

# ENGAGING NH NEWS



A Citizen Voice for the  
Aging Experience

---

**November 2014**  
**Volume 8, Issue 11**

---

BOARD OF  
DIRECTORS

**Carol Currier**  
**Concord, NH**

**Carol Dustin**  
**Lebanon, NH**

**Stephen Gorin,**  
**PhD, MSW**  
**Canterbury, NH**

**Sheila E. King**  
**Hampton, NH**

**Marge McClellan**  
**Berlin, NH**

**Barbara Salvatore**  
**Bedford, NH**

**Maida Sengupta**  
**Nashua, NH**

**Roger Vachon**  
**Concord, NH**

**Donna Woodfin**  
**Concord, NH**

---

**EngAGING NH**

**9 Eagle Drive**

**Bedford, NH**

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

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

---

**GUEST OPINION:**

## The Power and Value of Voting

by Jack Levine

Within a few short weeks, the 2014 General Election will be history.

We will either cheer successful campaigns we supported or feel sorrow for losses, but for sure, we will finally be relieved to not be forced to witness the seemingly endless deluge of commercials.

While I'm strictly non-partisan in my advocacy for family policies that improve the odds for health, protection and lifelong success, I'm an ardent promoter of participation in all aspects of the political process.

I truly believe that voting is not just a right, it's a sacred responsibility. There are few more influential civic activities than voting. It takes a few minutes but has impact for years to come.

When I think of the many who struggled, suffered, fought and died for our right to vote, I'm motivated all the more to have my voice be heard.

My Grandma Minnie picketed for women's suffrage as an immigrant teenage girl in New York. She voted for the first time after the 19th Amendment took effect in 1920 and never missed a vote in her life...all 91 years!!

Her daughter Ruth, my mother, took me by the hand to watch her and my father vote. My Dad was blind so he had to have a poll-watcher vote with him, but he always voted. They lis-

*Voting is not just a right,  
it's a sacred responsibility*

tened to the election results at the edge of their seats.

Everyone in my family took civic responsibilities so seriously that it was impossible for me to grow up without that same set of values.

The pollsters are busy making their case for where voters are leaning. The pundits are sharpening their sound bites. The commercials, mail fliers and phone calls are flooding in.

But when all the words are said, charges leveled and millions of dollars spent, it's we the voters who hold the power to decide who will lead our nation, our states, and communities into the future.

### *In this Issue*

<b>NH Updates</b>	<b>page 3</b>
<b>From Our Readers</b>	<b>4</b>
<b>News You Can Use</b>	<b>4</b>
<b>Community Living</b>	<b>9</b>
<b>Health &amp; Wellness</b>	<b>11</b>
<b>Dollars &amp; Sense</b>	<b>13</b>
<b>Tech Tips</b>	<b>15</b>
<b>Laugh &amp; Live Longer</b>	<b>16</b>
<b>Purposeful Living</b>	<b>17</b>
<b>Board Notes</b>	<b>18</b>
<b>NH Legislative Contacts</b>	<b>14</b>

Top Ten Reasons to Vote:

- To honor those in our military who courageously fight for us and our law enforcement officers, firefighters and emergency workers who respond to our needs and defend the peace at home. Those who sacrifice their personal well-being in the name of our safety and security deserve our respect.
- To honor people who struggled for civil rights, women's suffrage and the ideals of justice for all whose diverse voices are essential for our nation's moral health and community vitality. Freedom needs affirmation.
- To be a good example to our children and grandchildren by exercising the right to vote as a symbol of our faith in democracy. By voting we send a signal of the importance of the choices we as adults make to secure a better future for ourselves, for our children, and generations who will follow.
- Voting is our society's great equalizer. No matter our station in life, income, ethnic heritage or social status, every citizen over age 18 has the same power of one vote.
- Pollsters do not determine who wins elections; voters do. Predicting the outcome of elections, especially close ones, is at best an inexact science. Pollsters and political pundits have their roles, but like each of us, they only have one vote.

## 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.*

- Elections should not be about negative ads, it should be about the options we have to promote positive policy actions. Voting for candidates in whom we believe, and for or against ballot initiatives we know will affect our future, is a perfect counterbalance to the flood of negativity polluting the airwaves and filling our mailboxes.
- While voting may now be a bit more complicated than in previous years, access to registration information and early voting are still available for people who want their voices heard. Democracy is a team sport....and spectators simply don't count.
- It's vital to be an informed voter. Pay attention to news reports and editorials about the campaigns. While how we vote is confidential, the fact that we have voted, or failed to vote, is public record. Elected officials know which individuals and demographic groups are voting, and we who do vote are more likely to be influential in policy debates. Non-voters are voiceless and by not participating

can become victims of their own neglect.

- Regret is preventable. November 5th is one day too late, and "could have, should have" are sorry alternatives to acting. Have a "no excuses" attitude by committing to vote, ask others to join us in voting, and promote a positive approach to making a difference among family, friends and colleagues.

Be part of making history. Because every indicator points to the prospect that the 2014 election will have impact for years/decades to come, every vote is even more important. As a Floridian, I know how close elections can be! Being a participant in affecting history gives each of us a sense of pride in participation and the power to touch the future.

*Jack Levine is Founder of the 4Generations Institute and can be contacted at [Jack@4Gen.org](mailto:Jack@4Gen.org).*

## NH Updates

### HHS OVERSIGHT COMMITTEE/LONG TERM CARE SUBCOMMITTEE REPORT

This group has been meeting regularly. Its Regulator Workgroup has made four recommendations for potential legislation to amend the State’s Nurse Practice Act; Long Term Care Eligibility Processing; Securing Workman’s Compensation for Domestic Employees employed by a person with a disability; and Involuntary Transfers from Assisted Living Facilities.

We will monitor any future legislation which is forthcoming from this work.

#### NH PBS:

#### [Training Youth Back Into Your Body](#)

If you haven't heard of fascia yet, you soon will. It is [becoming a focus](#) for researchers, physical therapists and fitness professionals. Fascia refers to the extensive web of connective tissue underneath the skin.

Historically ignored and assumed to play a passive role in daily movement and functioning, it’s now having a renaissance. Some researchers, progressive physical therapists and [fitness professionals](#) are beginning to think of fascia as a bigger player in the human movement system — and in overall health and well-being. To read more, go to <http://www.nextavenue.org/blog/training-youth-back-your->

[body?utm\\_source=Next+Avenue+Email+Newsletter&utm\\_campaign=ecbd2471a8-09\\_30\\_14\\_NextAvenue\\_Newsletter&utm\\_medium=email&utm\\_term=0\\_056a405b5a-ecbd2471a8-165157349](#)

### OLDER DRIVER TASK FORCE

In 2012, the NH Dept. of Transportation established a task force to look at older drivers, to revise the Department’s State Plan and support legislation based on the findings. Bills on the topic of older drivers are not new to the legislature and have brought intense public discourse in the past.

