



A Citizen Voice for the
Aging Experience

ENGAGING NH NEWS

GUEST OPINION:

What Wisdom Will You Pass Along?

Valerie Testa Almquist

I can recall the curiosity my boys displayed as toddlers when pointing at objects they didn't recognize. My older son would always ask twice, "What's that? What's that?" My younger son would go for the record asking, "Why?" As soon as an explanation was given, he'd throw at us another, "Why?"

Between my late twenties and mid-forties, I was able to answer their difficult homework problems with ease.

Watching a quiz show the other night, it occurred to me there's a lot of information not stored in my memory bank. Perhaps the information was never deposited in the first place. These topics were never taught to me, and I didn't have enough of an interest to seek out the material.

Another explanation is life continues filling my brain with more important details and experiences from which I seek solutions during challenging times. I've made it close to fifty-eight years dealing with life's ups and downs, solving and preventing problems at home and work, raising children and managing a home. Is recalling a multitude of facts about a myriad of subjects

*Real strength comes from
your head and your heart*

on a quiz show the same as possessing wisdom?

Lately, I've been researching my ancestors and learning from their journeys. My great-grandparents, and both grandfathers immigrated to America; the men began working as laborers. The highest level of education attained by one of my grandfathers was 7th grade. In his golden years, he went on to become a supervisor at a major automobile company. He was a very bright man, learned quickly and devised solutions to many problems. He demonstrated how

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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.

potential, ingenuity and invaluable experience increases with age. His wife lived to 103-years-old; her faith impressed me most. Although she lost her mother as a young girl, and her only son when he was three, my grandmother prayed the Rosary daily. When she was 82-years-old, I had surgery and remained in bed for three months. She stayed with me during the day keeping my spirits up, emptying my bedpans, and serving meals. Her knees were swollen from arthritis, but she cared for me proving strength transcends age because it comes from the heart. A lesson imbedded in my memory, which I pass along.

Why in my fifties is this need to learn about my ancestors so important? I'm a spiritual person and believe their energy, or spirit, remains with me. It's unfortunate I didn't ask my

grandparents more questions when they were alive. What was it like for their families immigrating here in the early 1900s?

How did faith impact their lives? Why did their families choose to settle in Newark, New Jersey? The strength and wealth of information stored inside these gems are priceless. Like precious jewels, their brilliance and value increased with age. From their economically impoverished beginnings, they eventually purchased homes and made the American dream a reality. Academically, none of them completed more than 8th grade; yet, the wisdom they possessed was beyond anything taught in school. I hope my sons, now young men, will remember me as someone who demonstrated strength, shared wisdom, expressed the importance of love, humor, faith and hope they can embrace

when dealing with problems not found in textbooks.

"Stomper, you may not know big words, but you're smart and strong inside. My mother always says real strength comes from your head and your heart. Anybody can learn big words, but not everybody is wise like you."

Valerie Testa Almquist is an author, educator, comedian, mother, wife, and daughter. She performed stand-up for the first time when she turned 50, published her first book at 57, and by no means is this list complete. As the number of candles on her birthday cake increases, so will her goals.

NH Updates

HONORING THE LEGACY OF CAROL DUSTIN

Carol Ann (Whyte) Dustin, 80, who served as an advocate for older citizens for more than 40 years, recently passed away.



Carol grew up in Rutland and in Lancaster, NH. She graduated from Rutland

High School and attended the University of New Hampshire before pausing her education to marry Clarke Page Dustin in 1957. Once their four children were old enough to look after themselves and one another, Carol resumed college, completing her Bachelor of Science in Social Work at the University of New Hampshire and then earning a Master of Social Work from the University of Connecticut.

Carol lived a life of passionate service to others, from her early days as a volunteer founder and orchestrator of the now-annual Alice Peck Day Ladies' Auxiliary Antique Show, and as a dedicated volunteer educator at Planned Parenthood. Later, as a professional, she devoted herself to advocating for aging adults.

From 1977 to 1984 she was a social worker for the White River Council on Aging, advocating for individuals and families and matching them with healthcare, counseling and other services; later, as Acting Director of the Senior Center there, Carol wrote and received her first grant - from the Bugbee Foundation - to build the T.D. Bugbee Senior Center. Envisioning programs and

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

facilities to enable older citizens to remain independent and active in their communities, and marshaling funds to support this vision, would become an important theme of her leadership.

In 1984, Carol became the Executive Director of Grafton County Senior Citizens' Council. She served in that role until her retirement in 2003, working tirelessly to establish programs, services, supports and spaces

- including construction, renovation and creation of a host of senior centers throughout Grafton County. Not one to take credit for all she accomplished, she tackled whatever project she was involved in with attention to detail and dedication.

After retiring as Executive Director, Carol returned to GCSCC in the role of Caregiver Specialist for Service-Link and later as a social worker at the Mascoma Senior Center, retiring for the second time, in 2016. During this time, she was also a member of the Board of Directors of EngAGING New Hampshire and volunteered for Hospice. Above all, Carol was an advocate for people as individuals and in community.

