



A Citizen Voice for the  
Aging Experience

# ENGAGING NH NEWS

**GUEST OPINION:**

## Getting Older Is Getting Better!

*4 Ways to Meet Change and Uncertainty with Joy*

There's excellent news for America's largest generation! Just as tens of millions of Baby Boomers move into their golden years, new research reveals that our latest years may be our happiest. Could it be that youth really is wasted on the young? Young people usually enjoy high energy, peak physical condition, and that shiny optimism of starting fresh in life. But are they as happy as their parents and grandparents? A study from the University of Chicago shows that people are feeling happier and happier as they age.

Since 1972, researchers have been asking a cross section of Americans the same question: "...How would you say things are these days—would you say that you are very happy, pretty happy, or not too happy?" Results show that feelings of happiness increase over time. The percentage of people who reported being "very happy" grew along with their advancing age. The University of Chicago survey is one of the most comprehensive studies of happiness ever done in America, and the findings should contribute even more to

*Happiness grows as people mature*

our happiness quotient. Looking forward to more contentment, satisfaction, and joy can really lighten our steps into the future!

"I'm a living example of this principle," says Dr. Northrup. "My life has grown more fulfilling, more exciting, more rewarding year by year. As we age, we can continue to learn and grow and find ways to make a difference in the world that offer a very deep foundation for happiness." Each stage of life has its own blessings, and though we may lose a little speed with the passage of time,

### In this Issue

<b>NH Updates</b>	<b>page 3</b>
<b>From Our Readers</b>	<b>4</b>
<b>Focus on Community</b>	<b>8</b>
<b>News You Can Use</b>	<b>8</b>
<b>Health &amp; Wellness</b>	<b>12</b>
<b>Tech Tips</b>	<b>16</b>
<b>Dollars &amp; Sense</b>	<b>17</b>
<b>Laugh &amp; Live Longer</b>	<b>19</b>
<b>Purposeful Living</b>	<b>20</b>
<b>Board Notes</b>	<b>20</b>
<b>NH Legislative Contacts</b>	<b>21</b>

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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.*

we pick up life skills, understanding, and knowledge that give us more compassion for others and ourselves. Says Dr. Northrup, "We learn to forgive and accept ourselves for the magnificent beings we are. The pleasure we can experience once we allow it is truly incredible!"

University of Chicago sociology professor Yang calls this the "age as maturity hypothesis"—happiness grows as people mature and make positive gains in self-integration and self-esteem. With the gifts of maturity can come a better sense of overall well-being. Growing older can actually make us feel better! We are learning to look at life and ourselves with a new perspective and a new appreciation.

Dr. Northrup recommends stepping into the future with an open mind and an open heart. While it's true that life brings changes as

we age, how we think about those changes can make all the difference. If we love and appreciate ourselves, we can learn to enjoy and appreciate every stage of our lives.

Here are a few of Dr. Northrup's guidelines for meeting change with joy and hope:

### **Embrace the Wisdom of Routine.**

When life hands you circumstances you can't control, respond with things you can. Either start or continue at least one activity that is scheduled regularly. A regular routine is healing, calming, and reassuring. For Dr. Northrup, a daily exercise routine and twice-weekly Pilates classes have helped her stay grounded during difficult times.

### **Enhance Your Daily Life.**

Find ways to bring comfort and beauty into your world. Making a fire in the fire-

place, lighting candles on the dinner table, placing flowers beside your bed, listening to your favorite music are all ways to care for yourself. Treating yourself gently and kindly helps keep loneliness and discouragement away—self-care and self-love are always healing.

### **Know That the Fear of Loss Is Often Worse Than the Loss Itself.**

The passage of time will bring change and loss into every life. Experiences we share are easier to bear, and Dr. Northrup has found that the changes she feared often turned out to be blessings in disguise. When her daughters left home to begin their adult lives, she discovered how much she could enjoy having only herself to take care of—more freedom to explore and discover her own needs and desires.

### **Remember That We're Stronger and More Resilient Than We Think.**

Facing a divorce and an empty nest in the same year was a difficult challenge, but Dr. Northrup now calls the experience "one of the most strengthening and exhilarating of my entire life." "Looking back, I marvel at how far I've come," she says. "By

trusting in the Universe and being willing to roll up my sleeves and rebuild my life, I've become infused with the energy of hope, joy, and new beginnings." Not only can we gain strength from helping ourselves, we can connect with others and share our strength. "Every day I'm reminded that the energy that supports new life abounds." Christiane Northrup, MD.

**NH Updates**

**JOIN SCOA!**

The NH State Committee on Aging advocates on behalf of our older residents on issues they face daily. It advises the Commissioner of NH Health and Human Services on issues that impact older citizens, and identifies and offers ideas and recommendations on policies and programs that enhance the well-being and quality of life and protect the rights of citizens as they age.

Representatives are now needed for Carroll, Grafton, Merrimack, Strafford and Sullivan counties.

*Process for appointment to SCOA*

A letter of interest and resume can be e-mailed to Elliot Gault, Director of Ap-

pointments and Liaison to the Executive Council: Elliot.gault@nh.gov.

If approved by the governor, your appointment must be approved by the executive. It is recommended that you reach out to each of the executive councilors by e-mail to introduce yourself, and why you want to join SCOA.

Interested? Call SCOA chair Ken Berlin (301) 676-9888 for more information on SCOA or Elliot Gault (603) 271-2121 for the appointment process.

**LEGISLATION UPDATES**

**New Tax on Health Care Services**

With only six weeks left in NH's legislative session, the chairman of the House Finance Committee introduced a proposal on Tuesday for a 5.4 percent tax on health care service providers.

