/resources/topic/Transportation.aspx> and you will find this simple locator:

To find transportation resources near you, start your search below.

REMARKABLE STUDY LINKS OPTIMISM TO LIVING LONGER

A new study conducted by researchers at Harvard University says health benefits of optimism include longer lives and stronger immune systems. It found that women who had an optimistic outlook were less likely to die from several causes, including heart disease, cancer, and infection. Prior research has shown the direct correlation between positive thinking and a lower risk of dying from heart disease, but this is the first time optimism has been proven to be associated with the prevention of death from other major illnesses.

Researchers acquired results for this study by analyzing data from more than 70,000 women enrolled in the nationwide Nurses' Health Study. Participants answered a group of survey questions about their health and mental state, and allowed themselves to be monitored for roughly eight years.

During this period, women who ranked in the top quarter for optimism had a 29 percent lower risk of dying from any cause during the follow-up period, compared

with those in the bottom quarter. According to the study, women who had positive outlooks had a 52 percent lower risk of dying from infection, a 39 percent lower risk of dying from stroke, a 38 percent lower risk of dying from heart or respiratory disease, and a 16 percent lower risk of dying from cancer.

Researchers made a point of controlling the study for factors such as pre-existing health conditions, which may have already affected a participant's life expectancy, depression, and health behaviors. Still, the most optimistic women proved to have a 9 percent reduced risk of dying compared to the least optimistic.

"While most medical and public health efforts today focus on reducing risk factors for diseases," Dr. Eric Kim, PhD, co-lead author and research fellow at the Harvard T.H. Chan School of Public Health explains in this Health.com piece. He continues, "Evidence has been mounting that enhancing psychological resilience may also make a difference. Our new findings suggest that we should make efforts to boost optimism, which has been shown to be associated with healthier behaviors and healthier ways of coping with life challenges."

zliving.com, 12/16/16

Health & Wellness

HOSPITALS AT HOME LAUNCH IN BOSTON

Dr. William Terry arrived in the emergency room with a high fever

and violent chills. When a suspicious spot turned up on his chest X-ray, doctors decided to admit Terry so they could provide intravenous antibiotics, track his vital signs, and be at his bedside.

But before wheeling him up to an inpatient floor, staff at Brigham and Women's Hospital brought him a small white envelope as part of a new study. A slip of paper inside contained a single word: home. With that, the Brigham set up the hospital room in Terry's home instead, complete with monitors, oxygen, and daily rounds.

As insurers and consumers struggle with ever-climbing hospital bills, the Brigham and Massachusetts General Hospital have launched programs that could seem counterintuitive: sending attending physicians, nurses and equipment into patients' homes as a way to reduce health care costs while still providing safe and reliable care.

While these pilot "hospital-at-home" programs bring the added expense of roving doctors and nurses, the hope is that they will reduce overall costs for insurers and patients by eliminating many hospital overhead charges.

Hospitals in several other cities have tested the approach and found that it not only costs less than inpatient care but that patients generally have lower infection and readmission rates and are simply happier.

Read more at:

<https://www.bostonglobe.com/metro/2016/11/10/hospitals-home-launch->

boston/z4AbEeQXUKVsmmPkKzo4J/story.html

EAT TO EASE JOINT PAIN

Painful, stiff, or swollen joints can make it tough to get through the day. Research shows that some foods can dial down inflammation and help relieve joint pain.

Here are eight foods that might help your aching joints.

1. **Salmon:** Certain types of fish are rich in oils called omega-3 fatty acids. These healthy fats block inflammation and help relieve the morning stiffness and joint tenderness associated with arthritis. Fish with the most omega-3 fats are salmon, tuna, herring, and mackerel.

2. **Cherries:** Cherries get their vibrant red color from anthocyanin compounds. These potent antioxidants can reduce inflammation. Some research shows that cherries protect against arthritis and help relieve arthritis symptoms.