In addition to her work for GCSCC and the State of New Hampshire, Carol served the City of Lebanon for many years as a member of the Planning Board and later, as an elected member of the City Council. One of her many projects in that role was restoring Lebanon's (once known as the City of Fountains) historic fountains.

Carol's family was both her foundation and a great source of joy. She and

Clarke were married for 61 years and their time together and with their family was a priority. Carol took great pride in the growth and development of her beloved children and grandchildren and treasured time with each of them.

Beyond her family and devoted career in public service, Carol loved reading, art, music and travel. She and Clarke regularly attended concerts in the Upper Valley and traveled to visit galleries and museums. An accomplished knitter and quilter throughout her life, in later years Carol also returned to sculpture-making, taking many classes at the home and studio of Augustus St. Gaudens in Plainfield, NH, and working in a small studio at her home.

NEW FUNDING OPPORTUNITY

There is momentum in Massachusetts, New Hampshire and Rhode Island to create stronger communities for all generations. By fostering new ideas and engaging organizations, businesses and agencies inside and outside the aging sector, Tufts Health Plan Foundation hopes to advance the movement to

make our cities and towns livable for all ages.

Communities often find it challenging to secure resources to support early-stage initiatives and innovative efforts. The Foundation created the Momentum Fund to address this gap.

The Momentum Fund offers smaller investments that energize innovation to support communities pursuing and/or advancing age- or dementia-friendly efforts.

Goals of the Momentum Fund

- Foster community-led approaches focused on embracing and implementing age-friendly and dementia-friendly efforts.
- Support innovative initiatives addressing the needs of older people who want the opportunity for greater health in their community, especially those focused in underrepresented communities and/or addressing inequities.
- Create opportunities for collaboration among older people, the organizations that serve them and other sectors.
- Ensure older people and those who support them are actively engaged in the solutions identified in these grants.

- Share learning and insights across communities in Massachusetts, New Hampshire and Rhode Island.

The Momentum Fund supports grants of up to to \$10,000, (\$100,000 for each State).

Applications are due Sept.20, 2018 awards begin Nov. 1.

<http://www.tuftshealthplanfoundation.org/pdf/MomentumFundGuidelinesFinal.pdf>

From Our Readers

REGISTRATION NOW OPEN FOR NH SENIOR GAMES!

“We’re excited to announce that we are now accepting registrations for the 2018 New Hampshire Senior Games. Starting later this month with our Candlepin Bowling Tournament and ending on Labor Day with a 5k road race, we’ll be offering 17 different events throughout NH over the next three months.

Now celebrating its 31st year, the games provide a blend of competitive sports and social interactions for active older adults. Their slogan - ‘where fun and fitness meet’-

WHO IS MY LEGISLATOR?

Use this quick link to find and contact your local State Rep and Senator:

<http://www.gencourt.state.nh.us/house/members/wml.aspx>

Visit your town or city's website to find contact information for your local elected officials.

Tell them your ideas, thoughts & concerns!

Sports and events include: Archery, Badminton, Basketball (3 on 3), Bowling (Candlepin and Ten pin), Cornhole (bean bag toss), Disc Golf, Golf, Pickleball, Power Walking, Race Walking, Racquetball, Road Race (5k), Shuffleboard, Swimming, Table Tennis, Tennis, and Track and Field.

To learn more or sign up for the 2018 games, please visit NHseniorgames.org.

Chris Dugan, Director of Community Relations

NH PARENTAL SUBSTANCE ABUSE

The Carsey Institute of UNH has released a report on parental substance abuse. The brief examines parental substance use and who cares for children when their parents cannot.

It uses data from the New Hampshire Department of

Health and Human Services' Division for Children, Youth, and Families (DCYF) Results Oriented Management and the Statewide Automated

Child Welfare Information System (NH Bridges), and the American Community Survey (ACS).

To download the report: <https://carsey.unh.edu/publication/parental-substance-nh>

BE A LEADER

The NH Alliance for Healthy Aging (NH AHA)

A statewide coalition of stakeholders focused on the health and well-being of older adults in New Hampshire is seeking new participants for its Steering Committee.

"Energy and passion for creating communities across NH where older adults are offered a wide range of choices to advance health, independence and dignity is all it takes to get involved. Whether you are young or

old, working or retired, we believe you can help."

<http://nhaha.info/contactus>

The State Committee on Aging

With the mission of advocating on behalf of ALL NH Older Adults on issues you face daily, SCOA is seeking representatives for Belknap, Carroll, Grafton, Merrimack and Stafford Counties. Contact Ken Berlin, Chair at, kaberlin@comcast.net

HOUSE BUDGET PLAN TARGETS MEDICARE AND MEDICAID

House Republicans unveiled a 2019 budget proposal that would balance the federal budget in nine years—largely by significantly cutting and fundamentally restructuring Medicare and Medicaid.

This approach is not unexpected. Lawmakers were clear that after passing a costly tax bill that drives up deficits, they would use these higher deficits to justify cuts to programs like Medicare.

