



A Citizen Voice for the
Aging Experience

ENGAGING NH NEWS

Guest Opinion

Father-in-Law’s Medical Crisis Causes Family Surprise

by Judith Graham

Earlier this month, my husband picked up the phone and learned his 92-year-old father had been taken to the hospital that morning, feeling sick and short of breath.

We were nearly 2,000 miles away, on a vacation in the mountains of southern Colorado.

No, it wasn’t COVID-19. My father-in-law, Mel, who has diabetes, high blood pressure and kidney disease, was suffering from fluid buildup in his legs and around his lungs and excruciating knee pain. Intravenous medications and steroid injections were administered, and he responded well. Doctors monitored Mel carefully, adjusted his medications and recommended a few weeks of home health care after eight days in the hospital.

In other words, this was not a life-threatening emergency. Yet we realized how poorly prepared we were for a real crisis, should one arise. We needed a plan.

Why didn’t we have one already? The usual reasons:

Not a life-threatening emergency, yet we realized how poorly prepared we were for a real crisis.

denial, avoidance and wishful thinking. It was easier to imagine that Mel would be all right until it became clear that we couldn’t take that for granted.

Although I routinely advise readers about preparing for changes in their health, I didn’t want to be a know-it-all with my husband’s family. Their assumption seemed to be “We’ll deal with whatever comes up when that happens.”

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EngAGING NH
9 Gleneagle Drive
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engagingnh@gmail.com
www.engagingnh.org

Now, eyes wide open, we got organized.

Some background: Mel lives in a well-run continuing care retirement community in upstate New York, in the independent living section. His three sons all live at a distance: one out West, one overseas and one a few hours away.

Hiring a care manager.

Last year, as Mel's kidney function declined, I suggested we hire a geriatric care manager who could look in on him regularly. After a few visits, Mel let her go. Her services were too expensive, he complained. In truth, we understood, he didn't want someone interfering in his affairs.

My husband respects his father's autonomy and didn't press the point.

So, when Mel went to the hospital a few weeks ago, he was alone, with no one to turn to for assistance.

This was especially problematic because Mel has hearing loss and it is almost impossible to talk with him by phone. "How are you, Dad?" my husband yelled on twice-a-day calls to check on his father in the hospital. "What?" Mel replied querulously. This was repeated a few times, with mounting frustration and no useful information exchanged.

Now a care manager who could serve as our eyes and ears on the ground was necessary, not optional, and we hired back the professional we'd already found.

Finding companion care.

What kind of assistance was Mel going to need when he left the hospital, deconditioned and weaker than when he went in?

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.

When we spoke with the physician overseeing Mel's care in the hospital, he suggested that "companion care" for at least a few weeks would be a good idea. Mel needed someone to help him up out of the chair, stay at his side while he walked to the bathroom and bring him a glass of water, among other tasks. (Also, we realized, we needed to arrange for meals to be delivered to Mel and for someone from his senior community to buy groceries for him — a service they'd started during the pandemic.) An excellent organization that works with older adults in Mel's area supplied me with a list of 21 agencies that provide these kinds of services — a dizzying array of choices.

Fortunately, the senior community where Mel lives recommended an agency that often works with its residents. We hired 24/7 care for several days after Mel left the hospital with the understanding that we'd continue services if necessary. Now, this agency is on our list of essential resources.

Understanding the options.

Mel's senior community incorporates assisted living and a nursing home for residents who need short-term rehabilitation services or longer-term round-the-clock care.

But it was clear Mel wanted to go home after being in the hospital instead of going to that rehab. Medicare would pay for a few weeks of visits from nurses and physical and occupational therapists. Would that be enough to set him on the road to recovery? We had no idea.

If Mel couldn't return to his previous level of functioning after returning home, he might need to transition to assisted living, where he could receive more medical oversight and assistance. How would this work? We didn't know and asked the geriatric care manager to find out.

Getting paperwork in order. Years ago, Mel assigned power of attorney for his health care decisions and financial and legal affairs to my husband. So long as Mel can manage on his own, he makes his own decisions: The legal papers were a backup arrangement.

But Mel hadn't prepared a document naming all three sons as his "personal representatives" under the Health Insurance Portability and Accountability Act of 1996. This waives privacy concerns and gives them access to his medical information. It went on our "to do" list.

