

# ENGAGING NH NEWS



A Citizen Voice for the  
Aging Experience

**June 2017**  
**Volume 12, # 6**

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**GUEST OPINION:**

## The Power of Presence

I learned from my father’s household that when somebody has suffered a demise within the household, it is essential to assist them by doing one thing and saying little or nothing.

That era by no means stated, “If there’s something we will do to assist, tell us.”

They only did it.

It was a positive artwork practiced by my mother and father and grandparents and my aunts and uncles. I watched it time and again as a toddler.

When somebody died, they introduced meals to the house or did no matter else was wanted for the household that was in grief. They did not say something actually, simply introduced meals. Mowed a garden. Babysat a toddler. Drove an aged relative to the funeral. Offered cash.

It is an artwork that appears to have gone to the wayside nowadays.

I do know all of us imply nicely once we write on a Fb web page, “Tell us for those who want something. We’re right here for you.”

In fact, the one that has had a loss will virtually by no means reply to these properly-which

**Do not ask.  
Simply do not ask.  
Simply do it.**

means provides. They can not. They’re in shock. They will barely tie their footwear within the morning, not to mention work out what they “want.”

We’ll not often, if ever, have a response to our provides of “name should you want us.”

They do want us to assist them whereas they cope with the loss.

It is one of many causes I’ve a lot respect for funeral administrators. They’re masters at strolling households by way of the method of creating selections and of taking good care of

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each little element a household wants from making preparations to burying their family members. They perceive paralyzing energy of grief.

As pals and neighbors to those that have misplaced a beloved one, I feel all of us may get a bit higher at serving to, too.

Simply convey one thing to the home or do one thing for the individual. Do not ask. Simply do not ask. Simply do it.

The grief-stricken are all the time so appreciative of somebody who steps as much as the plate and does one thing to assist.

My husband's pal died throughout a current spring snowstorm and one among their pals referred to as the spouse to inform her that he was going to maintain their driveway plowed, telling her to not fear, it will be clear when she received residence from the hospital and within the days to return.

My step-daughter and her husband arrange a meal-chain, asking others to decide on a day to deliver dinner to the widow and her son. I used to be so pleased with them. They did not ask, they only did it.

## 2017 Vaughan Award Winners



FRONT ROW, Left to Right: Maureen Chamberlain, Carroll County; Barbara Rockwell, Cheshire County; Shirley and Paul Croteau, Coos County.

BACK ROW: Barbara Gammon, Strafford County; William Fontaine, Grafton County; Shirley Janocha, Hillsborough County; Cay Bowman, Merrimack County; Gen and Herb Rowell, Rockingham County; Jean and John Wilson, Sullivan County.

"I do not know what to say," a good friend just lately informed me once I requested if she was going to the wake of a mutual pal.

"Do not say something," I stated. "Or, if you wish to say one thing, simply say 'I am sorry.' Your presence is what counts. And besides, there really is nothing to say."

There is power in presence. In ministry, it's called "pastoral presence." For social

workers, it's called "supportive presence."

And for most of us, it's just called "being there."

If a friend or even a stranger is in the middle of a tragedy, reach out. Do something. And don't say a word, just be there.

Yup. Do something. Say nothing. It's a blessing.

*Susan Nolan, a longtime New Hampshire journalist and a hospice chaplain specializing in eldercare,*

can be reached at Susan-NolanColumn@gmail.com.

**NH Updates**

**NH LEGISLATIVE UPDATES**

HB 629 – Requires Family Court judges to give priority to grandparents when considering guardianship cases that arise due to parents’ substance abuse is ready for the governor’s signature.

SB 155 – implementation of Step 2 of the Medicaid managed care program.

This bill has passed the full Senate and the House Health, Human Services and Elderly Affairs Committee. It is now being reviewed by the House Finance Committee. The current version of the bill has Step 2 implementation beginning on July 1, 2019.

SB 230 – establishing the Uniform Power of Attorney Act in New Hampshire

This bill passed the Senate and then passed the House with some amendments. The Senate concurred with the amendments and the amended version is now heading off to the Enrollment Committee before going to the Governor for signature. We hope to arrange for a signing cere-

mony of the bill and will let you know if and when this happens.

SB 161 – establishing a commission to evaluate the direct care workforce and preparedness of long-term care and support services for aging adults with dementia or other cognitive brain injuries.

The Senate and House also passed different versions of the bill but the Senate concurred with the House version and it is also being sent to the Enrollment Committee. As this bill is establishing a commission, there will not be a signing ceremony.

Still under consideration:

HCBS Rate Increase for an across the board minimum 5% increase for all Choices for Independence and Non-Medicaid home and community based services for elderly and disabled adults.

With a BIG thanks to Cheryl Steinberg, Esq., NH Legal Assistance and members of the NH Alliance for Healthy Aging

**Staying Safe**

*Good Morning Gilmanton* program lets police keep in touch with elderly residents

Local police are now accepting signups for the Good Morning Gilmanton

program, a special outreach designed to assist community residents who live alone or who have special needs.

Police Chief Matt Currier said the program allows residents to make daily contact with the police department to ensure that they are OK, and further allows for their independence and ability to stay in their homes.

"We're asking those who sign up for the program to call us between 9 and 11 a.m. Monday through Friday. If we don't hear from them, we'll try an emergency contact number they have provided us with. If there's no answer, we will send an officer to their home to check on their well being."

He said the program allows family, friends or neighbors the security of knowing that the individual is having regular daily contact.

Those signing up will be asked to provide a key to their home, which will be kept in safe location at the police department in the event it is needed in an emergency.

The first person to sign up for the program this week was 88-year-old Mary MacMillan, a resident of the town for 25 years who has

no close relatives in the area. She lives with her 85-year-old husband, Don, who has Alzheimer's, and said it will be a comforting feeling for her to know that she will have daily contact with the police.

MacMillan said her husband was recently recognized for his contributions by the Gilmanton Snowmobile Club and was very pleased that people showed up.