In the House budget resolution, they are keeping that promise: the budget would end Medicare and Medicaid as we know them.

In addition to cutting \$537 billion from the Medicare program over t10 years, the House plan would transform Medicare into a 'premium support system,' in which Medicare's guaranteed, earned benefit package would be replaced with a fixed-dollar amount (or voucher) that beneficiaries would use to purchase health insurance. This shift would put the 59 million older adults and people with disabilities who rely on Medicare's promise of affordable, comprehensive health care at risk of higher costs, fewer coverage options, and greater uncertainty.

The House plan would also jeopardize eligibility and benefits for the 74 million Americans with Medicaid—including nearly 12 million low-income Medicare beneficiaries who also rely on Medicaid for critical health care services. The budget would end their guaranteed

coverage by transforming Medicaid's open-ended financing system into a per-capita cap or block grant, severing the federal-state partnership on which the program was built, shifting costs and risks to states and, ultimately, to people who need and provide services. The budget's changes would cut Medicaid and other health programs by \$1.5 trillion over the next decade.

The budget also lays the groundwork for lawmakers to try once again to repeal the Affordable Care Act through the fast-tracked, filibuster-proof reconciliation process, and recommends changes to Medicare Part D that would increase out-of-pocket costs for some beneficiaries. It also proposes adding work requirements in Medicaid and SNAP, and would cut Social Security by \$4 billion.

Since this is an election year, the plan is not expected to get much traction. The House may vote on the plan next week, but its adoption is not guaranteed. The Senate is unlikely to advance a budget resolution or take up the House version prior to the November elections. However, the budget process could be used by lame-

duck lawmakers to push through priority, party-line items later this year.

Despite its uncertain fate, this budget resolution nevertheless serves an important role by outlining Republican House leaders' fiscal priorities and goals for future legislative action. It is incredibly troubling, then, that the budget seeks deep cuts to programs critical to the health and economic security of older adults and people with disabilities—including Medicare, Medicaid, and the Affordable Care Act. We urge lawmakers to reject this flawed approach and to instead pursue policies that prioritize the health and well-being of all Americans.

*Medicare Rights Center,
6/21/18*

Focus on Community

THE WOW FACTOR

We commit a great social injustice by failing to recognize and accept the variety of ways to be a child, or a teen, or a middle-aged adult...or an old person.

"Wow!"

That's the word I'm hearing us adults say most often these days regarding the wave of activism led by many teenagers and Millennials in their efforts to

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Forward it on!

impact social and political policy. We're highly impressed by their passion, integrity, and organizational skills -- in short, with their...maturity.

But what do we really mean when we say that word? Aren't we actually assuming that the mature behavior these cohorts display is exceptional rather than typical? And is that because we have a very narrow view of the capabilities of a young person?

It's funny, but people use the same word when reacting to older adults who do what they consider to be exceptionally youthful (or at least middle-aged) things, such as run a marathon, sky-dive, bungee-jump, or climb a mountain. "Wow!"

There's a strange pattern here. We're surprised by young people who display what we consider to be the kind of sophistication and wisdom that we associate only with experience and age, as well as by elders who display the physical stamina, prowess, and productivity of people dec-

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

County	Name	Email
Belknap		
Carroll		
Cheshire	Susan Emerson	semerson435@aol.com
Coos	Mark M. E. Frank	maxfra@aol.com
Grafton		
Hillsborough	Kathy Baldrige	kathy@lifetimeliquidations.com
	Ken Berlin, Chair	kaberlin@comcast.net
Merrimack		
Rockingham	Nancy Formella	naformella@gmail.com
Strafford		
Sullivan	Mary Catherine Rawls	Mary.catherine.rawls@hitchcock.org
NH Senate	Ruth Ward	ruth.ward@leg.state.nh.us
NH House	James McKay	james.mackay@mygait.com
Website:	http://www.dhhs.nh.gov/dcbcs/beas/aging/	

ades younger. It's as if to be young means only to be strong and to be old means only to be wise. (At this point, it's worth stating the obvious that not all young people have the same physical abilities and not all old people are equally wise.)

Five years ago, Dr. Bill Thomas about a particularly insidious word, "still," which, while it is usually used to praise active older adults, actually diminishes the concept of aging in its

entirety. He wrote, "We live in an age when older people are deemed worthy only to the degree that, in their thoughts and actions, they resemble young people. This ethos is very rigidly applied and we all know what happens to older people who can't still do the things that adults are supposed to do. They disappear."

Let's consider this disappearing act that our culture imposes on the old. It's based on two fears. The first is the fear of death,

for which old age is the most common precursor. The second is the collective fear of an inevitable, cumulative state of deterioration that we mistakenly attribute to aging. When we assume that all older adults are destined to have stooped postures, cognitive decline, poor eyesight or hearing, slower reaction times, etc. (false assumptions, by the way), we assume that fate for ourselves and fear it.