The brothers also didn't have a complete list of Mel's doctors, the medications he was on and why he was taking them. Another item for our list, especially important since Mel left the hospital with prescriptions for 14 medications, several of them new. While he'd

always managed on his own before, in his post-hospital fog it was clear he was nervous about managing this complicated regimen.

Understanding the prognosis.

Before Mel's hospitalization, we knew his kidney function was worsening. But what lay ahead? Was dialysis even an option for a 92-year-old in this time of COVID-19?

Who was best prepared to help us understand Mel's prognosis and the big picture?

I've written for years about geriatricians' comprehensive approach to the health of older adults. It turns out, there's a top-notch group of geriatricians affiliated with the hospital where Mel was being treated.

After several calls, I reached one who agreed to see Mel after he was released from the hospital. Now, we have another new team member who can help us understand Mel's health trajectory and issues that might arise going forward.

Having the conversation.

What has yet to happen is the conversation that my husband hasn't wanted to have. "Dad, if your health takes a turn for the worse again, what do you want? What's most important to you? What does quality of life mean to you? And what can we do to help?"

With Mel's hearing problems, doing this over the phone won't do.

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

My husband would have to fly cross-country and, ideally, meet his New York brother at Mel’s place for a conversation of this kind. Before that happens, the brothers should talk among themselves. What’s their understanding of what Mel wants? Are they on the same page?

Also, no one has discussed financial arrangements.

Each time we explain to Mel one of the new services we’ve arranged, his first question is “What’s the cost?” His impulse is to guard his cherished savings and not to spend. My husband tells him he shouldn’t worry, but this, too, is a conversation that has to happen.

Being prepared. Professionally, I know a lot about the kinds of problems families encounter when an older relative becomes ill. Personally, I’ve learned that families don’t really understand what’s involved until they go through it on their own.

Now, Mel has a new set of supports in place that should help him weather the period ahead. And my husband is keenly aware that planning doesn’t stop here. He’ll be attending to his father far more carefully going forward.

Kaiser Health News

NH Updates

DHHS COVID-19 GUIDANCE

Visit this website to get the latest information.

www.dhhs.nh.gov/dcbcs/covid-guidance.htm

GUARDIAN KIOSK

Advanced Kiosks is located in Concord and has been helping companies with self service solutions for about 20 years. Their newest product is called the Guardian

Kiosk. Using thermal scanning, the device measures a person’s temperature and also recognizes if that person is wearing a mask.

If you fail either of those conditions, it will send alert, and it will notify somebody in the building that somebody wants to gain access, but they are not wearing a mask. Its range is about 3 to 5 feet, and it is hands-free. The temperature check is not medical grade, but accurate enough to determine if someone needs additional screening. It also limits the need for person-to-person interaction.

Because it’s checking for masks and it’s issuing an alert, saying you have to wear a mask, it’s a machine telling people that, not another person. It’s thought that most people are less likely to argue with a machine than they are another person!

The Guardian Kiosk costs between \$2000 and \$2500, depending on the model. There is also a tabletop version, but the company is offering a discount for New Hampshire businesses.

WHAT’S A GEN Z?

Gen Z is the latest named age cohort of Americans. Before Gen Z are Millennials, Gen X, and of course the Baby Boomers. At the University of New Hampshire’s Department of Recreation Management and Policy, we would like to connect our students (Gen Z’s) with older adults (Baby

ENH welcomes all points of view and invites your submissions.
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engagingnh@gmail.com
Forward it on!

CDC Eviction Ban: What you need to know

**YOU ARE NOT PROTECTED UNLESS YOU
COMPLETE THESE STEPS**



1.) ASK FOR HELP WITH RENT AT CAPNH.ORG AND YOUR LOCAL WELFARE OFFICE

This is your first step. You must ask for help paying rent to qualify for the eviction ban.

2.) KEEP PAYING AS MUCH RENT AS YOU CAN

You have to pay all unpaid rent when the ban ends Dec. 31 - or risk eviction. Paying as much rent as you can now will make that easier.