She said the closest thing she has to a relative in town is Police Chief Currier, whom she has known since he was born, which made it natural for her to be the first person to sign up for the Good Morning Gilmanton program.

*Roger Amsden, Laconia Daily Sun, May 9, 2017*

**HOT, HUMID DAYS RAISE DEATHS IN NH BY 5 PERCENT**

Deaths in New Hampshire and two other New England states rose by 5 percent and hospital emergency visits rose by 7.5 percent during hot weather spells that seem likely to increase in frequency.

The results come from a study published this week in the journal Environmental Research, and, is part of a push to have people in New England states take

**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.*

the health effects of heat more seriously.

"New Hampshire residents are not as used to heat as individuals are in other states. We need to make sure people take heat events seriously and take precautions to prevent illness," said Lisa Morris, public health director at the New Hampshire Department of Health and Human Services.

The study says hospital emergency department visits and deaths in Maine, New Hampshire and Rhode Island increased by 7.5 percent and 5.1 percent, respectively, on days when the heat index reached 95 degrees, as compared to days with a maximum heat index of 75 degrees.

Heat index is a combined measure of heat and humidity that reflects what the weather feels like – roughly the hot weather equivalent of the "wind chill" index in cold weather.

Nationally, more people die during bouts of extreme heat than from any other type of weather event.

"This study will greatly help us target our outreach efforts on such days, including public outreach to inform the most vulnerable populations, such as seniors, young children and people with chronic health conditions," said Dr. Benjamin Chan, New Hampshire State Epidemiologist.

In New Hampshire, the heat index reaches 95 degrees between two and 10 days each summer. Climate Solutions New England at the University of New Hampshire predicts that by 2070 the number of such days will increase by approximately 12 days in northern New Hampshire and 22 days in southern New Hampshire.

In December 2016, the National Weather Service (NWS) Northeast Region changed its policy on when



to issue an official heat advisory. NWS forecast offices in the region will issue heat advisories when the heat index is forecast to reach 95 degrees on two or more consecutive days or 100 on any single day. The previous NWS regional threshold was a maximum daily heat index of 100.

"It is expected that this change will alert people sooner to impending heat threats and, if acted upon, reduce the number of emergency department visits," said John Guiney, chief of the Eastern Regional Headquarters, NWS.

In New Hampshire, the results of the study and the NWS policy change are driving public health officials to revise local heat response plans.

The study shows that in addition to an increase in emergency department visits and deaths for all causes, people with pre-existing health conditions, such as asthma, heart disease and kidney disease, fare much worse on days when the heat index reaches 95 degrees as compared with cooler days.

The study focused on these three states "due to data availability and previous collaboration on the topic," said Jake Leon, director of

communications for the New Hampshire Department of Health and Human Services. "The findings are representative of all of New England, representing a wide geographic area and capturing regional trends."

Data on the number of people with air conditioning in their homes in New Hampshire is limited, so a question was recently added to the statewide Behavioral Risk Factor Surveillance Survey to address this data gap. Neighboring states such as Maine report a rate of air conditioning in peoples' homes of only 50 percent as of 2013.

The study, Heat-Related Morbidity and Mortality in New England: Evidence for Local Policy, was led by Gregory Wellenius of the Brown University School of Public Health, and co-authored by Kathleen Bush and Dennis Holt of the New Hampshire Environmental Tracking Program, along with colleagues from the state public health agencies in Maine and Rhode

Island.

*Concord Monitor, 5/10/17*

## **SAVE THE DATE**

### **This Chair Rocks: How Ageism Warps**

*Sunday, August 20, 2017  
at the Monadnock Lyceum*

Our View of Long Life Old age is often portrayed as a grim slide into depression, dementia, and dependence. Ashton Applewhite debunks this idea. Part monologue, part consciousness-raiser, her book, *This Chair Rocks*, dispels myths about late life and proposes an alternative to worrying about getting old: wake up to the ageist messages that frame two thirds of our lives as decline; cheer up and push back.

Ashton Applewhite is the author of *This Chair Rocks: A Manifesto Against Ageism*. In 2016, she joined Next Avenue's annual list of 50 Influencers in Aging as their Influencer of the Year. Ashton has been recognized as an expert on ageism by the New York Times, NPR, and the American Society on Aging. She blogs at *This Chair Rocks*, has written for *Harper's*, *Playboy*, and *The New York Times*, and is the voice of *Yo, Is This Ageist?*

### **HELP SPREAD THE WORD!**

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

This program is sponsored by NH Alliance for Healthy Aging/Endowment for Health and will be moderated by EngAGING NH Co-chair, Barbara Salvatore.

**From Our Readers**

**KUDO**

Hey Carol, this was a particularly good one! Very good info and I laughed out loud at the Husband and Wife tech support bit.

Jeff



Mark Frank

**PTSD NEWS**

Those who suffer from post-traumatic stress disorder (PTSD) have limited options when it comes to treatment. A new study suggests that orange essential oil may offer a non-pharmaceutical option to help reduce the stress and

fear associated with the disorder.

Previous studies have shown that orange essential oil may have a depressant-like effect on the central nervous system, but this is the first study that shows that the oil can significantly reduce fear-associated behavior. Here's the link:

<http://www.medicalnewstoday.com/articles/317098.php>

**THANKS AND REQUEST**

A big thanks to you and all the contributors in the ENH Newsletter.

Just a suggestion here. I notice you provide information for contacting our State's members of Congress. I am sure because of all the areas the Newsletter is distributed, that listing State and local Representatives would not be possible.

However would it be possible to provide a link for the State Reps and let people know that they can contact their local select persons or city councilors by logging onto their community's municipal website.

**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!**

I only mention this because here in Concord we rarely see more than a 15% turnout for local elections and this would be one more resource for people to be able to become involved in their communities if they so desired. Again thanks for providing a great resource for all of us who are fortunate enough to continue to age

*Allan Herschlag*

**Focus on Community**

**SNHPC AGE FRIENDLY COMMUNITIES UPDATE**

The top concern across all Southern NH towns around becoming age-friendly has been how to improve transportation services.