Needing to ease our minds, we resort to a number of strategies to avoid identifying with our future selves and thus seek to distance ourselves from that scenario. We tell ageist jokes, we avert our gaze as we pass elders on the street, we don't think of including old people in our social activities or policy making efforts. We erase older adults from our social landscape.

What we lack because of this second fear is a more complete, realistic understanding of what it is to grow old. Increased life experience and several significant positive changes in the brain actually help improve older adults' emotional well-being and can promote greater flexibility, resilience, and a more sophisticated perspective on life. Whenever we apply a

"Wow!" factor to older adults based on our assessment of how closely they resemble much younger people, we fail to appreciate the complexity and richness of many others who may not be able – or may not choose -- to run a marathon, climb a mountain, work full-time, or even physically resemble someone 40 years younger.

We commit a great social

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injustice by failing to recognize and accept the variety of ways to be a child, or a teen, or a middle-aged adult...or an old person.

Of course, we should always be excited by and supportive of the efforts of others. But to do this in a realistic and fair way, we need to see one another as individuals rather than as examples of a successful or unsuccessful way to live out a certain age. We must

remove the factor of age out of any equation expressing the achievements of a human being.

For me, it's a matter of having a simple hope. I dream that someday we'll be living in a pro-aging society that understands that all kinds of people at all kinds of ages do (or not do) all kinds of things, a society that promotes their right to live however they choose to live. Maybe someday our "Wow" responses will be replaced by "Ho-hum" ones.

Wow. Wouldn't that be something to achieve?

Jeanette Leardi is a Portland, Oregon, writer, editor, and community educator who has a passion for older adult empowerment and finds special personal fulfillment helping Boomers and older generations identify and share their wisdom with others.

THE QUEST UPSTREAM

Carol Woods believes there is an alternative approach to segregated and locked memory care units. While Resisting the growing segregated memory care trend, Carol Woods believes each community member has the right to live freely in the manner and place of their choosing.

Community members of Carol Woods Retirement Community recently reaffirmed their values and deepened their commitment to inclusion through a new research initiative, *The Quest Upstream: Carol Woods' Journey to Support the Inclusion of People Living with Dementia and the Well-Being of All Community Members*.

With an intentional turn away from biomedical understandings, reactive interventions and discrete programs, Carol Woods recently launched a project that aims to take the care and support of persons living with dementia upstream – to a place where well-being is proactively nurtured and the right to live freely is protected and maintained.

Core to this quest is the understanding that everyone within the circle of care needs to achieve a sense of well-being, and the belief that the distress a person living with dementia might express is not an inherent result of dementia (i.e., so-called “dementia behaviors”) but communication of an unmet need.

Working in partnership with Dr. Jennifer Carson (research assistant professor, University of Nevada, Re-

no), and guided by participatory action research, *The Quest Upstream* has two aims:

- to better understand and document the organizational and community requirements of inclusive living, support and care for residents living with dementia; and
- to collaboratively explore and document additional ways to better support the inclusion of residents living with dementia and the well-being and of all community members.

Our goal overall is to raise awareness, challenge traditional thinking and approaches to dementia care and support and offer an alternative that is more humane and life affirming.

We invite you to follow our learnings from The Quest Upstream through our monthly blog posts at <https://changingaging.org/dementia/the-quest-upstream/>

RAISE YOUR VOICE!

Please let us know what's on your mind and what's important to you.
engagingnh@gmail.com

News You Can Use

NEW MEDICARE CARDS

The new cards are being mailed in waves and NH is scheduled to begin in July. REMINDER: the cards are free and will be mailed to you. There are many scams out there asking for you to confirm your personal information or saying there are form requirements. Be on the alert.

SECOND JOURNEY

The Archive of "Second Journey," the online quarterly edited by Bolton Anthony, contains many articles of interest about conscious aging.

<http://www.boltonanthony.com/Itin.htm>

AGEISM

"Regardless of our date of birth, we are all entitled to be treated as individuals, with respect and attention. We deserve the opportunity to express ourselves, to be addressed directly and not through a third party—well-meaning though they may be. None of us would choose to be marginalized or disenfranchised; why would we allow it to happen to our older adults?

How do we begin to fight ageism? By calling it when we see it, in ourselves and

in others; by thinking about the way we treat older adults, including the way we interact and the language we use. We are all individuals, regardless of age and ability. We need to remember that and to help others remember it as well."

Carol Silver Elliott, president/CEO of The Jewish Home Family

"Let's change the conversation about aging to show that it is simply part of our life journey, full of choices, opportunity, and joy at every age.

LeadingAge.org

REFRAMING AGING: GROWING "OLD AT HEART"

Describing aging as "building momentum" helps people see how experience and wisdom enables older people to improve their communities.

"Harvard researchers reverse aging in mice, study suggests." So proclaims a recent headline about a successful effort to improve the health of older mice. The story—one of many about the study that use the phrase "reverse aging"—betrays one of American culture's deepest assumptions: that aging is

We Want You to Know . . .

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

We actively partner & work with other NH advocates.