One Bill that did not pass would have required that every individual 75 and older undergo a full driver’s test annually. While the task force has not finalized their work, it is important that their recommendations and proposed legislative actions are monitored.

### THE ENDOWMENT FOR HEALTH ANNOUNCES AWARDS

New Hampshire’s largest health foundation announced grant awards of nearly \$1.2 million for the quarter. Thirty-nine grants were made to support a variety of health-related projects.

“Several of our recent grants focus on strengthening organizational leadership to reduce health inequities based on race, ethnicity and language,” said Endowment for Health President Steve Rowe. “Other grants are specifically targeted to strengthen the fields of early childhood development and

elder health. All of the Endowment’s recent grants seek to maximize the health and well-being of New Hampshire people so they can realize their full human potential,” he said.

Some of the recently awarded grants illustrate the Endowment’s strategy in these areas, including the following projects:

***Transport NH/Foundation for Healthy Communities: \$25,000*** was awarded to inform and guide the policy debate on NH’s transportation system through a broad-based coalition of organizations and a public messaging campaign.

“Transportation is an upstream factor in determining health. Lack of transportation creates a barrier to access for health care, employment, social inclusion, food and other basic necessities. Transportation policy is therefore health policy. As New Hampshire ages and the Endowment focuses resources on creating elder-friendly communities, transportation will only increase in importance,” said Rowe.

***Nashua Senior Wellness Initiative: \$5,000*** was awarded to promote the well-being of older adults by providing free health screenings at the Nashua Senior

**Raise Your Voice!**  
**Please let us know what’s on your mind and what’s important to you.**  
engagingnh@gmail.com

Activity Center, a focal point for area older adults.

“The Senior Wellness Initiative is designed in conjunction with Rivier University with a goal of better educating nurse practitioner students about the health care and psychological needs of older adults,” said Endowment for Health Director of Finance and Grants Management Sue Fulton.

“This Opportunity Grant will make available health screenings, as well as psychological and cognitive assessments to seniors free of charge. Better identification and management of chronic diseases will allow seniors to remain in their homes longer; stay healthier longer; and lead more fulfilling lives,” Fulton added.

*For more information on all of the Endowment’s priorities, visit [www.endowmentforhealth.org](http://www.endowmentforhealth.org).*

## **KUSTER CO-SPONORS BILL TO REAUTHORIZE OLDER AMERICANS ACT**

Congresswoman Anne Kuster recently co-sponsored a bill to reauthorize one of the most important federal laws that helps keep older adults healthy and independent. The bill was originally passed in 1965 and was last updated in 2006.

Although older individuals may receive services under many other Federal programs, today the OAA is considered to be the major vehicle for the organization and delivery of social and nutrition services to this group and their caregivers. The OAA also includes community service employment for low-

income older Americans; training, research, and demonstration activities in the field of aging; and vulnerable elder rights protection activities. To learn more, go to [http://www.aoa.gov/AoA\\_programs/OAA/](http://www.aoa.gov/AoA_programs/OAA/)

## **From Our Readers**

Let’s put the emphasis on GROWING older.

We all feel younger than we are because the spirit never ages.

Anonymous

### **OLDER AND BOLDER**

Despite being close to 100, yoga teacher Tao Porchon Lynch is still inspiring students in New York who are a quarter of her age. She’s been practicing yoga for more than 70 years and shows no signs of slowing down - in fact, she also ballroom dances, despite having undergone a full hip replacement. Share this video <http://www.youtube.com/watch?v=1n1GtOaL7XU> (click Skip this ad unless you feel campaign ad deprived!) to remind your friends that you’re only ever as old as you feel!

Fran

### **PREVENTING SUICIDES**

I recently listened to a National Council on Aging sponsored webinar focused on suicide prevention and older adults.

I was truly impressed by the quality of the webinar, and felt compelled to share with others.

It gave really helpful information. All of the slide materials and a recording of the webinar are now available online at:

<http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/suicide-prevention-and-older.html>

One resource that I was really impressed by is The Friendship Line – a 1-800 number that serves as both a “hotline” and a “warm line” for folks who are depressed, lonely, anxious or afraid.

This is not only for elder clients but for their caregivers who are often elders themselves (as you know).

1-800-971-0016. The call center is based in San Fran, but it is available to anyone in the US.

In addition, there is an evidence-based practice of gatekeeper training by Samaritans of Merrimack Valley in Massachusetts that was highlighted. They are funded by the State of MA, but they are ready and willing to travel to train in other states – if funded to do so.

Kelly Laflamme

## **News You Can Use**

### **MEDICARE COVERAGE OF VACCINES**

How Medicare covers vaccines depends on the type of vaccine and the reason it is prescribed. Medicare Part B (either through Original Medicare or a Medicare Advantage plan) covers vaccines after you are exposed to a danger-

ous virus or disease. For example, it will cover tetanus shots after you step on a rusty nail. It also covers three vaccines under the preventive care benefit – flu, pneumonia, and hepatitis B. All other vaccines should be covered by your Part D prescription drug plan. Every Part D plan must have all commercially available vaccines on its list of covered drugs (formulary), but costs may differ.

## WHO WOULD HAVE THOUGHT

Marijuana legalization is opening the door for lots of business opportunities—and not all of them are drug related. Since marijuana prohibition is waning in many states, hemp is looking to be a possible source for future building materials. Hempcrete, a mix of wood hemp cores and lime, can be used as building material that is lighter, less brittle, and cheaper than concrete. Hempcrete is also naturally resistant to mold, insects and fire.

## CORNEA DONATIONS

The number of people donating corneas has dropped by 2 per cent in the past 12 months.

More organ donors should consider offering their eyes to help improve the lives of thousands of blind or partially sighted people, health officials have said. Around one in ten donors on the NHS organ donor register say they are not willing to donate their eyes, but experts insist that cornea donations are “vital” and help many patients restore their sight. For more information, go to:

## ***WE WANT YOU TO KNOW . . .***

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

We actively partner and work with other NH advocates.