Sponsored by Finance Committee Chairman Neal Kurk, R-Weare, he describes the proposal as a way to resolve a dispute between state officials and New Hampshire hospitals over the state's Medicaid Enhancement Tax.

The MET, a 5.4 percent levy on net patient revenues, has for years been paid by the 26 hospitals in

the state, which have challenged the constitutionality of the tax in court.

Courts have so far agreed with the hospitals that the tax is unconstitutional because it taxes a specific kind of business (hospitals) rather than an entire class or category, although the matter is on appeal. By expanding the tax to include most other health-related businesses, Kurk said he hopes to settle the constitutional question.

His amendment would add non-hospital health care providers to the tax base, including nursing homes, ambulatory surgical centers, therapists, midwives, nurse practitioners, private duty nurses, laboratory and X-ray services.

The amendment is attached to SB 590, a Senate-passed funding bill for the Division for Children, Youth and Families now working its way through the House.

House Finance has yet to vote on whether it will endorse or reject the Kurk amendment.

*Union Leader, 4/17/18*

*Editor's Note: You might want to call and share your thoughts about this idea with your representatives.*

**OTHER BILLS OF INTEREST**

HB 1807- relative to the exploitation of elderly, disabled, or impaired adults and establishing a protective order for vulnerable adults was expected to pass but has run into some resistance; and

HB1816- relative to Medicaid Managed Care. This bill is seeking to eliminate Step 2 of the Medicaid Managed Care Program appears to have support. This bill is important as it relates to the county portion of property taxes.

**RETHINKING RETIREMENT**

New\_Hampshire is now tied for the second oldest population in the country and beginning to see the pressure on healthcare, services, and housing caused by the "silver tsunami." In his new book, "The Longevity Economy," author Joseph Coughlin says the future is both older and "technologically-enabled." He makes the case for rethinking aging and retirement not as a burden, but as an economic catalyst that could transform business and society.

<http://nhpr.org/post/unlocking-economic->

*opportunity-nhs-silver-tsunami#stream/0*

**MAY 6: TAKE THE GARLIC MUSTARD CHALLENGE**

You can help protect the special places in our coastal watershed from the early invasion of nuisance plants. Learn how to identify invasive species and help pull a nearby stand of garlic mustard.

Contact Joanne Glode, [jglode@tnc.org](mailto:jglode@tnc.org) or 603-659-2678x12.

**MEDICARE RIGHTS ASSISTANCE**

Livanta NH can assist Medicare Beneficiary in protecting certain rights. The Livanta Beneficiary and Family Center Care Quality Improvement Organization handles all Medicare beneficiary complaints, quality of care reviews, medical necessity reviews and discharge appeals from hospitals, skilled nursing facilities, home health and hospice providers and rehabilitation facilities.

Contact Info: 1-866-815-5440, or [www.bfccqioarea1.com/](http://www.bfccqioarea1.com/)

**From Our Readers**

**SOMETHING FOR THE NEWSLETTER**

**Storage**

by Mary Oliver

When I moved from one house to another there were many things I had no room for.

What does one do? I rented a storage space. And filled it. Years passed.

Occasionally I went there and looked in, but nothing happened, not a single twinge of the heart.

As I grew older the things I cared about grew fewer, but were more important. So one day I undid the lock and called the trash man. He took everything.

I felt like the little donkey when his burden is finally lifted. Things!

Burn them, burn them! Make a beautiful fire! More room in your heart for love, for the trees! For the birds who own nothing — the reason they can fly.

*Diane*

**CAME ACROSS THIS EXCITING NEWS**

Researchers have developed a treatment that can help tooth cavities heal without any fillings. The treatment, which is made of peptides, helps remineralize tooth enamel, encouraging it to grow back on its own.

The researchers believe their product could be sold as part of a preventative everyday tooth care routine, in the form of a toothpaste or gel, to help reduce the number of expensive trips to the dentist for shallower cavities.

*www.sciencealert.com/peptide-based-technology-could-heal-dental-cavities-amelogenins*  
Judy

**SB193: Education Savings Accounts**

Knowledge and learning, generally diffused through a community, being essential to the preservation of a free government; and spreading the opportunities and advantages of education through the various parts of the country, being highly conducive to promote this end; it shall be the duty of the legislators and magistrates, in all future periods of this government, to cherish the interest of literature and the sciences, and all seminaries and public schools, to encourage private and public institutions, rewards, and immunities for the promotion of agriculture, arts, sciences, commerce, trades, manufactures, and natural history of the country; to countenance and inculcate the principles of

humanity and general benevolence, public and private charity, industry and economy, honesty and punctuality, sincerity, sobriety, and all social affections, and generous sentiments, among the people: Provided, nevertheless, that no money raised by taxation shall ever be granted or applied for the use of the schools of institutions of any religious sect or denomination.

*NH State Constitution, Article 83*

That is a very long sentence, but it is well worth the read, because it reminds us of the values and principles held dear by the framers of this first Constitution in the nation. Whether having to do with taxes, the structure of government, education, or any of the other interests we hold in common, we at the League of Women Voters of NH look for guidance to these original documents and the legal rulings that interpret them as time and changing circum-

stances require.

LWV-NH has a particular interest in public education. We are involved in an extensive study of our state's education system and have taken positions on several aspects of education law and policy. Our consensus is that "...the responsibility to provide an equitable, quality public education for all children grades K through 12 is shared by the federal, state, and local governments, as expressed in the US and NH constitutions. A quality public education is essential for a strong, viable, and sustainable democratic society and is a civil right."