This Community Transportation Directory is a very helpful resource of services

available across Region 8 communities.

[https://www.nh.gov/dot/programs/scc/documents/mach\\_2016\\_directory.pdf](https://www.nh.gov/dot/programs/scc/documents/mach_2016_directory.pdf)

## NEW SOLUTION TO TRANSPORTATION

To use AAA's newest service—a one-way car-sharing startup in the Bay Area called Gig—you don't have to own a car.

The nonprofit, which is best known for its roadside assistance, is piloting the service as one step toward a future where self-driving cars, and dropping rates of car ownership, mean that the organization's traditional business model needs to change.

[http://www.panarmenian.net/eng/news/238803/AAA\\_launches\\_Gig\\_its\\_own\\_car\\_sharing\\_service](http://www.panarmenian.net/eng/news/238803/AAA_launches_Gig_its_own_car_sharing_service)

## ASSOCIATION OF YOUNG AMERICANS & AARP

Although voting-age millennials outnumbered baby boomers for the first time in the 2016 election, fewer voted last year than in 2012. And because millennials have the potential to sway elections for the next several decades, there's incessant pressure on the younger generation to become more politically engaged.

"We care about the world we'll leave behind for our kids and grandkids."

A year ago, 28-year-old Ben Brown set out to ease that pressure when he launched the Association of Young Americans, an organization that develops political engagement tools to boost younger Americans' interaction with elected officials. Brown, whose background is in renewable energy, wants young Americans to turn to AYA the same way older Americans turn to AARP—which has about 38 million members and remains one of the nation's most influential special interest groups.

Now Brown has found an ally to help him carry AYA to new heights—AARP. The organization, previously known as the American Association for Retired Persons, awarded AYA a \$35,000 grant last August and both organizations say that was just the beginning of their relationship.

[http://www.yesmagazine.org/people-power/why-aarp-is-backing-a-new-lobbying-group-for-millennials-20170420?utm\\_source=YT&utm\\_medium=Email&utm\\_campaign=20170421](http://www.yesmagazine.org/people-power/why-aarp-is-backing-a-new-lobbying-group-for-millennials-20170420?utm_source=YT&utm_medium=Email&utm_campaign=20170421)

## News You Can Use

### FUNNY POTENTIAL

A new study with mice shows that THC, one of the active ingredients in marijuana, was able to improve the brains of elderly mice to the level that their brains resembled those of rodents who were only two months old.

THC is the substance that causes people to get "high". However, the amount given to the mice was too small to induce that effect. The researchers tested the cognitive performance of the mice through tasks such as how well they were able to orient themselves and how well they were able to recognize other mice.

Next for the research team is finding out whether or not THC has the same effect in humans. If so, treatment with the compound could help combat diseases that impair our cognition as we age, such as dementia.

<http://newatlas.com/cannabis-reverses-aging-in-brain/49423/>

### VERMONT LOOKS TO CARBON TAX

Could Vermont spark a carbon tax trend? State

legislators say a recent flurry of carbon tax proposals are more “conversation starters” than a drive to change policy, but policy shifts have to start somewhere.

This year’s legislative session included a motion to launch a study to assess the viability of a statewide cap-and-trade program; another fee proposal to tax carbon in order to fund the state’s education system; a proposal to eliminate the state sales tax and replace it with a carbon fee on corporations; and a carbon tax that would pay a dividend to many of Vermont’s businesses and residents.

<http://www.triplepundit.com/2017/04/vermont-legislators-introduce-carbon-tax-dividend-proposals/>

**CVS ANNOUNCES COSMETIC CONTENT CHANGE**

Consumer and environmental organizations have been pressuring manufacturers for years to remove certain ingredients from their personal care products. Ingredients like parabens, phthalates and various formulations of formaldehyde are often used in cosmetics and are now considered suspected car-

cinogens and endocrine disruptors.

Last week consumer advocates received the clearest sign yet that their efforts are making a difference. CVS , which owns and operates some 9,700 pharmacies across the country announced on Wednesday that it would be pulling those products in its own line of cosmetics that contain those three chemical substances and “will stop shipping store brand products that don’t meet these standards to distribution centers by the end of 2019.”

[www.triplepundit.com](http://www.triplepundit.com),  
4/24/17

**ENHANCED SECURITY FOR YOUR MY SOCIAL SECURITY ACCOUNT**

Social Security continues to evaluate and improve how they protect what’s important to you. They take this responsibility seriously, and have a robust cybersecurity program in place to help protect the personal information you entrust to us. Adding additional security measures to safeguard your personal information — but making their services easy to use — is a vital part of keeping you safe and secure.

On June 10, 2017, they will add a second method to check your identification when you sign in to my Social Security. This is in addition to the first layer of security, your username and password. Right now, you don’t have to do anything for this new process. But you may want to sign in to your account to make sure you remember your username and password. Then, when you sign in on or after June 10, you will

**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](mailto:engagingnh@gmail.com)



**ENH welcomes all points of view and invites your submissions.**

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

engagingnh@gmail.com

Forward it on!

be able to choose either your cell phone or your email address as your second identification method.

Using two ways to identify you when you log on will help better protect your account from unauthorized use and potential identity fraud.

Last summer, they added a second way for us to check your identity when you registered or signed in to my Social Security. However, at that time, they only allowed the use of a cell phone as your second identification method.

After listening to concerns, beginning on June 10, you can choose either your cell phone or your email address as the second way for us to identify you. Since an email address is already required to use my Social Security, everyone can continue to benefit from the features my Social Security provides.

Each time you sign in to your account, you will complete two steps:

- Step 1: Enter your username and password.
- Step 2: Enter the security code we send you by text message or email, depending on your choice (your cell phone provider's text message and data rates may apply).