Formal Partnerships

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

Active Collaborations & Groups:

- Elder Rights Coalition

Other Groups we work with:

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

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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.

bad and something to fight against.

The negative lens through which American society sees aging causes all kinds of problems. The challenges that can accompany aging, such as health issues, loom large, while the benefits of aging—the skills, knowledge, and wisdom we acquire as we age—fade into the background. And because we treat our aging as something to fight rather than embrace, many of us even become alienated from ourselves as we get older.

As a result of these ingrained ways of thinking,

we fail to take full advantage of older people's valuable insights and abilities. Worse, these attitudes lead to injustice. Ageism—discrimination based on age—is widespread; yet it typically goes unnoticed and unchallenged in employment, health care, and other parts of life. We need only look at mandatory retirement policies to underscore the point. Decades ago, Congress banned employers from forcing people to retire at a certain age, but the law does not cover all workers.

Many Americans think of aging as deterioration, decline, and dependency, according to research conducted by the Frameworks Institute. This assumption is so deeply embedded in American social and cultural life that many people rarely notice it. But when we start looking, we see it everywhere.

We see it in birthday cards that joke about being "over the hill." We see it in the profitable industry of "anti-aging" creams—a market estimated to reach a value of \$66 billion over the next five years. We see it in our own talk as we get older and mock ourselves for struggling with new technology or being out of

touch with pop culture. Why do we tell our kids it's rude to ask older people how old they are? We take for granted that age is an embarrassment that people wouldn't want known or highlighted.

We talk about "fighting" or "battling" aging, a metaphor that both reflects and perpetuates the idea that aging is bad. Even supposedly positive attitudes toward getting older, like the ideas that older people can be "forever young" or "young at heart," betray a deeper underlying antipathy. When we say that older people are "young at heart," we're unwittingly expressing a preference for youth over age. Have you ever heard anyone say they want to be old at heart?

An example from research illustrates the point. In focus groups conducted by FrameWorks, researchers found that participants, no matter their age, never identified as "older" people. Participants always thought of "older people" as "them," not "us." This shows the depth of Americans' aversion to aging—and how this aversion injures our very self-conception as we make our way through life.

Tests that measure levels of unconscious bias (known as implicit association tests) consistently show that Americans hold deep unconscious bias against older people. We might deliberately pass over an older job candidate because we believe that “old dogs can’t learn new tricks.” Or, we might hire a younger, less experienced job candidate instead of the older, more experienced one—but not realize or admit why.

The good news is that if we change how we talk about aging, we can, over time, change how we think about it and act in response.

In 2015, FrameWorks teamed up with the John A. Hartford Foundation, eight other foundations, and seven leading aging-focused organizations to reframe aging. The project, which included not only the focus groups mentioned above but a wide range of research with over 10,000 total participants, identified empirically tested strategies to reframe aging that have the demonstrated power to change public thinking.

To cultivate more positive thinking about aging, we

HELP!

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

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

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

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

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

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

need a new metaphor for aging that can dislodge the entrenched “battle” metaphor. We found that comparing aging to a process of “building momentum” changes how people understand aging and helps them see how the force of experience and wisdom enables older people to improve their communities. By casting aging as a dynamic and forward-moving process and emphasizing the accumulation of “force” and “energy”—the momentum we gain as we age—we can help people see aging in a more positive light.

Research shows the metaphor’s power. Researchers drove the dialogue in new directions when they used the metaphor in conversations with individuals and groups. In interviews with research participants, researchers explained aging as a process of gathering momentum “through the build-up of experiences and insights,” which can “add power and force to moving our communities forward.” When participants heard this language, they were more likely to see the positive aspects of aging and the value of older people in our society.

In an online survey experiment, people who read passages including the metaphor expressed more positive attitudes about aging than those who weren't exposed to the metaphor. Perhaps most important, our research found that the metaphor reduces people's implicit (or unconscious) bias against older people.

To determine whether the momentum metaphor can change these attitudes, FrameWorks conducted an experiment: Researchers asked some people to read a short paragraph that included the metaphor and then take an implicit association test); others read a short unrelated article that didn't touch on aging and/or a brief, neutrally framed article about how the US population is aging and took the same test.

We found that the metaphor reduced implicit bias against older people by one-third in comparison to the group that read an unrelated article. The neutrally framed article about aging, by contrast, did not have any effect on bias. The metaphor's ability to move unconscious, deeply entrenched attitudes suggests advocates can use it to reduce unintentional bias.

The momentum metaphor opens space for recognizing that discrimination against older people is grounded in unwarranted prejudice, but we need more than metaphor to make ageism visible. We need examples and values that bring ageism clearly into view and make it salient and relevant.

We found that talking about discrimination in the workplace and health care led people to reexamine how American society

**LOOKING FOR A BACK
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treats older people. And we found that framing the need for change around the value of justice helps people see the systemic nature of ageism and support the kinds of policies and practices that address it, such as stricter enforcement of laws banning discrimination against older people in the workplace.