### **Formal Partnerships**

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

### **Active Collaborations & Groups:**

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

### **Other Groups we work with:**

- AARP
- NH Business and Industry Institute
- NH State Committee on Aging
- NAMI
- NH Alliance for Retired Americans
- DD Council
- UNH Institute on Disabilities
- NASW-NH
- Area Committees on Aging
- NH Association of Senior Centers
- NH Statewide Independent Living Council
- NH Business & Industry Association
- ServiceLink

© 2014 EngAGING NH, All Rights Reserved

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

EngAGING NH Newsletter articles may be copied for personal use, but proper notice of copyright and credit to EngAGING NH must appear on all copies made. This permission does not apply to reproduction for advertising, promotion, sale or other commercial purposes.

<http://www.scotsman.com/news/health/organ-donors-are-urged-to-give-gift-of-sight-1-3548285>

## MEDICARE REMINDER

Medicare Part B will cover equipment that you use in the home if it qualifies as durable medical equipment (DME). DME is equipment that is:

- Durable, meaning you can use it again;
- Designed to help a medical condition or injury;
- Suitable to use in the home (although you can also use them outside the home); and
- Likely to last for 3 years or more.

Some examples of DME covered by Medicare are walkers, crutches, wheelchairs, power scooters, seat lifts, hospital beds, home oxygen equipment, diabetes self-testing equipment, and certain nebulizers. For Original Medicare or your Medicare Advantage plan to cover your DME, you must get a doctor's prescription and must receive the DME from an approved supplier.

[Click here to learn more about DME on Medicare Interactive](#)

## OLDER GENERATIONS TIDBIT

Our aging society has been the cause for much concern. Old generations will need extra care, and it seems that the young generation will need to pay for that. While these concerns are real, there's good news as well—an aging society is very beneficial for the environment.

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

A new study from Germany has found that as we age our carbon emissions rise steadily, until about 60 where they decline by about 20 percent. The decline in greenhouse emissions that happens at around 60 is attributed to individuals retiring and travelling less than they did in their younger years. Read more at:

[http://www.newscientist.com/article/dn26273-ageing-societies-will-be-better-for-the-planet.html#.VD\\_T9rl0z4a](http://www.newscientist.com/article/dn26273-ageing-societies-will-be-better-for-the-planet.html#.VD_T9rl0z4a)

## JOBS & HEALTH

You might be surprised to learn that there is the intrinsic connection between unemployment and public health. European job creation programs found that for every euro the government spent on job creation, the community saved 2.5 euros in public health spending.

Recently the same European programs were taken stateside, and will hopefully have the same results as they did across the pond. Read more:

<http://theoptimist.com/public-health-intrinsically-relate-job-creation/>

## FUTURE OF AGING: WHERE THE OLD BOYS ARE

*Life expectancy rising for senior men*

Forget the baby boom. A man boom is coming, and it will make the senior scene of tomorrow vastly different from the one today.

Instead of a sea of women in senior communities, nursing homes and adult day-care centers, Census projections predict the population will even out as life expectancy spikes for males and flattens out for females. The result: a more equal ratio of guys to gals age 75-plus by the year 2040.

That's why man caves and couples apartments and men-only support groups may be part of retirement living in the near future.

“It will be interesting to see if we have enough men that they're finally asking the women to dance, rather than otherwise,” said Edith Lederberg, executive director of the Aging and Disability Resource Center of Broward County, which plans local senior services.

By the time South Floridians who are in their 40s and 50s today are hanging out in retirement community clubhouses, they'll find almost eight men there for every 10 women, according to Sun Sentinel projections based on the 2010 Census. That compares with six men to 10 women in Broward County in 2012, a jump that translates into tens of thousands of more men.

A more balanced number of elder men and women has big implica-

**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**

tions for how people will live as they age.

They'll want different kinds of housing including facilities geared toward couples, activities that cater to both genders, and support groups focused on the specific challenges that male caregivers may face.

In senior housing — and, in particular, long-term care facilities, which predominantly have had female residents — South Florida aging experts are beginning to

consider what this will mean and how to prepare for it.

“I see this as a significant shift,” said Bruce M. Gibson, principal of Senior Capital Advisors in North Miami, which handles the financing, sale and development of senior housing projects.

Typically, the average resident in an assisted-living facility or nursing home is a widowed female, Gibson said. Having more men, and probably more elder couples entering long-term care together, will change the way new facilities are constructed and older ones are renovated, he said.

Common living arrangements today have two single females, often unrelated, sharing a nursing-home room or an assisted-living apartment, Gibson said. He predicts nursing homes will shift toward private rooms, and assisted-living centers will build one-bedroom units to accommodate couples.

Senior communities and centers will need to offer activities and classes that men like, in an atmosphere where they're comfortable.

The Volen Center, a senior and community center in Boca Raton, is creating a “man cave”: a room with a large-screen television locked onto the sports channels, and comfortable chairs “where men can just hang out,” said Jared Policano, the center's senior director of operations.

Men also will increasingly have to step into caregiver roles, as they will live long enough to see partners developing diseases like Alzheimer's or having a stroke. At this

point, there are few caregiver resources targeting men. For example, there are no men-only support groups in Broward County listed by the Alzheimer's Association Southeast Florida Chapter.

“This is a trend that is creeping up on us, and we need to expand our services,” said Mary Barnes, president and CEO of Alzheimer's Community Care, a West Palm Beach-based social service agency. “There really is a gender difference when it comes to caregiving.”

What's behind the senior man boom? A combination of better medical treatments and health habits.

Dr. Daniel Jimenez, an assistant professor at the University of Miami's Miller School of Medicine, said the male life span is increasing partly because of advances in treating cardiovascular disease, more common in men. The upswing in smokers kicking the habit also has contributed, Jimenez said, because a higher percentage of men traditionally have smoked.

In the meantime, rates of women abusing alcohol and drugs have risen, he said. Women also increasingly are shouldering workplace responsibilities and stress along with caring for their children and sometimes aging parents as well, Jimenez said, which is taking a toll on their health.

Two years ago, researchers at the Institute for Health Metrics and Evaluation released new estimates showing men nationwide — born in 1989, 1999 and 2009 — could be expected to live up to seven

years longer than those born two decades earlier. Gains were greatest for black men. Women's life expectancy for the same birth years, however, had slowed to a crawl.

Some places are starting to notice subtle changes already.

“We see more men coming to our senior centers than ever before, wanting to do things like shoot pool,” Lederberg said.

Men at Covenant Village of Florida, a Plantation retirement community, say they have noticed more single male newbies in their communal dining room. Anticipating the increase, the community's management is recruiting more single men for its newcomer mentor program.

“I don't feel out of place,” said Clive Fenton, 75, who moved in alone two years ago after his divorce. “It's a welcoming group.”

*Diane C. Lade, Sun Sentinel, August 30, 2014*

**SCIENCE SHOWS THAT TIME REALLY DOES FLY AS YOU AGE**

When you're a kid, time seems to move so slowly, but as an adult it really seems to fly.