If you do not have a text-enabled cell phone, or you do not wish to provide your cell phone number, you will need to choose your email address as a contact method so a one-time security code to access your my Social Security account can be sent. To ensure you receive the email with the one-time security code timely and it does not go into your spam or junk folder, add NO-REPLY@ssa.gov to your safe email contact list.

In addition to these security enhancements, we are also upgrading the look and feel of my Social Security, in an effort to create an enhanced customer experience. The my Social Security portal will automatically change its size based on the size of the screen and kind of device you are using – such as a

tablet, smart phone, or computer. No matter what type of device you choose, you will have full, easy-to-use access to your personal my Social Security account.

**Health & Wellness**

**EASY WAYS TO BECOME HAPPY QUICKLY, THAT DON'T COST ANYTHING**

You can choose to be happy or you can choose to be unhappy – and that choice is up to you, said Gretchen Rubin, author and podcast host on Happiness.

Going outside is an easy fix, she said.

"There's light even on the cloudiest day, and it lifts your mood," Rubin said.

A University of Michigan study showed that strolling through nature can lower stress, and can even be a nonpharmacological approach to depression. Researchers found that those who looked at green landscapes had heightened activities connected with positive memories, compared with those who viewed urban photos.

Hanging out with cheerful people can also do the trick.

Happiness is a feeling, and it's contagious – so if you're around people who

are happy, you'll probably be in a good mood. Unfortunately, the flip side is also true, Rubin said.

A study published in the Proceedings of the Royal Society found that each happy friend increases your chances of happiness by 11 percent, although each unhappy friend doubles your chances of being unhappy.

"We're constantly passing emotions back and forth to each other," Rubin said. "If they're happier, they will help lift you up — it won't take you all the way, but it will tend to pull you that way."

But you can surround yourself with miserable people and still remain positive because you're the only person in charge of your own emotions, said Karl Moore, author of *18 Rules to Happiness*, who believes that these contagious feelings can be quashed.

"Only you can determine your state of mind," he said.

One way to adjust your state of mind is to stop feeling sorry for yourself, Moore said.

"That's a massive block to people's happiness," he said. "Self-pity eats up everything around you, and

### 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.

it leaves you feeling bitter and twisted."

If you want to truly experience happiness, Moore said, you simply need to let go of your self-pity, and start feeling grateful for what you do have, whether it's a warm home, a cup of tea or a free country.

"You will naturally propel your happiness," he said.

Saying "yes" to classes or other experiences is an easy way to increase your spirits.

A study from San Francisco State University found that experiences — rather than material items — make people happy because the

memories from those experiences and adventures can last for a very long time.

The experiences don't need to be lavish, and they don't even need to take you out of your home.

Anything that deepens an existing relationship or broadens one has been shown to make you happier, Rubin said.

So reconnecting with old friends, starting a book club, going to a reunion, throwing a party or meeting someone for coffee will make you happy.

"Even fleeting connections with people boost the mood," Rubin said. "Go talk to someone face to face instead of sending an email."

And remember that life is fleeting, so you should take advantage of every moment.

"Learn to understand that life is only ever for now," Moore said. "Even this shall pass."

### STROKE DEMENTIA RELATIONSHIP

A decade-long research project focused on stroke prevention has led to the discovery that by successfully fighting off the risks of stroke—with a healthy diet and exercise—the incidence of dementia also declines.

The outcome may not be so surprising: It makes sense that a healthy lifestyle helps to prevent disease. A new paper by researchers at Western University, Lawson Health Research Institute and the Institute for Clinical Evaluative Sciences (ICES) shows there's been a decade-long drop in new diagnoses of both stroke and dementia in the most at-risk group - those who are 80 or older.

"Some have said we're on the cusp of an epidemic of dementia as the population ages," said study author Joshua Cerasuolo, a PhD candidate in epidemiology and biostatistics at Western's Schulich School of Medicine and Dentistry.

"What this data suggests is that by successfully fighting off the risks of stroke - with a healthy diet, exercise, a tobacco-free life and high blood-pressure medication where needed - we can also cur-

How to Contact Your State Committee on Aging Representatives		
County	Name	Email
Belknap		
Carroll	Dr. Norma J Brettell	pastorbrettell@roadrunner.com
Cheshire	Susan Emerson	semerson435@aol.com
Coos	Mark M. E. Frank	maxfra@aol.com
Grafton	John Ackers	John.Acker3@va.gov
Hillsborough	Kathy Baldrige	kathy@lifetimeliquidations.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
NH Senate	Ruth Ward	ruth.ward@leg.state.nh.us
NH House	James McKay	james.mackay@mygait.com
Website:	<a href="http://www.dhhs.nh.gov/dcbcs/beas/aging/">http://www.dhhs.nh.gov/dcbcs/beas/aging/</a>	

tail the incidence of some dementias."

<http://www.medicalnewstoday.com/releases/317265.php>

**UMBILICAL CORD BLOOD STUDY**

Scientists have reversed memory and learning problems in aged mice with in-

fusions of a protein found in human. The

striking results have raised hopes for a treatment that staves off mental decline in old age, but researchers stressed

that more studies, including human trials, are needed before the therapy can

be considered for clinical use.

The work is the latest in a string of studies that suggest molecules found in young blood may be able to rejuvenate old brains and other tissues. If the therapies are effective in humans, they could become a potent weapon against the cognitive decline that comes with old age, and also neurodegenerative diseases such as Alzheimer's. But until the treatment has proved itself in humans, scientists are roundly cautious of the work.

The lesson from Alzheimer's research on mice is that almost everything works in the animals, and so far nothing works in humans, said Rob Howard, professor of old age psychiatry at University College London.

"Having taken that on board, this is a really interesting way to understand how we might help people who are aged or in the early stages of the disease," he said.

The protein therapy might not reverse brain ageing, or halt Alzheimer's, but it might boost what remains of the healthy brain to at least offset some of the decline that accompanies old

age.