3. **Quinoa:** Do you have celiac disease or gluten sensitivity? People with these conditions can develop joint pain if they consume wheat, barley, or rye. To avoid aching joints, choose quinoa and other gluten-free grains such as amaranth, rice, and millet.

4. **Olive Oil:** A staple of the Mediterranean diet, olive oil contains a substance called oleocanthal. Just like the anti-inflammatory drug ibuprofen, oleocanthal blocks COX-1 and COX-2 enzymes that trigger inflammation. This may partly explain how a Mediterranean diet lessens the joint pain and

stiffness associated with rheumatoid arthritis.

5. **Turmeric:** This golden yellow Indian spice has a slightly bitter taste. It's an important ingredient in curries and other Indian dishes. Turmeric contains the compound curcumin, which has been shown in animal studies to protect joints from inflammation.

6. **Green Tea:** Green tea is loaded with antioxidants called catechins. Laboratory studies show that one of these substances, epigallocatechin-3-gallate (EGCG), can protect joints from the type of cartilage damage that occurs in osteoarthritis.

7. **Broccoli:** Sulforaphane is a strong sulfur-containing antioxidant found in broccoli and other vegetables in the cabbage family. Sulforaphane suppresses cytokines, substances that ramp up inflammation. Animal studies have shown that sulforaphane can lessen joint inflammation and decrease the severity of arthritis.

8. **Whole Grains:** Whole grains—such as whole wheat bread, oatmeal, and brown rice—might help keep your joints healthy by reducing inflammation. In a study of overweight adults, those who switched from refined grains to whole grains for 12 weeks had much lower levels of C-reactive protein (CRP), a marker of inflammation.

https://www.healthgrades.com/right-care/arthritis/8-foods-that-relieve-joint-pain?cid=t6_outrss1

Tech Tips

3 REASONS WHY TWITTER MAY BE AN OLDER PERSON'S BEST FRIEND

Much has been made of the fact that social media often keeps us from getting out into the world and forming real relationships, but what if you can't get out into the world? What if your health keeps you homebound and Facebook doesn't work because your "friends" are more interested in what their grandchildren are doing than conversing with you?

Don't discount social media! Twitter is not just for hip, 20-somethings, but can actually be a great option for those *born* in 1920-something. Below are three reasons why Twitter might be a lonely senior's best friend:

1. You can interact on Twitter without having a single friend.

Think of Twitter as a great big, "Let's talk about what I want to talk about" program. Whatever your interest is — football, news, health concerns, etc. — just put a hashtag in front of it and let Twitter do the work.

Watching Tom Brady stage a big comeback? Enter #tombrady in the Twitter search field and suddenly you're not sitting home alone watching the game from your armchair, but standing in a full stadium of Patriots fans screaming from the sidelines. You can read other fan's tweets, "favorite" them (the social media equivalent of a high five) and jump in on the conversation.

Once you've found others whose interests match yours, it's a simple matter to click the "follow" button. Now their tweets will show up in your timeline — no waiting to be accepted.

2. There are real, active, Twitter communities based on just about everything, and you can join them.

Are you like the rest of us and watching #Scandal every week? Tweet your Olivia Pope observations along with thousands of other fans on Twitter.

Perhaps you're a big fan of Dancing with the Stars? Let #DWTS fans know you think @derekhough deserves a 10.

Using your retirement to write your memoirs? Then you definitely want to get connected with the ubiquitous #amwriting community.

There is literally a world full of people that you can find and connect with using Twitter, all without ever leaving your home.

3. Twitter gives you a voice!

Ever feel like no one is listening? That can be a very lonely feeling.

Twitter allows seniors to comment on news, politics, social issues — anything at all, in real time. Let the voters in your area know you think a certain politician should be reelected. Support protestors living across the globe. Contact your city officials and tell them where your tax dollars should be spent.