We all heard it from our parents growing up and thought it sounded preposterous at the time: “What happened to last year? It flew by!” they would yell to each other at champagne-soaked New Year's

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

County	Name	Email
Belknap	Pat Consentino	sel.consentino@tiltonnh.org
	Rich Crocker	richcrocker@metrocast.net
Carroll	Kate Cauble	kemc226@aol.com
Cheshire	Bob Ritchie	fictionfitz@gmail.com
Coos	Mark M. E. Frank	maxfra@aol.com
Grafton	Chuck Engborg	eengborg@roadrunner.com
Hillsborough	Russ Armstrong	equlzr@gmail.com
	Sherri Harden	hardensherri@gmail.com
	Joan Schulze	joanschulze@myfairpoint.net
Merrimack	Herb Johnson	clairhonda@msn.com
Rockingham	Sheila King	bbwic@metrocast.net
Strafford	Candace Cole-McCrea	snowyowl@metrocast.net
Sullivan	Larry Flint	wrecman@myfairpoint.net
<i>State Reps &amp; Senators</i>		
Cheshire	Rep. Susan Emerson	semerson435@aol.com
District 12	Senator Peggy Gilmour	peggy.gilmour@leg.state.nh.us

Eve parties. That's because when you're a kid, time seemed to move incredibly slowly. My birthday is only a month from Christmas but I remember when I was 7 that those four weeks felt like eons — now it's all I can do to even bother celebrating my birthday, since it feels like I still have tinsel in my hair.

While we can't put our finger on an exact year when “time speeds up” it happens to most of us — and for real reasons. The first, and largest, is due to what psychologists call the Habituation Hypothesis. For very good reason, our

brains want to conserve energy (compared to other animals, human brains use a lot of calories to run). So, once we have gotten used to something — a route to work, doing the dishes or getting dressed in the morning, for example — we start to do it on autopilot, and cease noticing many of the small things that make one day different from another. This makes time seem to pass much more quickly, since fewer unique moments are being recorded by your brain.

When you are a small child, everything is new, and most days are



a learning experience, so your brain is rarely on “auto” and you notice much more, leading to time seeming much slower. The more attention that is paid to each moment, the slower time seems to pass (which makes sense, if you think about it).

There are physical reasons time perception changes too: Dopamine levels drop as we age, which affects our sense of time. And heart rate even has an impact. According to a 2013 research paper in the journal *Attention, Perception, and Psychophysics*, “...variations in prospective timing are caused by two factors: the pulse rate of an internal pacemaker and the amount of attention directed to the passage of time.”

While you can't change much about the biological aspects of aging, you can force yourself out of your typical routine, and slow down time when you want to, using a few techniques.

*Elevate Your Daily Experiences:* Whatever it is that brings you into the moment (I favor time in nature and experiencing art), do more of those things. Playing with your kids without any distractions, cooking a meal from scratch or listening to a piece of music (not while reading, not while cleaning, just listening) are other ideas that will ground you in the now, create new memories and slow down time.

*Do New Stuff:* Remember those routines I wrote about above? Shake them up. Get up early one morning and take yourself to breakfast; go to a movie after

work; take a long lunch and go window-shopping downtown; don't turn the TV on before bed and read or write instead. Changing up what you usually do will cause you to notice new things and see the world with a new perspective that's refreshing.

*Quit Multitasking:* Not focusing on the task at hand is the easiest way to lose time. If you are throwing together dinner while helping your kids with homework, while chatting to your friend, you probably won't remember doing any of those things. Try doing one thing at a time — this might require practice if you are used to doing many things at once — and see how you remember the day later.

Want to keep time from rushing by? It's at least partially up to you, and how you live your life.

Read more:

<http://www.mnn.com/earth-matters/space/blogs/science-shows-that-time-really-does-fly-as-you-age#ixzz3FNp5KS2U>

## LIVING AFFORDABILITY

### Community Living

There is more to housing affordability than how much rent or mortgage you pay. Transportation costs are the second-biggest budget item for most families, but previously there hasn't been an easy way for people to fully factor transportation costs into decisions about where to live and work.

The goal of the Location Affordability Portal, [www.locationaffordability.info](http://www.locationaffordability.info),

is to fill this gap by providing the public with robust, standardized data and resources on combined housing and transportation costs to help consumers, policymakers, and developers make more informed decisions about where to live, work, and invest.

## CARMAKERS SEE TECH TAKING THE WHEEL—SOON

Google's driverless car may be a work in progress, but the potential for semiautonomous vehicles on American roads is no longer the stuff of science fiction.

By the end of the decade, a growing number of automakers aim to offer some form of hands-off-the-wheel, feet-off-the-pedals highway driving that will let a driver sit back and let the car take control.

The very nature of driving, experts say, will be radically reshaped — and the biggest players in the auto industry are now vying to capture a slice of the revolutionary market they see coming within a matter of years.

“This is the year we'll look back on as the turning point,” said Scott Belcher, president of the nonprofit Intelligent Transportation Society of America, who has helped organize a global connected-car expo for seven years. “We're at the cusp now of this completely new generation of transportation, and it's going to change things on a scale not seen since Eisenhower

and the Interstate Highway System.”

The potential goes beyond just the idea of a souped-up cruise control. The connected car of 2020 will zip down the highway, pass other vehicles, and possibly even take the next off-ramp, all on its own.

It will warn drivers of daily dangers like pedestrians or bicyclists suddenly crossing traffic, and if drivers don't react in time, the car could take over — hitting the brakes or steering away before it is too late.

It will monitor drivers' eyes and how often they close, to jolt them awake if they fall asleep at the wheel.

‘We could see the car say: “Hey, it looks like you're tired . . . Want some coffee?” ’

And parking? Forget about hunting around the garage at the mall: Cars will go off and find a spot, then return later, all on their own.

Vehicles available to most Americans will soon use a combination of sensors in the car and communication between cars to transform the traditional driving experience.

The pivot point is the buy-in from auto companies and their vast networks of suppliers, which not only believe in the technology but also see it as a way to gain a competitive advantage.

“They now see it as real, and they want to get ahead of each other,” Belcher said.

A report released Monday by the consulting firm McKinsey & Co. projected the revenue associated

with connected-car technology will grow to more than \$230 billion by the end of the decade, about a six fold increase from current levels.

Active safety features like emergency braking and other semiautonomous driving capabilities are expected to capture the largest share of that revenue.

GM made a splash last month by announcing that its Super Cruise technology — the company's version of autonomous highway driving — will be available in two years on certain Cadillac models.