3.) COMPLETE THE REQUIRED FORM



This ban is not automatic. To avoid eviction, all adults in your home must complete a declaration form to confirm under oath that they:

- Cannot pay rent because of lost income or medical bills
- Have applied for rent assistance
- Are paying as much rent as they can

Complete the form at covid19evictionforms.com

4.) GIVE THE LANDLORD THE FORM

This is required. Keep a copy of the form(s) you give to the landlord.



5.) CONTACT US IF YOU GET AN EVICTION NOTICE

You may qualify for free legal help. Apply at nhlegalaid.org or 1-800-659-5290.



COMPLETE FORM IN ENGLISH OR SPANISH HERE:

covid19evictionforms.com

Boomers or older) to foster communication, understanding, and positive relationships across the generations.

We are looking for 8 older adults who are comfortable with video conferencing (e.g. Zoom or Skype or FaceTime) and interested in conversing with a college student studying aging. The intention is to have multiple conversations/interactions over the fall semester (semester ends in mid-December) via electronic media. One major goal of this project is to have participants teach the student something new and for the student to teach the older adult something as well. We plan to start up in the next 2-3 weeks.

If you are interested in volunteering for this project please send an email to Dr. Allison Wilder at allison.wilder@unh.edu

NEW CDC EVICTION NOTICE

The US Center on Disease Control (CDC) recently issued an order to suspend evictions nationwide. Described as an "emergency action, the order took effect on September 4th and will extend until December 31, 2020.

The order does **not** include a national rental assistance package and renters must pay any back rent or fees and penalties accumulated during the moratorium.

For help in NH, contact:

Elliott Berry
NH Legal Assistance
1850 Elm St., Suite 7
Manchester, NH 03104
Phone: (603) 668-2900 ext. 2908
Fax: (603) 935-7109
eberry@nhla.org

Your Voice

MEDICARE ENROLLMENT

Please remember that the Annual Enrollment Period (AEP) is coming up; October 15 - December 7. This is the opportunity for Medicare beneficiaries to review their Medicare Part D (Rx Plan) and/or their Medicare Advantage Plan, make comparisons, and change plans if desired. Please contact your local ServiceLink office at 1-866-634-9412, or Medicare.gov, or 1-800 MEDICARE for assistance.

Louisa Simpson

PRIMARY VOTING

I was pleasantly surprised at my experience with in-person voting after all the hype about absentee ballots and making voting harder. Everything was set up for my safety and comfort from hand sanitizer and gloves to a folder to hold my ballot. I saw equal and courteous treatment to a person worried about the safety of curtains and another refusing a mask. It renewed my confidence in our system.

Marilyn

SEPTEMBER ISSUE

Just an FYI that I really like your newsletter! Thanks,

Matt

A SWEET ENDING

Now, this is truly a lesson in why you should never judge a story by its headline. Suttie Economy, a 94-year-old World War II veteran, wants to have his coffin painted like a pack of Wrigley's Juicy Fruit gum when he passes.

With all due respect, that seems like a rather eccentric request, but the whole story is amazing. Economy's longtime friend

Sammy Oakey (who also runs a funeral service) says Economy is known famously throughout the Roanoke, Virginia, community for handing out Juicy Fruit gum to everyone he meets.

Economy became fond of Juicy Fruit during World War II, when Wrigley took Spearmint, Doublemint and Juicy Fruit gums off the civilian market to make sure all of the supply went to the US military. He's been giving it away to friends and strangers alike ever since.

"It served as a symbol for his mission to talk to people about the World War II memorial and to honor the deceased veterans that died for our freedom," his brother John says.

Economy is currently at the Virginia Veterans Care Clinic recovering from a heart condition, but whenever the time comes, he will certainly have a send-off worthy of his sweet deeds.

(Link sent to us under CNN Good Stuff)

Commission on Aging Update

September marks the first anniversary of the New Hampshire Commission on Aging! The meetings are open to the public and are held the third Monday of the month from 10 AM to noon. Visit

How to Contact Your NH Commission on Aging

Chair,
Rep. Polly Campion
polly.campion@leg.state.nh.us

Vice Chair,
Ken Berlin
kaberlin@comcast.net

Clerk,
Roberta Berner
bernerabel@aol.com

the new website at <https://nhcoa.nh.gov/> to see the mission and vision statements, the year one strategic plan, meeting minutes and events calendar.