National aging-focused organizations, such as AARP and Encore, and local groups such as LiveOnNY and the San Francisco De-

partment of Aging and Adult Services have adopted these framing strategies. Advocates report that they have helped garner policymaker support for issues related to aging, secure larger budget appropriations for aging-related programs and services, and spark interest and involvement among the general public in aging initiatives.

To eliminate ageism, we must unravel it from the fabric of American culture. This requires telling a different story about aging. Ageist attitudes run deep and won't disappear overnight. But if citizens and advocates and, eventually, journalists and policymakers begin to talk differently about aging, we'll come to think about it differently, too.

Imagine how the Harvard mice study would be covered in the context of this new cultural fabric. Headlines wouldn't hail the findings as a step toward "reversing aging," because aging would be seen as a positive process that we wouldn't want to reverse. Instead, we'd see the study as a step toward extending physical health and longevity as we gain momentum, a way to ensure that we can fully enjoy the growth

of and realize productivity in older life—when we're old at heart.

Terry Fulmer & Drew Volmert, Stanford Social Issue Review, 6/12/18

Health & Wellness

HOW TO TAKE CARE OF OTHERS WITHOUT BURNING OUT

In our over-stressed world, many health care providers, social workers and caregivers are suffering from slow yet painful burn-out. So how can we keep giving without burning out? We're told that self-care is the answer: *Give yourself a treat; you deserve it. Take some time for yourself. Say no.* What does self-care look like, and how much of it do we need? As it turns out, the trick is to be other-focused and kind, but to balance that with taking care of yourself as well. Here are some practices to help you do that.

Self-compassion: One particularly potent form of self-care involves transforming our relationship with ourselves—in particular, practicing self-compassion.

Social connection: This should come as no surprise: Social connection, from birth to old age, is

one of our greatest human needs. Social connection leads to lower rates of anxiety and depression, strengthens our immune system, and can even lengthen our life.

Empathy and compassion: It might seem counterintuitive that empathy—which includes attending to others' struggles—would help us with our own, particularly for caregivers. But research in social workers shows that having more empathy can also prevent burnout.

<http://time.com/collection/guide-to-happiness/4886913/how-to-take-care-of-others-without-burning-out/?platform=hootsuite>

NEW PROBIOTIC-BASED IMMUNIZATION FOR STRESS, ANXIETY AND DEPRESSION?

Science has only just started to tease out a fascinating relationship between bacteria, inflammation and mood over the last few years. Not only are some conditions, such as depression, being hypothesized to be caused by brain inflammation, but it's possible brain inflammation could be modulated by bacteria in our microbiome.

<https://newatlas.com/gut-brain-food-memory-hippocampus/55031/>

Dollars & Sense

CAN A HOUSE BE GIVEN TO ADULT CHILDREN IF THEIR PARENTS MOVE INTO A NURSING HOME?

If you have moved into your parent's home in order to provide care to them and a parent then goes into a nursing home, this can be a very scary situation. You may have given up your home, you may have moved from your own personal residence, in with your parents. There also are people that have always lived with their parents and this is the only home that they know. When a parent is now in a nursing home and possibly applying for Medicaid benefits, you might be very concerned than about losing the house as part of the Medicaid application process.

Under the Medicaid rules, in general, a person applying for nursing facility benefits shouldn't have given any assets away within the prior five years. Therefore, the thought of giving this house to you seems problematic because we're talking about immediately giving a house away right be-

fore applying for Medicaid, rather than having done this five years ago.

There are a number of exceptions to the disqualification rules relating to giving assets away. One of them relates to a child who has been a caregiver in the parent's home. The standard is that the child truly must have moved into the home and been living there. So you're going to have to prove that you were living there. You have to have done so for at least two years.

Does your driver's license show that two years ago, this was your address? Has mail been coming to you at that address for that period of time? How are you going to prove, for instance, that you've lived there for two years? You may have to prove that you're their child, and that requires a birth certificate. The biggest issue is you have to prove that you provided care to the level that kept that person, your parent, at home for a period of at least two years.

In general, the Department of Health and Human Services that administers the Medicaid program will want to have some type of medical proof that the individual you are caring for would

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

Nominated him or her for a Vaughan Award!

Nomination forms are online at

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

have needed nursing home level of care earlier. That you, by providing the care to this parent, postponed an admission into a nursing home. That the care you were providing was almost the equivalent of assisted living. It doesn't apply to a stepchild. It doesn't apply to a grandchild. So that's the level of proof that you will need as part of a Medicaid application to justify a house being transferred to you.

<http://blog.butenhofbomster.com/>

THE COST OF FRAUD TO GOLDEN LIVES

For June, we will start a new topic: the second largest and serious loss that befalls Golden Lives every year.

As we have discussed, the largest amount of monetary and health loss is from falls, which among adults over 65 totaled more than

\$50 billion in 2015, according to the Centers for Disease Control.

Because of our health insurance systems, Medicare and Medicaid, the monetary loss doesn't affect individuals directly. However, the fact that insurances pay off these medical calamities means we are all paying.