Other automakers, including Honda, BMW, and Volkswagen, are also planning hands-off-the-wheel offerings within the next five years.

And with roughly 33,000 traffic

fatalities every year in the United States, the potential for saving many of those lives through technology is finally within grasp, automakers and safety regulators say.

Gerald J. Witt, with the auto supplier Delphi, said the company was working on sophisticated driver monitoring that by 2016 could be ready for production vehicles. The system would know if a driver was being distracted or falling asleep. The goal is to eventually tap into other aspects of the connected car, like the Internet connection, not only to warn drivers but to offer timely suggestions.

“If your eyelids are closing at a rate that shows you're seriously fatigued, we could see the car say: ‘Hey, it looks like you're tired; there's a Starbucks up ahead in 1 mile. Want some coffee?’ “ Witt said.

Even relatively mundane activities like parking may soon be automated. While companies like Ford and Volkswagen offer vehicles that can steer themselves into a parking spot, the French supplier that makes those systems, Valeo, has greater ambitions. It wants to eliminate hunting around the parking lot or garage for a space.

In a recent demonstration in Detroit, Valeo showed what the parking lot of the future might look like: essentially, driverless valet parking.

Once the driver got out of an equipped SUV, sensors communicated with systems that monitored each parking space. After the push of a button on a smartphone, the

## CAN YOU HELP?

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

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

***Donations are tax deductible to the extent allowed by law.***

car drove away and headed to an available spot, parking itself.

Later on, when a driver is ready to depart, the car is called back with the smartphone: It starts, finds its way out of the parking spot, and meets the driver at the entrance.

On the opposite end of the miles-per-hour spectrum, Honda demonstrated a high-speed ride on Detroit's highways to highlight advances in automated driving technology. The vehicle steered through curves, merged into traffic, and even took an exit off the highway — all while the test driver's hands sat on his lap.

IAV Automotive Engineering, based in Germany, is aiming to offer a semidriverless system to be added to any production car, regardless of the manufacturer.

*Aaron M. Kessler, NY Times, Oct 6, 2014*

## Health & Wellness

### HEARING IMPAIRED PHONE APP

A new app called RogerVoice allows those hard of hearing to read what people are saying on a phone call instead of trying to hear the other person's voice. They can then text their responses into RogerVoice instead of speaking it. What they text is then spoken to the person on the other end of the call. RogerVoice is only available for Android phones and is seeking further funding via Kickstarter.

<http://techcrunch.com/2014/09/26/with-rogervoice-deaf-people-can-make-their-first-phone-calls/>

### BENEFITS OF TURMERIC

German researchers have discovered that a compound found in turmeric might encourage nerve cell growth in your brain. This could lead to a major breakthrough for Alzheimer's patients.

Currently only tested on lab mice, the study revealed that the turmeric compound had noticeable gains in brain regeneration and nerve growth. While further tests are still needed, we do encourage you to go out for a nice curry!

<http://www.bbc.com/news/health-29361351>

### NEW APPROACH TO EYESIGHT LOSS

Scientists from Japan have reprogrammed skin cells from a woman's arm and implanted them into her eye to help her regain sight. This is the first time in history stem cells have been used in such a way. The woman is in her 70s and is the first of six patients to undergo this ground breaking procedure.

Since the stem cells are made from adult tissue no embryos are de-

stroyed during the process. Scientists will see how well the new cells integrate into the patient's eye over the next year. Read more: <http://www.newscientist.com/article/dn26220-stem-cells-used-in-landmark-therapy-for-failing-sight.html?cmpid=RSS%7CNSNS%7C2012-GLOBAL%7COnline-news#.VBxawhR0wdV>

### DRINK TWO GLASSES OF WATER AND CALL ME IN THE MORNING

Under normal circumstances, everyone loses a gallon of fluids a day. In order to replenish the supply, we have to drink some 80 percent of that.

Our cells need water to transport proteins and enzymes to nerve endings. Water also acts as adhesive material between cells and transports sugars for energy.

If the body becomes dehydrated, a water-rationing process kicks in. The brain is first in line to receive available water, followed by the kidneys and liver. After that, it's every organ for itself. In fact, dehydration may be a cause of many types of degenerative diseases, like asthma, arthritis, hypertension, angina, diabetes (type 2), lupus and multiple sclerosis.

How is it possible that wealthy

**Looking for a back issue of an  
ENH newsletter?**

**Check our website:**

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

Western people are dehydrated? It turns out that most of what we drink—tea, coffee, soft drinks and alcohol—dehydrates the body. Coffee and alcohol in particular rob our bodies of fluids, which explains the dry throat we experience after a pub crawl and the advice we hear to drink a glass of water for every cup of coffee.

According to the prevailing wisdom, a dry throat alone is not a good indicator of thirst. The body lets us know we're thirsty by creating pain. Dehydration may be at the root of many sicknesses, and dehydration can be avoided.

Under normal circumstances, everyone loses a gallon of fluids a day. In order to replenish the supply, we have to drink some 80 percent of that (20 percent of the needed water generally comes from what we eat).

Don't wait until we're thirsty, we are advised. Thirst, after all, is a sign that our bodies are experiencing an acute water shortage. Drinking more water may be an inexpensive and painless way to safeguard our health. - See more at: <http://theoptimist.com/drink-two-glasses-water-call-morning/#sthash.TyequUo5.dpuf>

*The Intelligent Optimist*

## FALLS ARE A BIG PROBLEM

*Falls are a major problem for seniors who want to "Age in Place".*

Unfortunately it is not uncommon for a senior to fall and be unable to get up afterwards due to a variety of underlying physical problems—even if no serious injury was sustained during the fall.

## Help Spread the Word!

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

**Forward it on!**

As an Occupational Therapist who has worked in the healthcare industry for 14 years, I have heard countless stories from people who have been trapped on the floor for hours or even days before a family member or friend found them. The longer the time a person spends on the floor, the less likely they will be able to return to living independently.

*Lots about prevention. But what to do if you fall?*

There is a great deal of information currently available regarding 'fall prevention' strategies (E.g. remove throw rugs, increase lighting, add grab bars), but there is very little information out there on the topic of 'fall recovery'.

People seeking solutions for how to get up after a fall are usually taught a 'basic fall recovery technique' or informed that there are a few equipment options available for purchase. Unfortunately many people can't perform the basic fall recovery technique and most people feel the equipment

designed for fall recovery is too expensive—and the truth is that even if they did own it, it is unlikely it would be sitting immediately beside where the fall occurs.

Now you might be wondering why doesn't everyone just use a life alert system. The answer is that many people can't afford the monthly payments for the service and the reality is that a high number of people won't purchase a life alert system until after at least one fall has already happened.