The League has been watching some important education legislation currently being considered in the General Court. SB 193 has made its way through Finance and Education committees and undergone

**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!**

an extensive amendment process. The intent of SB193 is to establish an "Education Savings Accounts" (ESA or voucher) program that would allow moneys that would have gone to a child's public school to be put instead into a private account. These accounts would be administered for the student's parents by a non-profit organization for a 5% fee. Families could use this money in any educational setting they choose, including private religious or secular schools, home schooling, and post-secondary programs.

The amendment process addressed a number of concerns regarding accountability for adequate oversight of licensing and curriculum in private and home schools, educational outcomes, and student eligibility and is still undergoing revisions. It limits eligibility to families earning below 185% of the poverty line (\$46,435 for a family of 4 this year) and caps the number of students accepted for the program each year in any one school district. For districts with more than 300 students, the cap would be 3%. This is, for example, about 330 students for Nashua.

***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)

However, these amendments do not address the fundamental problem of funding. SB193 would impose burdens on property owners and drain local school districts of resources. The original bill proposed 5 years of stabilization fund payments from the state education fund to school districts for the impact of ESAs over .25% of the district's budget. With the current amendment, the state education fund

would only pay a "one-time adjustment" of \$1,500 per student who leaves through the ESA program. With the basic stabilization payment of \$3,630, plus differentiated aid for students eligible for free/reduced lunch, those receiving special education services, and other programs, Nashua would lose as much as a half-million dollars in support from the state. The current amendment's adjustment of less than half the basic grant would prove catastrophic. School districts would have to pay for these reductions by raising local property taxes or be forced to cut staff and programs.

LWV-NH opposes SB 193 because, under the guise of choice, it uses public funds for private schools; weakens funding for public schools; shifts the tax burden to local property owners; undermines the state's Constitutional mandate to cherish public education, which the Supreme Court ruled in 2009 means making sure there is adequate funding for all students; and ignores the prohibition against granting tax money to religious institutions. It is also worth noting that while a variety of studies come to a range of conclusions, for the 30 states

that have instituted ESAs or vouchers, there is no consistent evidence that students graduate from high school, enroll in college, or demonstrate other indicators of success at a higher rate than in non-voucher states.

There is no question that everyone involved in the education debate wants what is best for New Hampshire children. It is clear, though, that with this bill, a few families would be able to send children to the schools of their choice at the expense of the rest of the state's families and communities, without adequate assurances about the quality of education for those students who do use ESAs. The League encourages everyone to voice their opinion about this important bill by contacting their state Senators and Representatives. Contact information is at [www.gencourt.state.nh.us](http://www.gencourt.state.nh.us).

*Jean*

**GARDENING AND  
ADVOCACY: PLANTING  
FOR THE HARVEST**

It's clear to me that effective public policy advocacy is closely akin to growing a garden. It certainly takes motivation and a perceived

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

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

Forward it on!

need to make a condition better.

Neither gardening nor advocacy is for everyone....some people would prefer staying on the sidelines, keep to themselves and let others do the work...to be silent consumers rather than active participants.

I've found that the world is made up of two kinds of folks....people who get things done and those who are just fine with the way things are and never get their hands dirty no matter how pressing the problem or how great the potential to make a difference.

I call that latter group CAVE people...Citizens Against Virtually Everything!

In both gardening and advocacy, there's the necessity for both patience and persistence. Seeds don't sprout overnight....nor will powerful public officials be

convinced to do the right thing just because they hear one story or agree to a single meeting.

The best gardeners understand the terrain, the lay of the land and have a good sense of climate. They are careful to prepare the soil for enrichment of the seeds and know the right amount of watering to promote healthy growth.

So, too, advocates must know as much as possible about the political climate, which ideas can be planted in just the right season, and how to neither have a communications drought nor drown the political leader with too much contact.

Just the right amount of persuasive messaging, properly delivered, gets the job done.

I know what you're thinking...there's a role for fertilizer in both gardening and politics....Yes, but don't shovel it too high!

And what about pests? In gardening these little creatures must be carefully watched for and decisively dealt with so the plants are not damaged. In advocacy, there's a fine line between persistence and pestilence. Advocates are least effective when they're so passionate that their behavior

borders on offensive accusation and aggressive attack.

All advocates need to balance their own passionate interest in their cause with the reality that compromise is necessary and incremental progress is the most likely outcome.

Advocates who are avoided or dismissed neither help their cause nor feel the satisfaction of making a difference.

*Jack Levine*

**Focus on Community**

**DEMENTIA FRIENDLY**

Taking inspiration from the Dutch village of de Hogewey, developers in Canada are constructing an assisted living complex designed to help people with dementia live independently while also keeping them safe. The idea is that by providing plenty of facilities and activities such as gardening and art, the village can help residents live a meaningful life that helps preserve their mental health. The village has acres of natural space for residents to enjoy, and although there are no fences, residents will wear buttons that alert carers if they wander too far off.

"We've really designed and tried to build communities where people could be independent and live their own life their way," project leader Elroy Jespersen said. "And by and large we were able to do that — with the one exception when somebody developed dementia and they could no longer live safely in our communities. We thought we should add another piece to that to allow them to stay within, if you will, our 'family' of communities. "What makes The Village different from traditional nursing homes ... is that residents will be able to shop, have a coffee, walk their dog, get their hair cut and take part in activities such as gardening by themselves," he said.