[https://www.theguardian.com/science/2017/apr/19/umbilical-cord-blood-could-slow-brains-ageing-study-suggests?CMP=share\\_btn\\_tw](https://www.theguardian.com/science/2017/apr/19/umbilical-cord-blood-could-slow-brains-ageing-study-suggests?CMP=share_btn_tw)

## NATURAL ANTIBIOTICS

Antibiotics are a great invention for crisis situations. Unfortunately, we are using this emergency tool far too often in cases where less dramatic solutions could be as effective.

Super bugs that are resistant to antibiotics is a very nasty and dangerous side-effect of this trend. In most situations, we can support our health with far less drastic solutions.

Here are 10 of the most powerful all-natural antibiotics—with no side-effects: Oregano Essential Oil,

- Apple Cider Vinegar,
- Raw Honey,
- Garlic,
- Colloidal Silver,
- Ginger Extract,
- Onion Extract,
- Horseradish Root,
- Habanera Peppers and
- Turmeric.

### RAISE YOUR VOICE!

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

[engagingnh@gmail.com](mailto:engagingnh@gmail.com)

<http://www.collective-evolution.com/2017/03/25/10-of-the-most-powerful-all-natural-antibiotics-known-to-man/>

## DANGERS OF ROUNDUP

Glyphosate is a ubiquitous weed-killer in modern industrial agriculture and may also be the "secret ingredient" in the current epidemic of chronic disease.

You may not have heard of glyphosate, but you've definitely tasted it. Sold by Monsanto as Roundup, glyphosate is the most widely used pesticide in history—in 2014, about 250 million pounds of it were sprayed on crops in the United States alone.

According to the Environmental Protection Agency, glyphosate is safe at the levels typically found in food. But a growing body of evidence suggests that glyphosate can have subtle effects on human health that leave us vulnerable to chronic disease.

Glyphosate has been commercially available since 1974, but on its own, it was just too good at killing plants to be much help to farmers, wiping out crops as quickly as weeds. That is, until Monsanto created Roundup Ready GMOs—the only plants that can survive it.



Glyphosate works by inhibiting an enzyme called EPSPS (5-enolpyruvylshikimic acid-3-phosphate synthase). Plants and bacteria need EPSPS to synthesize three essential amino acids: tryptophan, tyrosine, and phenylalanine. Humans and other mammals don't produce EPSPS—there is no gene for it in our DNA. This is one reason glyphosate was thought to be safe: it targets an enzyme our bodies don't use. But that assumption is based on an over-simplified understanding of our digestive system.

The microbiome of bacteria that live in our intestines, all but unknown to scientists a decade ago, might be the smoking gun linking glyphosate to inflammatory and autoimmune diseases—which have skyrocketed in prevalence in parallel with glyphosate use.

Although glyphosate levels in conventional food might not hurt human cells, they can hurt the bacteria in our intestines, which rely on EPSPS just like the weeds in a cornfield. Studies in farm animals have shown that glyphosate exposure changes the microbiome by preferentially killing "good" bacteria (probiotics).

## **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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[www.engagingnh.org](http://www.engagingnh.org)

When the microbiome is imbalanced, the tight junctions between cells lining the intestine can weaken, allowing molecules to sneak out of the digestive tract and into the blood supply. Over time, this stress can lead to chronic inflammation and autoimmunity. Celiac disease (gluten allergy) and irritable bowel syndrome are classic examples of this process. But diseases as diverse as Alzheimer's, arthritis and asthma have been linked to similar mechanisms.

<https://www.optimistdaily.com/2017/05/possibility-digesticide/>

## **MED SCHOOLS TO TEACH HOW TO DISCUSS PATIENTS' GOALS FOR CARE — AND FOR LIFE**

How patients answer questions about their overall life goals can inform treatment decisions, especially as people near the end of life.

"We've trained all doctors to ask people, 'Do you smoke?'" said Dr. Harris A. Berman, dean of the Tufts University School of Medicine, who met with colleagues last week from the medical schools at Tufts, Harvard, Boston University, and the University of Massachusetts. "We've trained

people to ask about sexual preference. That used to be a difficult discussion to have."

Now, Berman said, doctors need to learn how to ask even more deeply personal questions, such as: What most matters to you? What do you need to make life worth living? In what circumstances would you rather not be alive?

In a survey of 346 adults who live in Massachusetts, conducted this year, nearly all residents surveyed said it's important to talk about their wishes for medical care if seriously ill or near the end of life, but 35 percent had not had that conversation with anyone.

When end-of-life conversations with a health care provider did take place, they were initiated by the patient two-thirds of the time. But three-quarters of those surveyed who said they had spoken with a health care provider about their wishes found that the talk was not difficult.

Doctors should have this conversation with patients, Berman said, when asking about their medical and family history, before they become ill. And the conversation needs to continue throughout life as circum-

stances and attitudes change.

Elaine Seidenberg learned how complicated such decisions can be when she moved into Orchard Cove, a housing community in Canton that offers elders an array of social and medical services.

Seidenberg thought she had everything in order. She had a folder for each of her two children with all the legal forms laying out her end-of-life wishes. But a woman from an Orchard Cove wellness program threw her for a loop when she asked, "What are your goals?"

Seidenberg realized that she had not provided enough information for her children. "Usually when you're doing end-of-life planning . . . it revolves around things that you don't want done to you," she said. "I never really thought about what made my life worth living, what I would be willing to tolerate, and what I wouldn't."

After a lot of thought, she realized she most values "giving back to the community, being able to communicate freely and effectively with other people."

*For complete article, go to: <https://www.bostonglobe.com>*

[om/metro/2017/05/08/ma-ss-medical-schools-plan-teach-how-discuss-patients-goals-for-care-and-for-life/fBa0sU7iJW9tZyFKxq8WWI/story.html](http://om/metro/2017/05/08/ma-ss-medical-schools-plan-teach-how-discuss-patients-goals-for-care-and-for-life/fBa0sU7iJW9tZyFKxq8WWI/story.html)

*Felice J. Freyer, Boston  
Globe, 5/8/17*

### Tech Tips

## HEALTH ISSUES CAN INHIBIT CONNECTIONS

I experienced an unexpected development since my column on April 17, when I stated that there is a huge valley of disconnect between the current youth, say age 25 to 50, and the aging population over 65.