Think of Twitter as your "Letter to the Editor" in 140 characters or less. Twitter doesn't discriminate — it doesn't matter how old you

Contact Information For NH Members of the U.S. Congress			
Name	Mailing Address	Phone	E-Mail Contact Form
U.S. Representative Carol Shea Porter	1530 Longworth House Office Building, Washington, DC 20515	202-225-5456	https://shea-porter.house.gov/contact/email
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 Maggie Hassan	B85 Russell Senate Office Building, Washington, DC 20510	202-224-3324	https://www.hassan.senate.gov/content/contact-senator
U.S. Senator Jeanne Shaheen	506 Hart Senate Office Building, Wash- ington, DC 20510	202- 224-2841	www.shaheen.senate.gov/contact/contact-jeanne

are, where you live, or how much money you make, your opinion matters.

Use Twitter to make your voice heard.

With so many advantages, it's no wonder that www.sociallystacked.com reports Twitter has shown a 79 percent increase in the 55-to-64 age bracket since 2012. While many people are trying to spend less time on social media, for seniors, it's not only a way to engage with the world, it may be the only way.

Lisa Lewis Tyre, Huffington Post

AN APP FOR INSOMNIA

In Christopher Nolan's 2002 thriller "Insomnia," Al Pacino plays a detective who accidentally shoots his partner while trying to apprehend a suspect. His guilt, plus the never-setting Alaskan sun (that's where he's investigating the case), rob him of sleep, even when he's past the point of exhaustion.

But you don't need nagging guilt and the midnight sun to suffer chronic insomnia. Fully one-third of Americans have trouble falling or staying asleep! Luckily, there's a breakthrough treatment for

chronic insomnia, called CBT-I (cognitive behavioral therapy for insomnia).

The idea is to identify and replace negative thoughts and behaviors that contribute to poor-quality sleep with positive, sleep-inducing ones. And it works! Studies have consistently shown that CBT-I can help people fall asleep more easily, sleep longer and have a better quality of sleep. And it gets you off those sleeping meds, which can trigger all kinds of pseudo-awake, weird behavior and moods.

You even can do CBT-I by using an app in the comfort of your own home (although you can find a certified therapist and opt for a more personal touch). A few popular apps include GO!ToSleep (from Dr. Mike's Cleveland Clinic), Sleepio, SHUTi and Conquering Insomnia. They all help you identify underlying issues, such as poor sleep habits, stress or negative thoughts associated with bed, and then help you tackle these problems. While you have to be committed to finding a solution to your insomnia for CBT-I to work, if you are, you may be enjoying sweet dreams within a few weeks.

Michael Roizen, M.D. and Mehmet Oz, M.D. 1/17/17

Dollars & Sense

TAX TIME TIPS

You might be missing out if you stop with your 1040

In the face of ever increasing property taxes, make sure you look into local tax relief.

Many New Hampshire cities and towns offer exemptions and credits to the elderly, blind, disabled and veterans and widows of veterans. While the amounts of these exemptions vary widely across the state, almost all applications for property tax relief have to be filed during the period January 1 through April 15. Contact your local town government or taxing authority for more details on how your town handles these exemptions.

The Nashua town assessor's office will hold an informational session at the Nashua Senior Center on March 6. Contact the center at 889-6155 to reserve a spot. Your local senior center may also be

interested in sponsoring a similar event.

A statewide program providing some property tax relief to low and moderate income individuals can be accessed via the web at: <http://www.revenue.nh.gov/forms/exempt-credit.htm>. Click on “forms and instructions” then on “exemptions and tax credits” and then on forms PA-29 and PA-30.

This year’s forms will be available online after January 20. The program is operational from May 1 through June 30. The general amounts available range from approximately \$180 to \$300.

If you have any questions, some very friendly and helpful state employees willingly assist when you call: 603-239-5920.

WHY WE CLAIM SOCIAL SECURITY FAR TOO SOON

Over two-fifths of us take retirement benefits at 62 and, as a result, pass up getting 76 percent higher benefits (inflation-adjusted) by waiting till 70.