*<http://nationalpost.com/news/canada/canadas-first-dementia-village-is-set-to-open-its-doors-in-langley-b-c-next-year>*

**News You Can Use**

**NEW MEDICARE CARDS**

cards, at no cost, will be mailed waves, to various parts of the country over a 12-month period, to the address on file with the Social Security Administration. To update your official mailing address, visit your online Social Security ac-

count at [SSA.gov/myaccount](http://SSA.gov/myaccount), or call 800-772-1213. When you get a new Medicare card, don't throw the old one in the trash. Instead, put it through a shredder or cut it up with a pair of scissors and make sure the part showing your Social Security number is destroyed. If you have a separate Medicare Advantage card, keep it because you'll still need it for treatment.

**WATCH OUT FOR SCAMS**

As the new Medicare cards start being mailed, be on the lookout for Medicare scams. Here are some tips:

**Don't pay for your new card.** It's yours for free. If anyone calls and says you need to pay for it, that's a scam.

**Don't give personal information to get your card.** If someone calls claiming to be from Medicare, asking for your Social Security number or bank information, that's a scam. Hang up. Medicare will never ask you to give personal information to get your new number and card.

**Guard your card.** When you get your new card, safeguard it like you would any other health insurance or credit card. While removing the Social Security

number cuts down on many types of identity theft, you'll still want to protect your new card because identity thieves could use it to get medical services.

For more information:  
[go.medicare.gov/newcard](http://go.medicare.gov/newcard)

And if you suspect fraud, report it to the FTC (FTC-complaintassistant.gov), AARP's fraud help line, 877-908-3360, or Service-Link.

*Jim Miller, SAVY SENIOR*

## **MEDICARE REMINDERS**

**#1** If you are eligible for Medicare and have a sufficiently low income, you may qualify for help from certain Medicaid programs in your state. Whether you qualify will depend on:

- Your earned and un-earned income, including wages and Social Security payments
- Your assets, including checking accounts, stocks, and some property
- Your nursing care and long-term care needs
  - You must meet your state's functional eligibility criteria (standards for assessing your need for help with activities of daily living, such as, toileting, bathing, and

## **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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dressing). Each state sets its own standards.

Medicaid programs vary by state, but below are three Medicaid programs available to Medicare beneficiaries in all states. Note that in all of these cases, if you have both Medicare and Medicaid, Medicare will pay first for covered services, and Medicaid will pay second for qualifying costs. If you meet income, asset, and other guidelines in your state, you may qualify for one of the following Medicaid programs:

1. Aged, blind, and disabled (ABD) Medicaid: Beneficiaries with ABD Medicaid have coverage for a broad range of health services, including doctors' visits, hospital care, and medical equipment. ABD Medicaid may also pay for your Medicare cost-sharing. However, ABD Medicaid may not provide adequate coverage if you have long-term care needs.

2. Medicaid home and community-based service (HCBS) waiver programs: HCBS waiver programs provide general health coverage and coverage for certain services to help you stay at home or in a community-based setting (for example, in an assisted living facility). Covered services may include personal

care, homemaker services, case management, adult day care, skilled nursing care, and therapy services. To qualify, you must meet state-specific functional eligibility criteria.

3. Institutional Medicaid: Beneficiaries enrolled in Medicaid for residents in nursing homes—also called Institutional Medicaid—have coverage for nursing home services, including room and board, nursing care, personal care, and therapy services. To qualify, you must require a nursing home level of care or meet state-specific functional eligibility criteria.

**#2** Medicare covers second opinions if a doctor recommends that you have surgery or a major diagnostic or therapeutic procedure. A second opinion is when you ask a doctor other than your regular doctor for their view on symptoms, an injury, or an illness you are experiencing in order to better help you make an informed decision about treatment options.

Note: Medicare does not cover second opinions for excluded services, such as cosmetic surgery.

Medicare will also cover a third opinion if the first and second opinions are different from each other. The

second and third opinions will be covered even if Medicare will not ultimately cover your procedure (unless it is an excluded service).

If the first and second opinions were the same but you want a third opinion, you may be able to see a third doctor for a confirmatory consultation. Medicare may cover a confirmatory consultation if your doctor submits the claim correctly and the services are reasonable and necessary (even if Medicare will not ultimately cover them).

Note: If you are in a Medicare Advantage Plan, your plan may have different cost and coverage rules for second and third opinions. Contact your plan for more information.

*Medicare Rights Center*

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## TRICKS TO KEEP FRUITS AND VEGETABLES FRESH LONGER

Purge that guilt over food waste (and save cash and time grocery shopping) with these smart tricks to make your produce last longer.

### *Berries: Rinse with vinegar*

Before you stash them in the fridge, wash strawberries, raspberries, and other berries with a mix of vinegar and water (think a 1:3 ratio). This disinfects against mold, which can lengthen shelf life by weeks. Then rinse with water and dry thoroughly.

### *Lettuce*

Prepared a bit too much lettuce for your salad? Store leftover leaves in a bowl with a paper towel on top, then seal with plastic wrap. The towel absorbs moisture, which is what turns leaves soggy and brown. Replace the towel when it becomes damp. Another trick: Sprinkle the leaves with a dash of salt, which also helps draw out extra wetness.

### *Avocado: Squirrt with lemon*

Avocado contains enzymes that produce a brown pigment when exposed to oxygen, which is why that halved avocado looks un-

appetizing so soon after it's stored. To avoid this, squirt it with lemon or lime juice. (You can also do this on guacamole.) The citric acid will help prevent browning for at least a day. You could also store avocado slices with large chunks of onion. The same gases that make your eyes burn when you chop an onion also prevent oxidation in your avocado. As long as the onion touches only the skin of the avocado, there won't be a noticeable flavor. These are amazing avocado benefits you might not know about.