Not being an authoritative anthropologist (just who is?), I threw my wild and uneducated guess for the cause being that here in America the two generations do not live together as other parts of the world still do.

I grew up in a household where the grandparents lived with my parents and us kids. The grandparents often took care of various cultural issues that children needed to learn while my parents went to work out of our home. This cultural structure gave the family a cultural continuity and stability.

This doesn't happen here in America any longer as the old parents live in the form called "aging in place," namely independently. Thus, the old parents are now isolated, and what they knew is not transmitted to the third generation down.

I received several comments, all enthusiastically agreeing about what I wrote. But what surprised me was a letter from a 95-year-old lady from Manchester. What she said is so true and moved me very much.

The lady, Cecile, said she was a retired RN who served in World War II from 1944-46 as a flight nurse in large transport airplanes in the European Theater for one year in the 830th Medical Air Evacuation in Paris.

She said she lives alone and her health is fair although she walks with a cane. She said she relies on her children for medical appointments.

She said she can relate to my article and often feels isolated at family get-togethers and has decided to not attend family parties.

This letter touched me greatly, so I called a friend

of mine who is a retired Air Force pilot.

He is some 13 years her junior; therefore, he didn't serve during World War II. After hearing about this lady and her letter to me, he remained silent a while. Then he said this:

"The evacuation flight she nursed, I've heard about. From Paris to Azores to Newfoundland and to Texas. Believe me, those weren't some spring joy rides. I heard that the flight nurse was all alone in the big plane full of injured or sick soldiers.

She did that for a year? She should've gotten a Purple Heart equivalent for soldiers alive.

I know women weren't considered equal then. Too bad. But, please convey my best to her when you speak to her again. She fought gallantly for our country. No different from the front-line soldiers. I don't know why people like her aren't appreciated much more. My salute to Cecile."

When I finished reading her letter, it bothered me a lot.

On Friday, April 28, I had to meet with my patent attorney in Concord. Since I found out where Cecile

lived, I thought it might behoove me to pay her a visit to chat with her after my meeting. An arrangement through one of her granddaughters was made so Cecile knew I was coming.

Our meeting was a bit strained. She is almost totally deaf, and no hearing aid would get through to her. She was otherwise quite intelligent and spoke well, if she understood my question.

The major problem was how to make her understand my question. I got tired of yelling. So, I started to write down my questions, and after that our meeting went smoothly. She spoke clearly and well as soon as we found a way to communicate clearly.

Once this arrangement was established, we had no more problems. I wrote down my question, and she read it and replied.

Therefore, I found out that she had been isolated by disconnects. One was the cultural disconnect between the youth and the aged in this country. The other was physical; her hearing nerve was pretty much decimated.

Now I understood her problem. She must have gone through such a lonely

life as her hearing ability went down gradually to almost zero.

I spoke with a friend of mine who is a prominent medical doctor specializing in geriatric medicine. She stated that the hearing nerve dies and cannot be resurrected. No hearing aids would be helpful to her now.

Why can't our inventors develop solutions? That is the sole purpose of this column today. Don't say it is a too complex and diffi-

**LOOKING FOR A BACK  
ISSUE OF  
ENH NEWS?**

Check our website:  
[www.engagingnh.org](http://www.engagingnh.org)

cult problem. Ladies and gentlemen, just start thinking.

Well, I am happy to announce that I have found an effective solution for her problem. This solution is a sure-fire way of eliminating the thick wall that surrounds her and isolates her from the rest of the world. We will talk about it next week.

That said, I don't want you to stop your own way of solving the problem.

*Shintaro "Sam" Asano of New Castle was named by MIT as one of the 10 most influential inventors of the 20th century. Write to him at [sasano@gmail.com](mailto:sasano@gmail.com).*

**SAVVY SENIOR: HOW TO PICK A MEDICAL ALERT SYSTEM**

A good medical alert system is an affordable and effective tool that can help keep your mother safe, but with all the choices available today choosing one can be quite confusing. Here are some tips that can help.

*How they work*

Medical alert systems, which have been around for about 40 years, are popular products for elderly seniors who live alone. Leased for about \$1 a day, these basic systems provide a wearable help button — usually in the form of a neck pendant or wristband — and a base station that connects to the home phone line, or to a cellular network if no landline is present.

At the press of a button, your mom could call and talk to a trained operator through the system's base-station receiver, which works like a powerful speakerphone. The operator will find out what's



wrong and will notify family members, a friend, neighbor or emergency services as needed.

In addition to the basic home systems, many companies today (for an additional fee) are also offering motion sensitive pendants that can detect a fall and automatically call for help if your mom is unable to push the button. And mobile medical alerts that work when your mom is away from home. Mobile alerts work like cell phones with GPS tracking capabilities. They allow your mom to talk and listen to the operator directly through the pendant button, and because of the GPS, her general location would be known in order for help to be sent.

#### *What to consider*

When shopping for a home medical alert system, here are some things to look for to help you choose a quality system:

**Extra help buttons:** Most companies offer waterproof neck pendant and wrist-band help buttons, but some also offer wall-mounted buttons that can be placed near the floor in high fall-risk areas like the bathroom or kitchen, in

case your mom isn't wearing her pendant.

**Range:** The base station should have a range of at least 400 feet so it can be activated from anywhere on your mom's property – even in the yard.

**Backup:** Make sure the system has a battery backup in case of a power failure.

**Monitoring:** Make sure the response center is staffed with trained emergency operators located in the U.S., are available on a 24-hour basis, and responds to calls promptly.

**Contacts:** Choose a company that provides multiple contact choices — from emergency services, to a friend or family member who lives nearby — that they can contact if your mom needs help.