*How to get up if you fall: Suggested Techniques*

I had a small epiphany while sitting in my living room a few weeks ago and realized there are actually many things that people can do to successfully get up from the floor. I made a short video showing these ideas.

[http://www.youtube.com/watch?feature=player\\_embedded&v=4ETgQD8QhZs](http://www.youtube.com/watch?feature=player_embedded&v=4ETgQD8QhZs)

In under 10 minutes, it shows 10 different fall recovery techniques. Now, obviously each person watching it will have different strengths and weaknesses so all of the techniques won't work for everyone. But the most important thing people will come away with is how to creatively 'think outside the box' to better ensure they will find a way to get up (or get help) in minutes.

Please tell others about these ideas. I believe for seniors, and all individuals who have balance problems, that being aware of what to do if a fall occurs is equally as important as being aware of

what to do in the event of an earthquake or fire.

I hope this short, simple video will find its way into the hands of more neighbors, friends and family members that it will help.

Rhonda Bonecutter

## 7 FOODS TO LOWER INFLAMMATION IN YOUR BODY

While getting regular exercise and reducing the amount of stress in your life are key components to reducing the inflammation in your body, we can also add certain anti-inflammatory foods to our diet, (all the while cutting out sugar and processed food), to optimize our health.

The following seven foods are anti-inflammatory super heroes and you should eat them frequently, or at least three-four times per week:

*Cold water fish.* Cold water fish like wild salmon, cod, sardines, haddock and sole are all high in fats that have great anti-inflammatory properties. Keyword: WILD (skip the farm raised)

*Vegetables.* Surprise! Vegetables are good for you. However, most North Americans aren't getting enough plants into their diets. You should be eating at least 8 or 9 servings of veggies every day. That means you should have vegetables with each meal. Make them bright and colorful, and leafy and green!

*Seeds and nuts.* Walnuts, sesame seeds and almonds all contain

omega-3 fats that reduce inflammation.

*Fruit and berries.* Blueberries, pineapple, raspberries, cherries, strawberries and apples are all examples of fruits that may help reduce inflammation within the body.

*Turmeric and other herbs and spices.* Turmeric, ginger, garlic, basil, oregano—take your pick because all of those herbs and spices are very, very high in nutrients and fight inflammation. Try chopping a bunch of herbs and combining with garlic and olive oil for an inflammatory meat marinade!

*Chocolate.* Every once in awhile some good chocolate is a great thing to eat. I'm talking about chocolate that's at least 70% pure cocoa and no more than one ounce at a time. Make sure it's organic!

*Green Tea.* Whether it's hot or cold, green tea acts like a liquid vegetable, putting up an inflammatory fight within your body. And please make sure that tea is organic.

Now that you know what foods you should eat to reduce that inflammation, here's what you should avoid!

### The top foods to avoid in order to reduce inflammation:

- Margarine and other trans fats
- White flour
- Sugar
- Deep fried foods
- Excessive alcohol

Leanne Ely

## Dollars & Sense

### APPROACH A REVERSE MORTGAGE CAUTIOUSLY

You're 62 or older, and life has derailed your plans. You didn't save nearly as much as you wanted to retire — but you had to stop working because of health issues. You'll receive a Social Security benefit and a monthly pension. But there's a financial gap because of unexpected expenses.

You need a new roof and other necessary home repairs.

Then you see a late-night television commercial about something called a reverse mortgage.

"You know some people have told me reverse mortgages sound too good to be true," the actor and former senator Fred Thompson says. "I mean, you get cash out of your home. No monthly payments and still own your home." Could this be the answer? It may be. But be careful. Most people understand a traditional 30-year or 15-year mortgage. You take out a loan for your home and make monthly payments.

But with a reverse mortgage, there is no monthly payment. The lender doesn't get paid until you move, sell or die. If the home is sold, any equity that remains after the loan is repaid is distributed to you or your estate.

To qualify for a reverse mortgage, you have to be 62 or older and own your home outright or have a low-enough mortgage that it can be paid off with proceeds from the loan.

Contact Information For NH Members of the U.S. Congress				
Name	Mailing Address	Phone	Fax	E-Mail Contact Form
U.S. Representative Carol Shea-Porter	1530 Longworth HOB Washington, DC 20515	(202) 225-5456	(202) 225-5822	<a href="https://shea-porter.house.gov/contact/email-me">https://shea-porter.house.gov/contact/email-me</a>
U.S. Representative 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 Kelly Ayotte	144 Russell Senate Office Building Washington DC, 20510	(202) 224-3324	(202) 224-4952	<a href="http://www.ayotte.senate.gov/?p=contact">http://www.ayotte.senate.gov/?p=contact</a>
U.S. Senator Jeanne Shaheen	520 Hart Senate Office Building Washington, DC 20510	(202) 224-2841	(202) 228-3194	<a href="http://shaheen.senate.gov/contact/">http://shaheen.senate.gov/contact/</a>

Your home must be your principal residence.

Borrowers can take the loan as a line of credit, a lump-sum payment, fixed monthly payments, or a combination. Most importantly, borrowers have to maintain the home and pay property taxes and homeowner’s insurance.

Like any other financial product, a reverse mortgage is not right for everyone.

A 2012 report from the Consumer Financial Protection Bureau found that a large proportion of borrowers — nearly 10 percent — in the federally insured Home Equity Conversion Mortgage program, which represents about 95 percent of the reverse mortgage market, were at risk of foreclosure because they hadn’t paid their property taxes and insurance.

There have been changes to reverse mortgages recently.

People are limited in how much they can withdraw during the first year. As of Aug. 4, non-borrowing spouses can’t be kicked out of the house when their spouses die as long as they continue to meet certain qualifications. And coming

soon are new rules from the Federal Housing Administration to make sure people can afford the expenses they must pay under a reverse mortgage.

Many folks are alarmed that some seniors are using the money from a reverse mortgage not to supplement other income or to handle unexpected medical expenses or make needed home improvements but as a pot of money that they are too quickly depleting.

“To a lot of people, a reverse mortgage is a loan of last resort for [seniors] without any other options,” said Peter Bell, president and chief executive of National Reverse Mortgage Lenders Association. “But a reverse mortgage can be a useful part of a retirement plan.

However, you shouldn’t use it as a bailout,” Bell added

Most recently, a report by researchers at Ohio State University found that changes to the reverse mortgage market could help reduce default rates among borrowers who currently don’t have to undergo the same type of financial

assessments as is done for traditional loans.

The Ohio researchers examined a pool of 30,000 seniors counseled for reverse mortgages between 2006 and 2011.