Passing Up 76 Percent Higher Benefits. That’s life. We can’t count on dying on time. But almost all of us do. As a result, far too many of us take Social Security far too early. Only 2 percent of Americans wait till 70 to begin claiming Social Security retirement benefits. How come? There are actually three reasons.

First, lots of people — about one fifth — are out of money and simply have to collect.

Second, Social Security tells us it doesn’t matter if we collect less

early or more late; on average, we’re told, we’ll end up with the same.

“So,” their staff says, “you might as well collect early.”

Third, we’re superstitious. Surely just contemplating long life will produce instant death, we think.

Let me address each of those three buckets: Those in the Bucket 1 have no choice. Relying on What Social Security Says Those in Bucket 2, who act on Social Security’s “on average” advice, however, are being badly misled.

When it comes to our finances, we can’t play the averages. Instead, we hedge downside risk by diversifying our investments and buying insurance. Social Security doesn’t get this.

But none of the people it serves is living a version of the movie *Groundhog Day*, where we get to die over and over again and, on average, die at our life expectancy. No, we get to die only once. And that once can be at 97 or later. My proof’s across the street.

Social Security also doesn’t realize that in giving us initial collection date choices, it’s selling Methuselah insurance — insurance against living a long, long time. Giving up benefits for eight years to get much higher benefits as long as you live is paying a price (an insurance premium) to get more money when you need it.

Dying is cheap. You die, the bills stop. Living, now *that’s* expensive. Each year is another year of housing, clothing and feeding yourself, not to mention medical

expenses. And, trust me, when you’re really old, you need money, lots of it — for the hearing aids, the dentures, the special glasses, the home health aides... — none of which is covered by Medicare.

So we can’t play the averages when it comes to insuring against lifespan risk any more than we can play the averages when it comes to buying homeowners insurance. We have to focus on the worst case scenarios — living too long and the house burning down.

Here’s my advice to those of you in Bucket 2: Social Security is the *last* place to go to learn about Social Security. Its 40,000 well-meaning, but severely under-trained, staffers are administering

a system with literally hundreds of thousands of rules. It’s perhaps the most complex institution bureaucrats have yet devised. And none of these 40,000 people have been told that they are selling Methuselah lifespan insurance and that getting people to buy it means encouraging them to collect at 70, not as soon as possible.

Advice for the Superstitious

What about those in Bucket 3, who are too scared to wish their wishes? There are lots of these folks who have talked themselves into their worst fear. They say things like: “My parents died young. I’ve got their genes.” Or “The money’s right there for the taking. And I’m going to take it now while I still can.”

Raise Your Voice!

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

engagingnh@gmail.com

For people in Bucket 3, please realize that, financially speaking, early death is salvation. Late death is penury. So believing you will die young and acting on that belief when it comes to collecting Social Security is jinxing yourself for sure.

Laurence J. Kotlikoff, Social Security expert

Editor's Note: Discuss this article with your financial or tax advisor before you make any final decisions regarding what is best for your personal situation.

RATES JUMPING FOR LONG-TERM CARE INSURANCE

The Massachusetts Division of Insurance has negotiated rate increases of up to 40 percent spread over four years with more than a dozen long-term care insurance companies in an effort to stabilize the troubled and shrinking market for this coverage.

The state's top insurance regulator took the unusual step Friday of approving rate increases at once for 16 companies providing coverage to nearly 55,000 state residents. Most existing policyholders will see rates increase 10 percent a year for the next four years.

Most insurers had requested much higher increases — some as much as 300 percent; some of the requests were on hold for years as state officials grappled with how to address consumer shock over the accelerating costs for insurance used to pay for nursing homes, home health care, and assisted living.

The insurance was designed to fill the gap between Medicare, which covers short-term rehabilitation and recovery services, and Medicaid, the program for the poor that pays for long-term care after a senior exhausts assets and meets income requirements.