### *Carrots: Store with water*

To avoid that dried-out look old carrots tend to get, first chop off the leafy greens if you bought your carrots whole (the leaves can pull nutrients out of the roots). Carrots do best with moisture, so put them in a container filled with water, seal with plastic wrap, and store in the refrigerator. Or, wrap them in bubble wrap before stashing in the fridge: It will allow just enough moisture to

## HELP!

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

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

Senator Jeanne Shaheen  
2 Wall Street, Suite 220  
Manchester, NH 03101  
603-647-7500

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

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

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

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

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

Rep. Annie Kuster  
2<sup>nd</sup> Congressional District  
18 North Main Street, Fourth Floor  
Concord, NH 03301  
603-226-1002

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

reach the carrots if you prefer not to soak them in water. Check out these surprising health benefits of carrots: they're even better for you than you thought!

*Lemons: Avoid cutting in half*

If you need just a squeeze of citrus juice for your recipe or drink, puncture a whole lemon with a fork or skewer instead of cutting it in half. This way, you can squeeze out what you need without drying out the entire lemon. Here are dozens of ways to use lemons around your house.

*Onions: Wrap in pantyhose*

It sounds strange, but the mesh-like material allows just enough air to reach the vegetable, which helps them stay fresh. Simply slip the onions into the nylons, tying a knot between each bulb. Tip: Use a new pair of pantyhose to avoid any foot odors in your next stew. Here are more strangely awesome ways to use pantyhose (besides wearing them!).

*Potatoes: Store with apples*

Apples produce ethylene gas that can keep your spuds fresh for more than eight weeks. Say goodbye to those pesky sprouts that

pop up on potatoes after just a few weeks.

*Apples: Soak slices in salt water*

Sliced apples are a convenient snack or salad topper, but browned leftovers aren't appealing. Soak remaining slices in a bowl of cold salt water to prevent oxidation (but no more than ½ teaspoon of salt per quart of water, or you'll taste it in the fruit). After five minutes, dry and store your slices in the fridge in an airtight plastic bag. Here are food hacks to make eating apples even healthier.

*Celery: Wrap in aluminum foil*

Unlike a plastic bag, the foil will let the ripening gas ethylene escape. When ethylene is trapped in a plastic bag, it causes moisture loss and spoilage to occur faster. Here is proof that aluminum foil is much more useful than you thought.

*K. Kloss, Readers' Digest*

## **Health & Wellness**

### **SENIOR FOOD DELIVERY PROGRAMS REDUCES HEALTHCARE COSTS**

Ensuring that vulnerable elderly are well-fed could trim their healthcare costs,

especially for emergency-room visits, U.S. researchers say.

Seniors in the Boston area who received meals at home through programs like Meals on Wheels had fewer emergency department visits and fewer hospital admissions than their peers who didn't get the meals, leading to lower medical spending overall, researchers report in Health Affairs.

"We've known for a while that lack of access to nutritious food has important health consequences, but we haven't always had a good sense that our interventions are actually effective," said lead study author Dr. Seth Berkowitz, who was with Massachusetts General Hospital and Harvard Medical School in Boston when the study was conducted.

"It speaks to the potential for these kinds of interventions to really make a difference in people's lives and let us know we should study them more closely," said Berkowitz, now at the School of Medicine of the University of North Carolina at Chapel Hill.

Berkowitz and his colleagues analyzed health care claims between 2014 and 2016 from the Com-

monwealth Care Alliance of Massachusetts, a not-for-profit community-based health plan that manages care for adults who are dually eligible for Medicare and Medicaid.

They found that people in the medically-tailored meal program had fewer emergency room visits and inpatient admissions and less emergency transportation use than the comparison group. Those in the nontailored meal program had fewer emergency visits and lower transportation use but about the same rate of inpatient admissions.

People in the medically tailored meal programs had lower medical spending, by about \$570 per month, than the comparison group and those in the nontailored meal program had about \$156 lower medical spending per month.

The average monthly meal-program costs per participant were \$350 for the medically-tailored program and \$146 for the nontailored program. Subtracting the program costs, that could mean a savings of \$220 for the medically tailored meal program and \$10 for the nontailored food program, the study authors write.

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

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

"There's sometimes a stigma attached with accepting these services, and some people don't access services they're eligible for," said Dr. Julie Bynum of the University of Michigan School of Medicine in Ann Arbor, who wasn't involved in the study. "This isn't just about having food on your table but taking care of your overall health and staying out of places like the emergency department," she said in a telephone interview.

*bit.ly/2JEIRI2 Health Affairs, online April 2, 2018*

**DIABETIC BLOOD  
TESTING**

Scientists have developed a graphene-based patch that can monitor the blood glucose levels of diabetics without piercing the skin. Unlike the conventional finger-prick blood tests that diabetics use on a daily basis, this device utilizes a small electric current to draw glucose from under the skin. The extracted glucose is then collected in

tiny reservoirs, where it's measured every 10 to 15 minutes.

It is hoped that, once commercialized, the inexpensive disposable device could wirelessly transmit those readings to an app on the user's smartphone, providing alerts when necessary.

*<https://newatlas.com/diabetic-glucose-patch/54131/>*

**CAVITY REPAIR WITHOUT  
FILLINGS**

Everyone who's been through a session of cavity fillings at the dentist office knows how unbearable it can be. That's why it's a relief to hear that researchers have developed a treatment that can help tooth cavities heal without any fillings.

The treatment, which is made of peptides, helps remineralize tooth enamel, encouraging it to grow back on its own. The researchers believe their product could be sold as part of a preventative everyday tooth care routine, in the form of a toothpaste or gel, to help reduce the number of expensive trips to the dentist for shallower cavities.