For details on how to connect to monthly meetings contact Rebecca Sky, Executive Director, 603.271.0527, 603.848.4204 (cell) or email: Rebecca.Sky@nh.gov

<https://nhcoa.nh.gov>

Focus on Community

WE'RE ALL IN THIS TOGETHER

Another heartwarming example of community support. What do you do when you're laid off during a pandemic? Panic, probably. Job hunt. Maybe feel sorry for yourself. And if you're Brian Schwartz of Wayne, New Jersey, you rev up the lawnmower.

The 39-year-old digital advertising executive was shocked when he was laid off in June. As he contemplated his next move, he realized that senior citizens in his neighborhood were staring down an even bigger danger in the form of Covid-19. He started mowing the lawns of elderly veterans in his community, free of charge.

The service grew, and became I Want to Mow Your Lawn. (Amazing name, A+.) He now offers his service in four New Jersey counties: Passaic, Morris, Bergen and Essex, and two other friends who have lost their jobs during the pandemic have joined his efforts. "With all going on in the world, it's the least I could do for our elderly neighbors," he says.

CNN

COMMUNITY FOCUS: PORTSMOUTH PUBLIC LIBRARY

A library is not just a place. It means so much more than that! Libraries function as

third spaces - public social environments where anyone can hang out, regardless of your age, gender, background, race, culture, income, class or circumstances. Not only that - it's free. You can use it without buying a single thing. And we're always working to make our spaces more accessible and welcoming. For that reason, the library is a refuge.

The library is also a repository - part of our mission is to preserve & make accessible Portsmouth history, in collaboration with other local organizations. Our Special Collections department works to preserve stories of the Seacoast, uncovering forgotten history and collecting the history being made at this moment with our Pandemic Community Diary: cityofportsmouth.com/library/communitydiary

Lastly, the library is a principle and an ideal. We believe information should be free, and all who enter the library should be able to access information free of censorship. And we believe in protecting the privacy of our users. These values are laid out in the American Library Association's Library Bill of Rights, which is like our Hippocratic oath!

The library belongs to you. During this strange time, full of hardship and limitations, we're changing our services to continue fulfilling our mission safely and sustainably. We're grateful to our community for bearing with us as we offer curbside pickup, appointments for computer and Wi-Fi use, virtual events, and more - and we look forward to the day our space can be

HELP SPREAD THE WORD!
If you like this newsletter, please share it with your family, neighbors, friends and colleagues.

once again filled with learning, growing, expanding minds! You can see the Portsmouth Public Library's current services here:

cityofportsmouth.com/library/news/currentservices.

Our online programs are open to all – not just Portsmouth residents or library card-holders! Our offerings represent a variety of formats and interests. We offer weekly Meditation, Language Discussion Groups, Book Groups for all ages, and a World Affairs Discussion Group. Each month we host Local History lectures, Genealogy workshops for all levels of experience, and film screenings. Recent special events have included Chair Yoga, Gardening and Foraging workshops, a Tarot workshop, and a three-week Standing Up to Racism course! We invite all New Hampshire folks to check out our events, as you can now attend from the comfort of your own home.

Because the Portsmouth Public Library has not yet opened for browsing, we are passionate about connecting people with books, movies and magazines they might like. We have a short form that library users can fill out and receive a surprise book bundle with some new favorites. You can find it at cityofportsmouth.com/library/pplex.

Your local library will offer something similar! You can also call the main desk at your library (our number happens to be 603-427-1540) and they'll help you find your next read, put a hold on an item, or use online services to download or stream ebooks, digital audiobooks, technology and art classes, films, music, and more!

News You Can Use

Each month we host Local History lectures, Genealogy workshops for all levels of experience, and film screenings. Recent special events have included Chair Yoga, Gardening and Foraging workshops, a Tarot workshop, and a three-week Standing Up to Racism course!

You can support your local library in a number of ways. While volunteer positions may not be currently available for health and safety reasons, you can still donate to the library, spread the word about our many services, encourage your friends to check out books and attend events, and urge your local representatives to provide ample funding for the library.

We are honored to serve the people of Portsmouth, the Seacoast and New Hampshire – thanks for reading!