So, what's the second largest loss? Fraud. The loss to individual Golden Lives amounts to a staggering \$36 billion per year, Bloomberg reported in May, citing a study by a financial services firm. The main form of fraud is from incoming telephone calls to those aging in place, the largest — and most unprotected — population segment.

A friend of mine had an uncle who lived alone. He was a very bright man of high age and was quite sound in his intelligence. He also was a smart investor and ended up with some substantial capital of his own. However, my friend began noticing that her uncle began to struggle with mood swings and various day-to-day decision making. His residence didn't have good cellphone coverage, so her uncle pre-

ferred to maintain the old-fashioned landline.

One day, she thought she should examine his checkbook to make sure he had been maintaining good records. She found that a sum of roughly \$15,000 had been withdrawn over the past few years in the form of many checks. Her uncle had been writing and sending out these checks to various organizations as donations. The organizations he sent money to were mostly philanthropic. Some were well known to her; some were not.

Because the amount of money the uncle lost (or donated) was substantial, she thought she'd try to find out about these unknown organizations. Of more than 100 checks he had written, none exceeded \$100 and about half of the recipients were unknown or never heard of. She decided to track down these organizations to find out what they do for their philanthropy, which she assumed they did.

It turned out that these organizations were long gone and were not traceable. Their phones were either disconnected or unknown.

When she told me this story, I called a friend in a police organization and told

him this story. He laughed and said professional fraud crooks never want to receive checks in large sums because if they are caught and prosecuted, depending on the state, they may have to go to jail. In receiving small checks, there are safe because the penalty is light.

Instead, professional crooks go for volume. Their groups can be equipped with automatic call systems and make what are called "robocalls," which efficient-

HELP SPREAD THE WORD!

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

ly contact many potential victims at a fast rate.

After studying this situation, she confronted her uncle. Instead of getting thanks for informing him of the truth, she got a wild dress down. He wouldn't admit he made such mistakes. He thought his deeds of donating to philanthropy were based on his good will, and the receivers were truly good people. At that moment, she stopped her argument. Her uncle might have un-

derstood the reality, but his feelings were badly hurt as his niece exposed his gullibility.

The Golden Lives population aging in place are often lonely. Telephone number data are readily available to professional thieves armed with robocall systems. If a call gets picked up, a fraud artist takes over and politely guides the receiver to donate a small sum of money. They are skilled in the art.

Also, the cost of making robocalls is very inexpensive. The thieves can afford to make many thousands of robocalls. Meanwhile, seniors tend to be polite and reluctant to hang up on the caller. A few robocalls and personal conversations later, the target yields and writes a check. The fraud artist then moves on to another number.

I was told that the fraud artists tend to favor fixed-income retirees over wealthy retirees. After a short while, the phone number from which the robocall originated gets shut down, and the fraud group moves on to another phone number and address.

Now, inventors, why don't you think about the means

to prevent or at least reduce this prevalent fraud that steals money from the weak sector of the population?

Shintaro "Sam", Asano Union Leader, 6/4/18

Tech Tips

STOP PHONE SCAMMERS!

Here is a no cost solution to consider: Change your phone message. State your name then, "I am monitoring and recording my calls, state your business and leave your name and number."

The scammers will hang up in seconds; they do not want their voice recorded and they won't leave their name and phone number.

FAKE NEWS APP

A couple of fact-check organizations have teamed up to create a Google Chrome extension that aims to tackle "fake news" online. The Trusted News extension, which just became available this week, labels news sites with color-coded symbols to warn users about the trustworthiness of the site.

www.fastcompany.com/40584363/a-new-filter-for-fake-and-biased-news-shows-judgments-arent-so-simple

NEXT AVENUE ADDS TECHNOLOGY TAB TO WEBSITE

Our editors and reporters have covered technology topics for our 50+ audience for years, but we did so within the confines of our other tabs — technology as it related to health or caregiving concerns, financial products or using social media, for example. Over the past year, we realized that stories about how to live and age better through technological innovations were important enough to warrant their own space for our readers.

Within the new Technology tab, you will find a variety of subtopics: Fitness and Wellness Tech, Financial Tech, Aging in Place, Household Innovations, Social Media and the Internet and Health Care and Longevity Tech.

In addition to featuring all our previous technology stories, we plan to publish new ones regularly about technology moving forward. (nextavenue.org)

sstern@nextavenue.org

Laugh & Live Longer

IT'S CALLED S.O.S.

A Boeing 777 wide-body jetliner was lumbering

along at 800km/hour at 33000 feet when a cocky F-17 fighter jet flashed by at Mach 2.

The F17 pilot decided to show off. On his state of the art radio that is part of his state of the art 3D & million dollar headset, the F17 youngster told the 777 pilot, "Hey Captain, watch this!"

He promptly went into a barrel roll, followed by a steep, unimaginable, vertical climb. He then finished with a sonic boom as he broke the sound barrier, as the F17 screamed down at impossible G's before leveling at almost sea level.