**Certification:** Find out if the monitoring center has been certified by Underwriters Laboratories, a nonprofit safety and consulting company.

For Top-rated companies, go to:

[http://www.sentinelsource.com/life\\_and\\_style/lifestyle/savvy-senior-how-to-pick-a-medical-alert-system-](http://www.sentinelsource.com/life_and_style/lifestyle/savvy-senior-how-to-pick-a-medical-alert-system-)

[by/article\\_39d55f70-7a08-5bf7-b86d-b9ab58b03169.html](http://www.sentinelsource.com/life_and_style/lifestyle/savvy-senior-how-to-pick-a-medical-alert-system-by/article_39d55f70-7a08-5bf7-b86d-b9ab58b03169.html)

*Jim Miller*

## **Dollars & Sense**

### **UNIVERSAL BASIC INCOME**

The digital economy could make for a very unstable economic future as the Internet is transforming and reducing whole classes of jobs. That's why the idea of universal basic income is gaining more and more support.

With a basic income, every citizen, regardless of employment status, would receive an unconditional government payment to help cover basic needs, replace other social-security payments and support self-employment opportunities.

No one knows if a universal basic income (UBI) will help answer the world's economic problems. But a minimum payment to all citizens is being floated as a response to a digital economy rapidly reducing or transforming whole classes of jobs. Finland and the Netherlands are run

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

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

ning modest pilots, and others are being considered by governments in France, Switzerland, and the UK, and by a host of nonprofits.

To gauge public enthusiasm for the idea, Dalia Research, a Berlin-based market research firm, has been surveying Europeans' attitudes toward basic income since 2016. Dalia defined the UBI as an unconditional government payment to all citizens, regardless of their wealth or employment status, that covers basic needs and replaces other social-security payments.

They've found a warm welcome. In a March survey, 68% of Europeans said they would vote yes in a basic-income referendum, up from 64% last year. The survey was put to 11,000

citizens in 28 European Union states and has a 1.1% margin of error.

The survey asked respondents what the most likely effect of a basic income would be on their work choices. This is the core unknown behind many basic income policies: will people just slack off?

No one knows for sure but previous studies are promising. *Trials during the 1970s in Canada and the US* found people worked slightly less, but increased school attendance and family time, while hospitalizations, domestic violence, and mental health complaints all dropped.

<https://qz.com/976032/support-for-a-universal-basic-income-is-inching-up-in-europe/>

**ONSLAUGHT OF SPAM CALLS GETTING WORSE**

My phone has been ringing a lot lately. Sometimes the voice on the other end often feels like a ghost. "Hello? Can you hear me?" it asks. "Oh, sorry, I was just adjusting my headset."

The caller isn't a clumsy marketer, but a recording. She's part of an army of robocalls.

It's turned the simple act of answering the phone into a nuisance, a distraction at best and a costly scam at worst. If you tell this particular she-bot that, yes, you can hear her, your voice might be recorded. And you could be on the hook for charges you haven't agreed to.

It's just one of the many creative ways that phone scammers are trying to

manipulate us into giving up personal information, buying questionable products and services, or just handing over money.

No, you're not imagining it: These spam calls are on the rise. According to YouMail, a call-blocking service, a staggering 2.5 billion robocalls were placed nationwide in April alone. Yes, that's a "b" for billion.

Do Not Call was hailed by politicians on both sides of the aisle, and even free speech advocates demurred on the issue. Political calls, surveys, requests for charitable donations and debt collection, and informational calls about doctor's appointments or flight delays are all allowed to get through. Everything else is considered off limits, and companies face heavy fines if they break the rules.

Still, Do Not Call was never foolproof. In the early days of the registry, most calls were still being made by humans. Today, "boiler room" call centers have been replaced with high-speed, Internet-based VoIP phone systems and programs that can systematically place hundreds of calls at once. The cost of a marketing call has declined

to the point that the spammer makes money if only one in a million people takes the bait.

Now the deception starts before you even answer the phone. The caller spoofs a local number to induce you to pick up a call. When you think it's the pharmacy or your children's school, you're more inclined to answer. That is the first in a series of dominoes. Once spammers know your digits are attached to an actual human, they might sell your number to other fraudsters, unleashing an onslaught of still more spam.

Laws like the Do Not Call list and the Telephone Consumer Protection Act largely protect us from unwanted calls from legitimate companies in the United States, said Maureen. When these calls are being made overseas, it becomes infinitely harder for the federal agencies tasked with cracking down on spam.

So how can we stop the onslaught of spam? The Federal Trade Commission has hosted a series of hackathons encouraging developers to find new ways to stop phone spam, and apps like Truecaller, YouMail, and Nomorobo

now offer services to thwart robocalls.

We have to be careful with what we put on our phones, regardless of what they're promising us. And when a social media app asks for access to your contact list, there's a risk that your number, and your phone book, might be used by a third party. Even apps promising to block robocalls shouldn't be taken at face value.

With every new app that we download, we are introducing more people to the party and into our personal lives on the phone. We should be just as wary as to what we're putting on our phones, even if it seems to be solving the problem.

Ending spam calls may ultimately require a bit of re-wiring in our own internal hardware. If we train our response mechanisms not to jump at every phone buzz and learn to expect spam, says, consumer advocate Maureen Mahoney, we won't get burned. Unless it's a caller that we recognize, we need to stop thinking of the phone as a receiving device whose every ring deserves our attention.

"Don't feel bad about being rude," Mahoney said. "Just

hang up." Let the robocallers keep calling into the void.