The insurance was pitched to baby boomers worried about paying for care. But in recent years, rates have risen rapidly, in part because insurers misjudged the market initially: prices were too low in the early years, and people are living longer and using more care. They also overestimated how many people would drop their plans before collecting benefits.

Insurance companies also expected to earn much more in interest on premiums they invest to pay future claims.

State regulators across the country are faced with difficult decisions about whether to approve premium increases, said Al Norman, executive director of Mass Home Care, a network of nonprofit agencies.

"The division is trying to thread the line between unhappy consumers and an unhappy insurance company," Norman said. "And the

whole product is getting tarnished."

Read more at:

<https://www.bostonglobe.com/business/2017/01/20/rates-jumping-for-long-term-care-insurance/oDr2OuUQ47U0QzjW1ctrqI/story.html>

Laugh & Live Longer

CARING NURSING HOME

With their ailing mother needing constant medical supervision, a family decided to bring her to a very expensive and caring nursing home for a day to try it out.

The next morning, the nurses bathe her, feed her a tasty breakfast, and set her in a chair at a window overlooking a lovely flower garden. She seems okay but after a while she slowly starts to lean over sideways in her chair.

Two attentive nurses immediately rush up to catch her and straighten her out. Again, she seems okay but after a while she starts to tilt to the other side. The nurses rush back and once more bring her back upright.

This goes on all morning, with the dedicated nurses making sure the old woman doesn't fall. Later, the family arrives to see how she was adjusting to her new home.

"So Ma, how is it here? Are they treating you all right?" they ask.

"It's very nice," she replies. "Except they won't let you break wind."

DON'T MESS WITH SENIORS

An older lady decided to give herself a big treat for her 70th birthday by staying overnight in a really nice hotel. When she checked out the next morning, the desk clerk handed her a bill for \$250.00.

She demanded to know why the charge was so high.

"I agree it's a nice hotel, but the rooms aren't worth \$250.00 for just an overnight stay! I didn't even have breakfast."

The clerk told her that \$250.00 is the 'standard rate', and breakfast had been included had she wanted it. She insisted on speaking to the Manager. The Manager appeared and, forewarned by the desk clerk, announced:

"This hotel has an Olympic-sized pool and a huge conference center which are available for use."

"But I didn't use them," she said.

"Well, they are here, and you could have," explained the Manager.

He went on to explain that she could also have seen one of the in-hotel shows for which they were so famous.

"We have the best entertainers from the world over performing here," the Manager said.

"But I didn't go to any of those shows," she said. "Well, we have them, and you could have," the Manager replied.

No matter what amenity the Manager mentioned, she replied, "But I didn't use it!" - and the Manager countered with his standard response.

After several minutes' discussion, and with the Manager still unmoved, she decided to pay, wrote a check and gave it to him.

The Manager was surprised when he looked at the check.

"But madam, this check is for \$50.00."

"That's correct I charged you \$200.00 for sleeping with me," she replied.

"But I didn't!" exclaimed the very surprised Manager.

"Well, too bad, I was here, and you could have."

SETTING EXPECTATIONS

A former Marine took a new job as a high school teacher.

Just before the school year started, he injured his back. He was required to wear a plaster cast around the upper part of his body.

Fortunately, the cast fit under his shirt and wasn't noticeable.

On the first day of class, he found himself assigned to the toughest students in the school.

The smart-aleck punks, having already heard the new teacher was a former Marine, were leery of him and he knew they would be testing his discipline in the classroom.

Walking confidently into the rowdy classroom, the new teacher opened the window wide and sat down at his desk. When a strong breeze made his tie flap, he picked up a stapler and stapled the tie to his chest.

Dead silence... The rest of the year went very smoothly.

Purposeful Living

Riverside Rest Home nominated Constance "Connie" Harris for the 2016 Joseph D. Vaughan Award for Sullivan County.