*[www.sciencealert.com/peptide-based-technology-](http://www.sciencealert.com/peptide-based-technology-)*

*could-heal-dental-cavities-  
amelogenins*

**VERBAL FIRST AID**

Judith Simon Prager, PhD, is a therapist, author, and teacher who trains first responders and medical personnel around the world in Verbal First Aid, the protocol she and colleague Judith Acosta, LISW, developed to create calm, relieve pain, promote healing, and even save lives in emergency situations.

Words affect how a person heals—physiologically and emotionally. A frightened person can start to heal the moment they hear calming words. The words also make a big difference in how they remember a crisis event. The right words can help a person remember the crisis, not as the worst thing that ever happened to them, but perhaps as a time when people came to their aid, or maybe even a time of their own courage. Because of that reframing, they often don't have to experience post-traumatic stress. That is a stunning outcome.

Verbal First Aid is also an important tool for physicians—who get sued most often not for a poor outcome, but when their patients believe they didn't care. She has written a new book *What the Dolphin Said* about nonverbal communication and healing.

<http://www.dailygood.org/story/1984/what-the-dolphin-said-leslee-goodman/>

**BEING FORGETFUL CAN ACTUALLY MAKE YOU SMARTER**

You can relax if remembering everything is not your strong suit. Recent research makes the case that being forgetful can be a strength — in fact, selective memory can even be a sign of stronger intelligence.

Traditional research on memory has focused on the advantages of remem-

<b>How to Contact Your State Committee on Aging Representatives</b>		
County	Name	Email
Belknap		
Carroll		
Cheshire	Susan Emerson	semerson435@aol.com
Coos	Mark M. E. Frank	maxfra@aol.com
Grafton		
Hillsborough	Kathy Baldrige	kathy@lifetimeliquidations.com
	Ken Berlin	kaberlin@comcast.net
Merrimack		
Rockingham	Kristi St. Laurent	KristiSt.Laurent@gmail.com
Strafford	Candace Cole-McCrea	snowyowl@metrocast.net
Sullivan	Larry Flint	wrecman@comcast.net
	Mary Catherine Rawls	Mary.catherine.rawls@hitchcock.org
NH Senate	Ruth Ward	ruth.ward@leg.state.nh.us
NH House	James McKay	james.mackay@mygait.com
Website:	<a href="http://www.dhhs.nh.gov/dcbcs/beas/aging/">http://www.dhhs.nh.gov/dcbcs/beas/aging/</a>	

bering everything. But looking through years of recent memory data, researchers Paul Frankland and Blake Richards of the University of Toronto found that the neurobiology of forgetting can be just as important to our decision-making as what our minds choose to remember.

“The goal of memory is not the transmission of information through time, *per se*. Rather, the goal of memory is to optimize decision-making. As such, transience is as important as persistence in mnemonic systems,” their study in *Neuron* states.

Making intelligent decisions does not mean you need to have all the information at hand, it just means you need to hold onto the most valuable information. And that means clearing up space in your memory palace for the most up-to-date information on clients and situations. Our brains do this by generating new neurons in our hippocampus, which have the power to overwrite existing memories that are influencing our decision-making.

We can get critiqued for being absent-minded when we forget past events in perfect detail. These find-

ings show us that total recall can be overrated. Our brains are working smarter when they aim to remember the right stories, not every story.

*www.theladders.com/career-advice/this-is-how-being-forgetful-can-make-you-smarter*

### **HOW TO STOP RE-CREATING YOUR PAST**

1. The first step is noticing that you are expecting something negative or unwanted to occur. The way you do that is by noticing your emotions. If you are expecting something positive you will be feeling good about it, but if you

are expecting something unwanted then it will be marked by a negative emotion such as anxiety, fear, dread, or hopelessness.

2. Once you notice that what you are expecting isn't something you actually want to occur, ask yourself this very simple question: What do I want instead? This question helps you identify a different outcome to work towards. Perhaps in the above example, you would rather have an enjoyable time at the party than go there and have another bad social encounter.

3. Once you have identified what you want instead, ask yourself another important question, which is: How do I make that happen? As soon as you do this you have now engaged the problem solving part of the brain known as the executive network that can help you come up with ideas and solutions that otherwise may have never occurred to you. Perhaps you could have let your friend know ahead of time that you were feeling awkward and ask her to make some introductions, or maybe you plan out a list of conversational topics in you head so you don't get caught off guard feeling

#### **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.

tongue tied when someone approaches you.

[www.psychologytoday.com/us/blog/living-forward/201506/how-stop-re-creating-your-past-and-finally-break-free](http://www.psychologytoday.com/us/blog/living-forward/201506/how-stop-re-creating-your-past-and-finally-break-free)

### CURE FOR MACULAR DEGENERATION?

British doctors have successfully used stem cells to combat decreasing tissue in the eyes of two patients, marking a breakthrough moment toward curing the most common form of blindness. The two patients are now able to read again after the procedure, which is the first of its kind. While such positive results have been in a small number of patients, the early findings are a promising sign the treatment is safe and could be effective in curing other blindness-causing diseases.