*Janelle Nanos, Boston Globe, 5/14/17*

Read the full article at

<https://www.bostonglobe.com/ideas/2017/05/11/the-onslaught-spam-calls-will-keep-getting-worse/2w1tyrSnzEj8NPO81hUUBK/story.html>

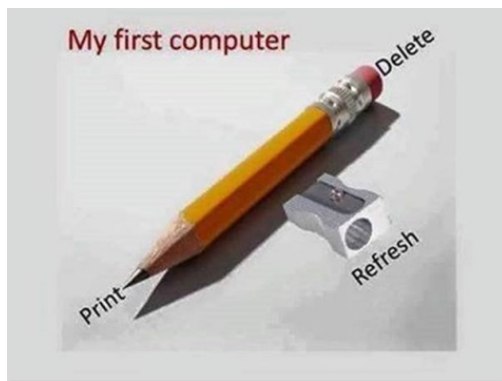
**Laugh & Live Longer**

"A clear conscience is usually the sign of a bad memory"

**MEDICAL HUMOR 1**

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On



the way down I asked him if his wife was meeting him.

'I don't know,' he said 'She's still upstairs in the bathroom changing out of her hospital gown.'

**MEDICAL HUMOR 2**

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said,

'You're really doing great, aren't you?'

Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'

The doctor said, 'I didn't say that. I said, 'You've got a heart murmur; be careful.'

**MEDICAL HUMOR 3**

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool.. After catching his breath, he ordered a banana split.

The waitress asked kindly, 'Crushed nuts?'

'No,' he replied, 'Arthritis.'

**Purposeful Living**

**JOSEPH D. VAUGHAN:  
THE MAN BEHIND THE  
AWARD**

For over 55 years, NH has remembered an influential son whose lifelong work continues to help many Granite State residents. An educator and legislator, Joseph D. Vaughan's legacy is honored every May when Awards in his name represented to outstanding older adult volunteers from each of our ten NH counties.

But, who was the person behind this prestigious award?

Born in Strong, Maine in 1890, Joe survived polio as a youth. He overcame the physical disability to his legs enough to play tennis at Bates College Maine; he also attended Harvard University. He married and had three children.

During his long career as an educator, Joe worked in Worchester MA, Thomaston and Rangeley Maine, and Littleton and Newport NH.

He set an example to his fellow teachers of uncompromising principles of excellence in education. During his tenure as principal, he provided neckties to young men who didn't have them in order to keep up to



dress code and coming to school.

Joe was also an active volunteer, serving as President of Rotary, in his Masonic Grand lodge, and was general chairman of the Red Cross for 7 years.

Joe and his wife Rachel often boarded teachers in their home, for their own income benefit, but also for the teacher's.

Closer to home, they twice provided a year-long home, as well as many years of summer breaks for a granddaughter when internal family pressures required relief. In addition, Joe's special needs brother-in-law lived with them after Rachel's mother passed.

In retirement, Joe voluntarily managed financial matters for the local doctor's widow until her passing.

Sadly, as polio is known to do, it returned to his weakened legs later in life, and along with arthritis, made it difficult to walk much. He wore a complicated and heavy leg brace. He and his wife Rachel traveled extensively by car and at least once added a local widow neighbor to their caravan through the southwest, New Mexico, Arizona, etc.



**Joseph D.**

There were other instances where Joe provided a ride as needed. As Joe wore the brace on his left leg, driving an automatic shift car was not a problem. He couldn't walk well, but he loved to drive!

From 1951-61, Joe ran successfully for representative and senate seats in the NH Legislature. In that time, he served as a member of the Finance Committee, and as Chairman of Education Committee.

A newspaper clipping shared by his family illustrates his timeless sense of humor:

"Sen. Joe Vaughan of Newport surprised his colleagues yesterday

when he made a formal presentation to Senate Pres. Norman A Packard of Manchester. He handed the presiding officer a screwdriver and a wrench to take care of the "screwballs" in

the Senate and possibly a few "nuts."

There was no further explanation, but everyone seemed to enjoy the stunt. Apparently they were all figuring Vaughan was referring to "those other guys" No one complained.

Joe was an early legislative advocate for aging. Through his work, Joe realized that people were living longer. As a lifetime volunteer assisting elders and others, Joe recognized a growing need to identify, organize and highlight elder issues, and to marshal state and federal resources to address the needs of our older citizens. His work helped to create a state agency dedicated to helping elders.

Joe was nicknamed the iron duke perhaps because in his mind there was only right and wrong. There was no gray area and he never compromised on that philosophy.

Joe was always determined yet kind to all in genuine need. He expected those that could, to help themselves. He showed great strength in facing life.

After his death in 1961, the NH's Elderly and Adult Services initiated The Joseph D. Vaughan Award in his memory to recognize older

volunteers who help their peers.

*Nancy Vaughan Moehl and Linda E. Marotta, the granddaughters of Mr. Vaughan, as shared with Barbara Salvatore*

**Board Notes**

**MOVING INTO THE 21<sup>ST</sup> CENTURY**

Back in the day, when our board members were actively in the workforce, publicity and outreach consisted of successful relations with the mass media: newspapers, and radio and television stations.

That has all changed, thanks to the internet and social media. Facebook, Twitter, Instagram ... there are now so many ways to "reach out and touch someone". But, as an all-volunteer organization, our efforts were limited to what our board members can fit into their already busy lives.

With the recent additions of two new board members our reach has expanded. Don Rabun, former NH Long Term Care Ombudsman and Peg Leighton, a community professional with a web and social me-

dia presence bring new perspective and skill sets to efforts. Both witnessed the positive outreach efforts of local community grassroots projects; they are sharing their experience and expertise with us.

We are happy to announce that EngAGING NH now has its own Facebook Page.

<https://www.facebook.com/EngAGINGNH/>

This page is supplemental to our monthly newsletter. It provides different and additional links and stories focused on positive aging and community living, as well as a means to provide more current updates of issues that affect you.

We also encourage you to personally comment on our feed and share articles and links of interest directly to our page. It is important to note that we will delete any inappropriate posts and links, including those which promote the sales of products, services, and/or partisan politics.

If you are a Facebook user, we urge you to check out our page. Please "like us", and invite your friends and neighbors to "like us" too. Our posts will automatically post to your Facebook

news feed if you chose to "follow us".

See you on Facebook!