As part of its intake of information, the agency pulled people’s credit scores. FHA requires borrowers to go thorough pre-loan counseling.

As it turned out, borrowers with low scores were more likely to have trouble paying their property taxes and homeowner’s insurance. Under the FICO credit-scoring model the score range is 300 to 850. The higher the score, the lower the risk.

The Ohio researchers conclude that if lenders held to a FICO credit score threshold of 500, this could reduce the percentage of people getting a reverse mortgage by 3.2 percent, but lower the predicted default rate by 12.4 percent. “People have to realize, this is still a mortgage,” said Stephanie Moulton, associate professor and director of doctoral studies at Ohio State and one of the coauthors of the reverse mortgage report.

To get more information, go to [www.hud.gov](http://www.hud.gov) and search for “reverse mortgage.”

“For the right person in the right situation, a reverse mortgage can be a sustainable way for seniors to age in place,” said FHA Commissioner Carol Galante. “But converting your home’s equity into a source of cash requires careful consideration with the help of an experienced housing counselor.” Although the TV commercials make a reverse mortgage sound super simple, there’s a lot to consider. So please proceed with caution.

*Michelle Singletary, Boston Globe, Sept 21, 2014*

## THE INVESTMENT INDUSTRY’S RESPONSE TO DEMENTIA

I had the opportunity to attend SIFMA’s Senior Investment Forum this week. It was an industry seminar focused on cognitive impairment (dementia, Alzheimer’s disease and related ailments). The timing was somewhat ironic given that on the same day of the conference, the family of Malcom Young—the founding member of Australian rock band AC/DC—confirmed the reason for the guitarist’s retirement: dementia. (I’m listening to some of his work as I write this.)

A positive takeaway from the conference is the investment industry’s awareness of the problem. Some firms have set up protocols, implemented training programs, or are otherwise educating employees about identifying and

working with clients showing signs of cognitive impairment. Wells Fargo Advisors distributes a pamphlet entitled “A Quick Reference Guide for Elder Financial Abuse.” Ameriprise Financial gives its financial advisers a “compliance snapshot,” which has guidance for working with clients believed to be “experiencing diminished mental capacity.” Bank of America Merrill Lynch has a director of financial gerontology. Cynthia Hutchins, who holds this role, believes this is the first such position of its kind.

Now, the bad news. Resolving problems with investors who are believed to be cognitively impaired is difficult and complicated. When a problem is suspected, the industry’s best response right now is to delay requests for withdrawals as much as possible while notifying supervisors in the firm and reaching out to local and state authorities and agencies for assistance. (Exceptions are made when there is a clear financial need, such as an electricity bill or taxes.) An investment firm can contact state agencies and law enforcement (and many do), but if a person has legal authority to make a withdrawal, the firm is in a tough spot.

Adding to the difficulty are clients who refuse to accept the fact that they are being victimized. One panelist told a story about a client of his firm who thought she had won about \$20 million from the Publisher’s Clearing House sweepstakes and needed to withdraw approximately \$100,000 to cover the taxes. Neither her finan-

cial adviser, the firm’s compliance department nor local law enforcement could convince her that she was being scammed. Fortunately, in this instance, the crooks were caught before they swindled the woman out of her savings.

While it is a positive to see industry professionals being trained, they cannot perceive changes in customers they don’t regularly interact with. One speaker brought up electronic banking as an example. Online banking and ATMs are convenient, but there is no regular human interaction to spot a customer whose cognitive skills are declining. It would have been interesting if a representative of an online brokerage firm was on one of the panels, but unfortunately, this was not the case.

There are steps you can take. Some firms are now asking clients for an emergency contact. This is a person who can step in and be an advocate for an investor should he or she be suspected of having cognitive impairment or otherwise have diminished capabilities. I would contact both your bank and brokerage firms to see if it is possible for you to list such a person.

**DON'T FORGET TO VOTE!!**

**This election may be ONLY determined by who turns out at the polls. Your Vote Matters.**

Rick Fleming, the director of the SEC's office of investor advocate, raised the possibility of requiring the person with power of attorney to clear his or her actions with a separate party. You could, for example, require your son or daughter to report periodically to your CPA or estate attorney. Exercise helps reduce your chances of experiencing significant cognitive decline. Social interaction reduces the chance of fraud. FINRA is seeking public comments on a proposal governing whether brokerage statements should be sent to investors who are disabled, incapacitated or living in a nursing home. Contact FINRA if you have an opinion you'd like to share.

<http://www.finra.org/web/groups/industry/@ip/@reg/@notice/documents/notices/p600772.pdf>

Finally, I'll give you one of my suggestions: have a written emergency plan for the steps someone you trust should take in the event you are no longer able to manage your own finances.

*AAIL.com*

## Tech Tips

### TO CONSIDER

In light of last year's reports of unrestrained NSA spying, researchers have come up with a new way to protect your private messages—by sending them as sequenced light particles through a fiber optic network. The new technique is supposedly “unhackable” and is being tested on a network between Columbus

and Dublin, Ohio.

<http://www.newscientist.com/article/mg22329873.000-quantum-internet-could-keep-us-safe-from-spying-eyes.html?cmpid=RSS|NSNS|2012-GLOBAL|online-news#.VEAMILI0z4Z>

### HOW TO AVOID COMPUTER TECH SUPPORT SCAMS

The phone rings. The voice on the other line informs you that your PC is infected with a virus that, fortunately for you, the caller's well-known company can eliminate it. Hmm, you think, that's odd, since our family only uses Macs.

Hopefully, you hang up and that's the end of the story. But many people getting similar calls ended up falling for tech-support scams, handing over remote access to their computers and getting charged hundreds of dollars. This all-too-common problem led a federal court recently to fine operators of several international tech-support schemes more than \$5.1 million.

Whether or not the government ever collects the fines, the action shines a light on why consumers must be careful about who they allow to work on their computers.

#### *Hang up on possible scammers*

Computer tech-support professionals who've earned high marks from Angie's List members warn that you should never give anyone you don't know access to your computer. Reputable tech-company workers don't operate through unsolicited phone calls,

they say, so your best move is to hang up.

Wondering if your computer has a virus? Signs include slow performance, inability to launch programs or unfamiliar programs launching independently.

When seeking help computer issues, consider the services of a reputable technician. Check the company's reputation on a trusted online review site. Ask questions so you're clear about credentials and training, if service can be done in your home or office, and how long an expected repair could take.

Also, ask if charges are by the hour or the project. In the past year, Angie's List members reported paying \$50 to \$260 to have top-rated computer-service providers remove viruses and malware.