Laura Horwood-Benton, Programming & Community Relations Librarian

HAPPINESS MUSEUM

The world's first museum dedicated explicitly to that warm, glowing (and sometimes alien) feeling opened this summer in Copenhagen. It's the creation of the Happiness Research Institute, a think tank that studies happiness and encourages global leaders to adopt policies with well-being in mind. In the cozy, 2,585-square-foot space, visitors get to view artifacts of joy from around the world, learn more about the historical perception of happiness, and leave notes detailing their own sources of happiness. They may also come across a few experiments — like a wallet full of money deliberately placed on the ground. Trust, the museum's creators explain, is a key contributor to happiness levels. So far, the museum says the wallet has been returned intact every single time.

MEDICARE TO COVER ACUPUNCTURE

In January, 2020, the Centers for Medicare and Medicaid Services (CMS) announced its decision to cover up to 12 acupuncture sessions in 90 days for Medicare patients with chronic lower back pain or LBP. Eight additional sessions can be added if patients show improvement. There are some

restrictions to the new Medicare coverage, however.

Licensed acupuncturists can only provide this service if they are supervised by medical doctors (M.D. or D.O. designations), physician assistants or nurse practitioners/clinical nurse specialists trained in acupuncture, who then need to process the acupuncture claim. Currently, licensed acupuncturists can't directly bill Medicare.

3D PRINTED PROSTHESIS

The problem with functional prosthetic arms is that they cost a fortune, averaging between \$20,000 and \$100,000. That doesn't account for the time and money that goes into working and getting fitted with a prosthetist.

To make functional prosthetics more accessible for all, a startup called Unlimited Tomorrow is creating customizable, 3D-printed prosthetic arms that amputees can order online. They can even do the fitting online, which cuts out the middleman and lowers costs further. The 3D-printed arm was invented by

HELP!

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

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

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

Senator Maggie Hassan
1589 Elm Street, 3rd Floor
Manchester, NH 03101
603-622-2204
www.hassan.senate.gov

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

Rep. Annie Kuster
2nd Congressional District
18 North Main Street, 4th Floor
Concord, NH 03301
603-226-1002
www.kuster.house.gov

Easton LaChappelle, aged 24, who started creating his first robotic arm when he was just 14. Skip forward to today and he is 3D printing customized robot arms that can be controlled with the mind, which he calls the TrueLimb. Applicants scan their limbs using a home 3D scanner, then place the order online! Compared to prosthetic arms that can cost six-figure sums, LaChappelle's TrueLimb only costs \$8,000. On top of that, these robotic arms provide much more functionality thanks to features such as haptic feedback, individual finger control, and multi-day battery life.

www.freethink.com

TEMPLE UNIVERSITY OFFERING "TALKING TO DOCTORS" AAC TRAINING SERIES

If you live in the US, rely on any kind of AAC (Augmentative and Alternative Communication), and are at least 18 years old, please consider applying to participate in a free, 8-week training series that will pay you \$250! Organized by Temple University's Institute on Disabilities, this training is part of a

CommunicationFIRST-led grant project funded by the WITH Foundation that seeks to improve access to health care for AAC users.

The ACES Talking to Doctors Strand starts October 6, 2020 (time TBA), and will include 8 free weekly classes on Zoom (plus optional social events). You'll learn about tools to use to make your own health decisions and will create your personal video to get doctors to listen so they know what is important to you — and you'll get paid \$250 if you complete the project!

Learn more and apply ASAP here:

<https://techowlpa.org/news/aces-talking-to-doctors/>

GSIL Advocacy Alert

Health & Wellness

9 FOODS PROMOTE DEEPER SLEEP

Almonds. These nuts are not only high in riboflavin, phosphorus, and reduce the risks of chronic disease, they also are high in magnesium which promotes good sleep. Magnesium reduces inflammation and the stress hormone cortisol for better rest.

Turkey. This Thanksgiving classic contains the amino acid tryptophan, which increases the production of melatonin and is high in protein which has been linked to deeper sleep.

Chamomile tea. This health-boosting beverage has antioxidants that reduce inflammation. It is widely used for overall health benefits, but for sleep specifically, it contains apigenin which binds to certain receptors in your brain that may promote sleepiness and reduce insomnia.

Kiwi. This green fruit is high in antioxidants and serotonin. It also has digestive

benefits for a calmer stomach throughout the night.