The F-17 pilot asked the 777 pilot what he thought of that?

The 777 pilot said, "That was truly impressive, but watch this!"

The 777 chugged along for about 5 minutes at the steady 800km/hour, and then the 777 pilot came back on and said, "What did you think of that?"

Puzzled, the cocky F-17 pilot asked, "What the heck did you do?"

The 777 pilot chuckled and said, "I stood up, stretched my legs, walked to the back, used the toilet, then got a cup of coffee and a cinnamon roll and secured

a date for the next 3 nights in a five star hotel paid for by the company."

Lesson of Life

When you are young and foolish, speed and flash may seem like a good thing!

When you get older and smarter, comfort and dullness is not such a bad thing!

It's called S.O.S.

AHH, YES!

A man showed up at Mass one Sunday and the priest almost fell down when he saw him. He'd never been to church in his life.

After Mass, the priest caught up with him & said, "I am so glad you decided to come to Mass. What made you come?"

The man said, "I got to be honest with you Father, a while back, I misplaced me hat and I really, really love that hat. I know that another man had a hat just like mine and I knew he came to church every Sunday. I also knew that he had to take off his hat during Mass and figured he would leave it in the back of the church.

So, I was going to leave after Communion and steal his hat."

The priest said, "Well, I notice that you didn't steal his hat. What changed your mind?"

He replied, "Well, after I heard your sermon on the 10 Commandments I decided that I didn't need to steal his hat after all."

With a tear in his eye the priest gave the man a big smile and said; "After I talked about 'Thou Shalt Not Steal' you decided you would rather do without your hat than burn in hell, eh?"

The man slowly shook his head. "No, Father, after you talked about 'Thou Shalt Not Commit Adultery' I remembered where I left my hat."

PUNS

The man who fell into an upholstery machine is fully recovered.

A man's home is his castle, in a manor of speaking.

Acupuncture is a jab well done.

Purposeful Living

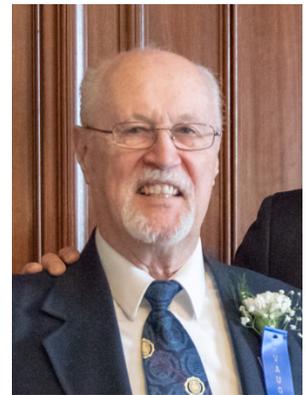
"We could fill binders with the many good things that can be said about George Fenney, however it's his character and willingness to help," said the nominators for a 2018 Joseph D. Vaughan Award. And they

aren't kidding when they say, "binders".

Here's why:

As a valued member of the Alton Community, he is also a dedicated volunteer; he's always looking for opportunities to help, never afraid of getting his 'hands dirty'. He is a volunteer and dedicated board member at the Christian Conference Center and helps serve meals every Thursday for the weekly Community Dinner. As an active member of the Alton American Legions Post 72, he is a Chaplain and helps in multiple ways such as delivering turnkey dinners for people in need on Thanksgiving Day. He also volunteers playing TAPS at Veterans' Memorial Services and teaches Bible studies at the Belknap County Jail.

George is also a very active member of the Alton Rotary, always participating in fundraising event sand lending a hand wherever he can. As part of the Rotary, Club, he was one of



George Feeney

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

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

the forces behind the expansion of the Community Center, which houses the Alton Seniors Center, and because of this expansion, more varied activities were able to be offered and more seniors able to participate.

George is a volunteer with the Volunteer Driver Program for the Community Action Program Belknap-Merrimack, Inc., where he volunteers to drive people to doctor's appointments, grocery shopping, banking and other necessities.

But one of his most enduring roles, however, has been as a volunteer at the Alton Senior Center where not only does he share his enthusiasm and hard work, but frequently shares his love for music, by providing free entertainment for the community. And he has

tirelessly spearheaded the collection of donations for the annual Meals on Wheels Walkathon for the past seven years.

In general George is a true example of love and dedication for the community who exhibits empathy and true generosity of spirit towards everyone around him, unconditionally.

Board Notes

WASH OR DRY?

Back in the days before dishwashers were expected kitchen appliances, children's chores often included cleaning up the dishes after a meal. Knowing that this was not looked on with great enthusiasm, smart parents would simply ask, "Do you want to wash or dry?"

And in doing so gave the impression that having choice was the same as having alternatives, when really it was just an innocuous approach to manipulation.

It seems that this approach of managing through the use of seeming choice has followed us into adulthood, and in a very significant way - politics!

Many of us can remember times that we have identified with both of the political parties. We may even remember that splitting your ticket meant voting for a person rather than a party. But, not anymore. Somehow gradually, we've been moved into camps, or tribes as they say on the news.

ENH NEWSLETTER-JULY 2018

Whatever happened to these two themes we grew up with:

We the People in order to form a more perfect UNION; and

United We Stand, Divided We Fall?

On this Fourth of July as we enjoy fireworks, parades and all the festivities that celebrate our beautiful country let's remember that we are all Americans. Let's also begin to ponder just who gains when we are divided.