*Angie Hicks founded Angie's List, Union Leader, Aug 25, 2014*

## Laugh & Live Longer

### T-SHIRT STATEMENT

“I don't know how to act my age; I've never been this old before.”

### GERONTOLOGY JOKES

“OMG. I am so glad I was young, wild and crazy before the Internet, cell phones and hackers.”

A census taker in rural Cape Breton went up to a farmhouse and knocked. When a woman came to the door, he asked her how many children she had and their ages.



She said, "Let's see now...there's the twins, Sally and Billy, they're thirty-two. And the twins, Seth & Beth, they're twenty-six. And the twins, Penny and Jenny, they're twenty-four..."

"Hold on!" said the census taker, "Did you get twins EVERY time?"

The woman answered, "Heck no, there were hundreds of times we didn't get nothin'."

### TRIVIA

In the old days, lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial.

They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up.

Hence the custom; "holding a wake."

England is old and small and the local folks started running out of places to bury people.

So they would dig up coffins and would take the bones to a bone-house, and reuse the grave.

When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell.

Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus, someone could be, "saved by the bell" or was "considered a dead ringer."

### NOTE ABOUT HUMOR

TV sitcoms in which characters make jokes at someone else's expense are no laughing matter for older adults, according to a University of Akron researcher.

Jennifer Tehan Stanley, an assistant professor of psychology, studied how young, middle-aged and older adults reacted to so-called "aggressive humor—the kind that is a staple on shows like *The Office*.

By showing clips from *The Office* and other sitcoms (*Golden Girls*, *Mr. Bean*, *Curb Your Enthusiasm*) to adults of varying ages, she and colleagues at two other universities found that young and middle-aged adults considered aggressive humor to be funny, while older adults did not. The older adults preferred "affiliative humor," in which a number of characters share and navigate an awkward situation.

Stanley and her co-authors, Monika Lohani of Brandeis University and Derek M. Isaacowitz of Northeastern University, published their findings in the journal *Psychology and Aging*.

The study raises some intriguing questions about our concept of what is funny. Is that concept based on factors peculiar to generations, or does it evolve over time as we age and, perhaps, mellow?

Those possibilities will need to be explored in a future episode of humor research. Stay tuned.

## Purposeful Living

It is said of Maud Thompson, "she is one-of-a-kind lady and makes aging look good!!"

Maud first came to the Littleton Senior Center several years ago after the death of her husband. She felt a little lost and was looking for an outlet for her time and energy.



Maud Thompson

At first she was just delivering meals, but she saw an opportunity to recruit and include many other ladies like herself!

While she was delivering meals she noticed the Center's range and convection oven were old and not always working at their best. When she asked about replacing them it was explained that there was NO budget for these appliances.

Maud and a couple of her friends, all quilters, made two beautiful quilts on two different occasions and requested assistance to set up times and places for selling raffles not only at the Center but in the community.

Her plan was let the raffle run as long as possible to generate the

most money. The convection oven was \$2,000 and the standard range was \$3,000, a very lofty goal. Maud did have some help selling tickets, but she put in a lot of her time and energy to raise the money for both! She succeeded and the kitchen and participants have all enjoyed the fruits of her labor.

Maud is a staunch supporter and advocate for the Center. In fact, the Center has welcomed many folks who say “Maud was telling us about the Center”. Whenever there is a need to solicit community businesses or individuals Maud is always the first to step up and offer ideas or just her own leg work.

Today she logs in over 60 hours a month, and probably a lot more time than that. She delivers meals weekly, covers an extra route if someone can't make it, works in the office entering stats on the computer each week, and when she found out the kitchen was a little short on volunteers, she added kitchen volunteering one day a week to her list of activities. She is always a pleasant and willing worker in whatever she undertakes; Maud is always there when needed.

A survivor of three bouts of cancer, this amazing woman is a happy and positive addition to the Center and we feel so fortunate to have her. She is sharp, funny and resourceful, and has gone above and beyond as a volunteer.

We at the Center are pleased and proud to nominate her for the Joseph D. Vaughan award and grateful for the opportunity to recog-

nize her outstanding contribution to the Center and community it serves.

## Board Notes

### THE AGING OF THE STAR TREK GENERATION

Ask any older adult where they want to live and the likely response will be, “In my own home.” In fact, EngAGING NH grew out of a commitment to this idea. In a summit held in the fall of 2006, 100 older leaders identified it as the most important issue to them.

Over these past 8 years we have worked toward improving that potential. And we've had our ups and downs, but none quite as topsy-turvy as 2014.

For the first time, we saw a Legislative Subcommittee demonstrating real understanding that we needed a statewide approach to addressing the aging of NH; that it involves much more than health care; and that we need to look at a number of factors including the more obvious issues of housing and transportation. Over the spring and summer, they looked at establishing a Long Term Care Commission and regulatory issues that discourage a vibrant community-based infrastructure.

Things were looking up until we learned that the two subcommittee leaders were not seeking reelection. Without their influence and support, there could be little hope for success. And our worse fear is that, once again, the issue will be

viewed through the DHHS and Medicaid lenses. Medicaid is a player, but they do not have the capacity to bring together and coordinate a broad field of players. Nor should they.

But there is new hope. The Endowment for Health has an elder health initiative that envisions communities where NH's culture, policies and services support our elders and their families, providing a wide range of choices that advance health, independence and dignity. Work has started and we are very enthusiastic about the approach and the support of the 43 member advisory committee from multiple sectors.

Make no mistake; this 5 to 10 year project intends to change the face of aging. Research shows that older adults are unlikely to involve themselves in a “systems change” involving policy, cultural and social views or activities that are designed for the future.

At that same time, older adults are extremely concerned about the future for their grandchildren, are compassionate, collaborative and have skills and talents that are invaluable. (Did you know that many businesses fear that in 10-15 years all the skills they have relied on will disappear as people retire?)

*And yet, many of us become invisible and withdrawn, focusing only on ourselves. Aging has become the cloaking device of the Star Trek generation.*

It's time we changed that. No grandiose act is required. No huge commitment of time is necessary.

**ENH NEWSLETTER-NOVEMBER 2014**

Begin to be visible in small ways. When you encounter circumstances that create barriers for your independence and dignity, make it known. Chances are such circumstances were born out of a pure lack of understanding simply because the person responsible wasn't old enough to even consider the impact. Suggest things to store managers. Write a letter to your newspaper. Share ideas, not acceptance, in your social circles. Be the change. Small acts matter.

\*A cloaking device is a theoretical or fictional stealth technology that can cause objects, such as spaceships or individuals, to be partially or wholly invisible to parts of the electromagnetic (EM) spectrum.