[www.bbc.com/news/health-43458365](http://www.bbc.com/news/health-43458365)

### REDUCE FIBROMYALGIA PAIN

According to new research, the ancient practice of tai chi can effectively reduce the symptoms of fibromyalgia, also known as chronic pain. Fibromyalgia causes muscle pain through the body, and can lead to a number of psychological conditions such as depression. Because tai

chi involves both physical and psychological exercises that promote overall health, it can serve as an optimal way to combat the symptoms of chronic pain. <http://time.com/5209233/tai-chi-chronic-pain/>

### CHEMOTHERAPY-FREE 'CANCER VACCINE'

A recent Stanford cancer study that cured 97 percent of mice from tumors has now moved on to soliciting human volunteers for a new cutting-edge medical trial. The trial is part of a gathering wave of research into immunotherapy, a type of treatment that fights cancer by using the body's immune system to attack tumors. "Getting the immune system to fight cancer is one of the most recent developments in cancer," Dr. Ronald Levy, a Stanford oncology professor who is leading the study, told SFGATE. "People need to know that this is in its early days and we are still looking for safety and looking to make this as good as it can be." The treatment is not a true vaccine that creates lasting immunity, but it does feature a vaccine-like injection carrying two immune stimulators that activate the immune system's T cells to eliminate tumors throughout the body.

[www.sfgate.com/bayarea/article/Chemotherapy-free-cancer-vaccine-moves-from-12777406.php](http://www.sfgate.com/bayarea/article/Chemotherapy-free-cancer-vaccine-moves-from-12777406.php)

### Tech Tips

#### LI-FI

You've most certainly heard of Wi-Fi, but have you heard of Li-Fi? Li-Fi is high-speed wireless internet transmitted through light. That light can come from something as simple as a desktop lamp. While Wi-Fi works fine, it currently relies on radio waves to work, something that we're running short of as our data demands continue to grow.

Li-Fi has 2,600 times the capacity of the radio spectrum, meaning Internet from Li-Fi is much, much faster. On top of that, it's also more secure—just turn off the light and hackers can't possibly enter your data.

[www.techworld.com/data/what-is-li-fi-everything-you-need-know-3632764/](http://www.techworld.com/data/what-is-li-fi-everything-you-need-know-3632764/)

#### RESISTING TECHNOLOGY CHANGE

Surveys affirm increasing tech use among older adults, and for some there is resistance. New data shows that some older adults refuse or are unable to use newer technologies,

**HELP SPREAD THE WORD!**

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

whether it is smartphones, online banking services, or (perhaps especially) social media.

And the tech of the day is particularly an anathema to a number of people, whether it is due to costly Internet plans, pricey and fragile smartphones, or social media.

In the small but compelling study from the UK, titled appropriately 'The Wisdom of Older Technology (Non) Users', several cited valid concerns: fear of getting things wrong, the burden to become an 'expert', security concerns (like Equifax), and a legitimate worry that online shopping takes business away from local shops. Older adults also worry about losing the social aspects of in-person transactions.

A key insight from a UK study revealed that older people want to connect with others – and clearly, the other studies show that it does not occur enough. The role of technology (if present at all) is to help

people find ways to connect.

But imagine a scenario in which a group of older adults attend a regularly scheduled event, whether it is a senior centers that offers lunch, a lecture or concert series in an area populated by older adults, a ride service that brings older adults to medical appointments, a home care company that has multiple clients in the same age range and status, a local college that offer life-long learning classes.

Or a neighborhood watch program that notes who is stranded by their geography, whether it is warm or icy. Or a high school program that volunteers with local seniors for credit – and a new career path. Through each of these examples, technology access can be a persistent side effect.

*www.ageinplacetech.com/blog/do-older-adults-have-good-reasons-resist-technology-change*

**Dollars & Sense**

**QUICK TIPS TO KEEP MORE MONEY IN YOUR POCKET**

People save money for retirement most of their adult lives. But with this transi-

tion many may struggle to adjust to living on a fixed income while enjoying their new free time. That doesn't have to be the case. Here are four ways to be smart with your money during retirement.

*1. Take Advantage of Senior Discounts*

Senior discounts used to just mean ordering the "early bird special" at a diner, but those days are in the past. Senior discounts are now available for retail locations, grocery stores, restaurants, leisure activities and more. Not all discounts are alike, so it's important to understand what's being offered. Discounts are often based on a total percentage markdown, but others vary by day, age, store location or current memberships. For a list of senior discounts, [click here](#). As always, remember to confirm senior discounts directly with retailers near you.

*2. Understand How Insurance Benefits May Help You*

As we age, we become more susceptible to age-related health issues. For that reason it's important to ensure you're receiving the best health care possible. Consider looking into health care companies that offer coverage for older

adults at a discounted rate. In addition, hedge off unexpected medical costs (a major concern on a fixed income), and know the level of coverage you'll receive from programs like Medicare, specifically for things like inpatient hospital stays, medical supplies and preventative services.

Be sure to understand exactly what is and isn't covered in your personal Medicare plan. For example: Do you have a history of vision-related issues or have an ever-changing glasses prescription you need to maintain? Many assume their eyes are fully covered, but few realize traditional Medicare doesn't include glasses or contacts. VSP® Individual Vision Plans are a low-cost option with multiple plans to choose from starting as low as \$17 a month. Get the most benefits for your money with a plan that annually delivers:

- a comprehensive eye exam
- prescription lenses and covered enhancement like progressives
- a generous allowance on a wide selection of frames and contacts
- access to the largest network of independent doctors

### *3. Don't Be Afraid of Technology*

Using technology can be overwhelming to many as it's ever-changing and evolving, and what was popular last month is likely already on its way out the door. But technology can be a great help while trying to save money.

Many apps may help you save you time and money during your regularly scheduled routines. For example GasBuddy is an app and website that helps find the lowest price of gas closest to your location. Not only will it save you from stressing about where the closest gas station is, it also helps identify the best and lowest prices.

There are many other great money saving apps available. To find one, do a quick search in your mobile app store.

### *4. Go Generic*

Saving money doesn't always mean cutting out annual family trip or holding back from buying the new product you really want. Little steps can help save big in the long run.