Connie is a remarkable woman who lives here at Riverside. She is truly admired and respected by staff members and her peers. She is a woman of integrity and compassion, always putting the needs of others before her own.

Connie has served as the Resident Council President for the past four years. She is continuously elected by her peers to serve as their advocate and voice. She raises awareness of those in need within the facility and extends her generosity to the community as well. She has partnered with staff to organize several donation drives benefitting local charities including animal shelters, soup kitchens and homeless shelters.

She is an integral part of facility fundraising, donating not only her ideas and time, but craftsmanship as well. Connie makes many quilts and crocheted items to sell at raffles and the annual craft fair.



Connie Harris

Connie inspires others to get involved. This is perhaps best represented in her success of acquiring a new

bus for the facility. Connie highlighted the importance for herself and fellow residents to have a means of traveling into the community. Seeing that one of the Riverside vehicles was close to retirement and would soon no longer be fit to do that, Connie started the new bus campaign. She started off small selling “paper buses” in the lobby of Riverside and organizing back sales and car washes. It was her passion towards the project that allowed it to grow, rallying the support of local businesses and organizations.

In the end, Connie helped raise \$15,000 towards the cause. Word of mouth had travelled and an anonymous donor gave a generous grant to make up the rest of the cost. Connie’s vision turned into a reality for her fellow residents.

But she didn’t stop there. Connie was actively involved in designing the bus with the administration, making sure that the final product fit all the needs of the residents. Features included bariatric list to accommodate larger wheel chairs, fold up seats for more wheel chair spaces, climate control for hot summer months and cold winter days, and a wider set of stairs so

staff can more safely help residents board. In May 2015, the new bus was christened in a ceremony that included the County Commissioners and State Representative Catherine Cheney. Connie cut the ribbon.

For Connie, the work is never done. She is already tackling a new endeavor, working with a group of residents and volunteers to create bereavement quilts for each of our six units. She has an unyielding devotion to the Riverside Rest Home community.

Board Notes

AGING IN PLACE

Our Guest Article, *Thinking Outside the Box*, makes a very important point about successful models for aging in place:

Out of The Box is recognizing that success really comes from interdependence. Though we idealize independence, the reality is that family, neighborhoods, community, services and networks are the foundation underlying individual success at every age — including healthier, dignified and economical aging.

Community supports are necessary resources for self-reliance.

This last statement is particularly true in New Hampshire which does not have an Agency on Aging or even a Commission on Aging. There is no State initiative to plan for our aging population.

There has never been a plan to incentivize infrastructure building of supportive services. Instead, a few

for-profit services have included sliding fees or accepted Medicaid payment. Further, these services companies are not monitored for quality with information for consumers. Combine these facts with a workforce shortage and we definitely need to think outside of the box. As we find increasing demands on Communities to respond locally to needs, it becomes critical that we envision community as reflective of and valuing all individuals.

In the midst of the above problems, we have a bright spot. Southern NH Regional Planning Commission has a grant from Tuffs Health Plan Foundation and others that intends to develop training materials for building age friendly communities. Recently, SNHRPC staff took a proposed survey tool to a community stakeholder group to get input. The response was remarkable in two respects: the audience was very diverse, not your usual provider dominated group; and the Millennial participants brought their perspective and technology skills to improve the proposed survey. But perhaps the most important point was the sense of community, and respect for varying needs and perspectives without segregation and labels.

This interaction is so positive given the constant daily news we get about how polarized we have become. But then, think back of the crowds 74 year old Bernie Sanders drew in. No aging bias there.

Think back on the Board Notes from last month when we talked about restoring New Hampshire

ENH NEWSLETTER-FEBRUARY 2017

values and our history of lending a hand. Now more than ever, we need to look to one another, appreciate our diversity, share our creativity and successes, build on community and celebrate interdependence.

EngAGING NH
9 Gleneagle Drive
Bedford, NH 03110

ADDRESS CORRECTION
REQUESTED