Just by switching from name brand products to generic, you can save a noticeable amount. The savings are especially impres-

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

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

sive when it comes to switching to generic medicines and prescriptions. Both over the counter and prescription medications can be tremendously pricey so ask your doctor or pharmacist if there is a generic option that's right for you.

You'll be surprised by the immediate savings.

*Next Avenue*

## **PEOPLE WITH MEDICARE BURDENED WITH HIGHER HEALTH CARE SPENDING**

The Kaiser Family Foundation recently released a report with new data on how much people with Medicare paid for health care in 2016 as a share of their total spending. These data show that Medicare households spend a higher proportion of their incomes on health care coverage, services, and drugs than non-Medicare households. This is important information when discussing what policies should be enacted to protect or improve Medicare's affordability, especially for those with tight

household budgets and fixed incomes.

Medicare provides health care coverage to nearly 60 million older adults and people with disabilities each year. And while the incomes of Medicare beneficiaries are extremely variable, the vast majority cannot afford to pay more for care. In 2016, half of all beneficiaries had incomes below \$26,200, and one-quarter had incomes below \$15,250.

That same year, Medicare households spent 14% of their total spending on health care—more than double that of non-Medicare households (6%). This spending included insurance premiums, medical care, medical supplies, and prescription drugs. Both groups dedicated similar amounts to food, housing, and transportation, but Medicare households cut back sharply on education, entertainment, and apparel.

And the share of Medicare households with health care spending at this level increased with age, as needs rise. The report found spending on health expenses as a share of total spending to be highly related to the age of the oldest member of the

household. When the oldest household member was 65-74, around one in four Medicare households spent 20% or more. But when the oldest member was 85 or older, the number of households spending 20% on health care rose to two out of five, or 40%.

These findings demonstrate how vulnerable many people with Medicare are to rising costs. The modest incomes of many Medicare households, coupled with demographic shifts that are increasing the number of beneficiaries aged 85+ means that we must re-double our focus on affordability to ensure all people with Medicare are able to receive the appropriate care that is part of the Medicare guarantee.

### **Laugh & Live Longer**

#### **ENGLISH LANGUAGE**

No English dictionary has been able to adequately explain the difference between these two words. In a recent linguistic competition held in London and attended by, supposedly, the best in the world, Samdar Balgobin, a Guyanese man, was the clear winner with a standing ovation which lasted over 5 minutes.

The final question was: How do you explain the dif-

ference between COMPLETE and FINISHED in a way that is easy to understand? Some people say there is no difference between COMPLETE and FINISHED.

Here is his astute answer: When you marry the right woman, you are COMPLETE.

When you marry the wrong woman, you are FINISHED.

And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!!!

He won a trip around the world and a case of 25 year old Scotch!

#### **THE MECHANIC AND THE CARDIOLOGIST**

A Lexus mechanic was removing a cylinder head from the motor of a LS460 when he spotted a well known cardiologist in his shop. The cardiologist was there waiting for the service manager to come and take a look at his car when the mechanic shouted across the garage, "Hey Doc, want to take a look at this?"

The cardiologist, a bit surprised, walked over to where the mechanic was working. The mechanic straightened up, wiped his hands on a rag and asked,



# give back



"So Doc, look at this engine. I opened its heart, took the valves out, repaired or replaced anything damaged, and then put everything back in, and when I finished, it worked just like new. So how is it that I make \$48,000 a year and you make \$1.7M, when you and I are doing basically the same work?"

The cardiologist paused, leaned over, and then whispered to the mechanic..... "Try doing it with the engine running."

## OOPS

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.'

## Purposeful Living

The Joseph D. Vaughan Award recognizes volunteerism by older adults and each May, Older American's Month, the recipients receive their awards in a ceremony held in Governor and Council Chambers. The ten recipients, each representing a County, also have their profiles published in the Purposeful Living section of this newsletter.

You'll note that we have listed the 2018 recipients and we will bring you their profiles beginning next month. While volunteering is one way to bring purpose and fulfillment, there

are other aspects that contribute to well-being.

## Board Notes

### Do You Know NH's RANKING?

Regardless of age, everyone wants a sense of well-being. Yet oddly enough, most of us don't consider well-being as an important form of caring for ourselves. In fact, it might even be seen as selfish. However, according to research from the MIT Aging Lab well-being is no longer just a personal state of being, it is a serious question in science! And the relationship between the well-being of individuals and the well-being of communities is gaining attention.

What do they mean by well-being? It's a combination of things that work together to create quality of life, such as eating well, exercising, having access to healthcare, financial security, a sense of purpose and social aspects of life. Things we all know, but probably have never clearly defined. The Gallup-Healthways Well-Being Index describes some of these elements this way:

**Purpose:** Liking what you do each day;

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>

**Social:** Having supportive relationships;

**Community:** Liking where you live, feeling safe and having pride in your community; and

**Physical:** Having good health and enough energy to get things done daily

Despite what we may think about age, older adults score higher than younger adults in all these elements! Why? And does location play a role? To be sure, dreams of retirement in a warm climate where walking the beach and playing golf year-round might be pleasant to imagine, but location is no guarantee.

We older adults score higher because we engage in enriching activities and behaviors wherever we are. And here's an interesting

fact: the MIT Lab ranks cold, snowy NH as number 6 in the best places to retire because of the opportunities to develop such activities.

Every May, the Administration on Aging (AoA), leads our nation's in the observance of Older American's Month and adopts a theme. The 2018 theme, *Engage at Every Age*, emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities. Let's place emphasis on the last part of that sentence; the well-being of individuals contributes to the well-being of communities.