Tart cherry juice. This juice is rich in potassium and antioxidants as well as high levels of melatonin to combat insomnia.

Fatty fish. A great source of omega-3 fatty acids and vitamin D, one study showed that men who ate 10.5 ounces (300 grams) of Atlantic salmon three times a week for 6 months fell asleep about 10 minutes faster than men who ate chicken, beef, or pork.

Walnuts. These nuts provide 19 vitamins and minerals, boost heart health, and their high melatonin levels will help you doze off more quickly.

Passionflower tea. This herbal drink has the calming antioxidant apigenin and could help you wind down before bed.

White rice. Although lower in fiber, nutrients, and antioxidants than brown rice, it does have a high glycemic index which has been linked to better sleep when consumed an hour before bed. In one study, higher rice intake was associated with better sleep than bread or noodles.

www.healthline.com

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!

HONEYBEE VENOM BREAST CANCER TREATMENT

Honeybees hold the key to our agricultural systems, but it turns out they may also have other amazing healing powers. A study from the Harry Perkins Institute of Medical Research shows honeybee venom could treat triple-negative breast cancer, a type that currently has limited treatment options.

Honeybee venom has been known to treat tumors in plants since 1950 and more recently has been shown to work against other cancers like melanoma. This is the first time it has been successfully used to kill breast cancer cells and the first time it has been tested against every type of breast cancer cell, as well as normal breast cells.

Led by Dr. Ciara Duffy, the team of researchers tested the venom itself and a synthetic version of a compound in the venom, called melittin, against triple-negative breast cancer and HER2-enriched breast cancer cells. The impressive results showed that a certain concentration of honeybee venom could kill 100 percent of cancer cells without seriously impacting healthy ones.

The melittin works by entering the surface, or the plasma membrane, 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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forms holes or pores and it just causes the cell to die. When paired with existing chemotherapies, the venom was highly effective in eradicating cancer in mice. The researchers are hopeful that a similar treatment could work in humans.

Although more studies need to be conducted before the method can be tested in humans, this discovery shows promise for treating common and invasive cancers using naturally-derived methods – yet another reason to protect these valuable and threatened insects!

www.ecowatch.com

BLOOD TEST MAY PREDICT ALZHEIMER'S

A NIH-funded study reports advances in blood-based detection of ptau181, a biomarker of Alzheimer's disease.

Researchers report an advance in the development of a blood test that could help detect pathological Alzheimer's disease in people who are showing signs of dementia. This approach could be less invasive and less costly than current brain imaging and spinal fluid tests. The blood test detects the abnormal accumulation of a form of tau protein known as phosphorylated-tau-181 (ptau181), which is a biomarker that suggests brain changes from Alzheimer's. The study, funded by the National Institutes of Health, was published on March 2 in *Nature Medicine*.

Over the past 15 years, research advances in the development of biomarkers like tau protein have enabled investigators to more accurately diagnose Alzheimer's disease,

select research participants, and measure response to investigational therapies. Tau and other biomarkers can be detected with PET scans of the brain and lab tests of spinal fluid. However, PET imaging is expensive and involves radioactive agents, and spinal fluid tests require spinal taps, which are invasive, complex and time-consuming. Simpler biomarker tests are still needed.

"The considerable time and resources required for screening research participants with PET scans and spinal taps slow the pace of enrollment for Alzheimer's disease treatment studies," said Richard J. Hodes, M.D., director of NIH's National Institute on Aging (NIA), which funded much of the study. "The development of a blood test would enable us to rapidly screen a much larger and more diverse group of volunteers who wish to enroll in studies."

An international team of researchers led by Adam Boxer, M.D., Ph.D., at the University of California, San Francisco, used the new test

to measure the concentration of ptau181 in plasma, which is the liquid part of blood that carries the blood cells. The samples were collected from more than 400 participants from the University of California, San Francisco Memory and Aging Center, part of the NIA-funded Alzheimer's Disease Research Center; the NIH-supported Advancing Research and Treatment for Frontotemporal Lobar Degeneration (ARTFL) consortium; and a research study sponsored by Eli Lilly.

Their analysis demonstrated that the ptau181 in plasma could differentiate

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healthy participants from those with Alzheimer's pathology, and differentiate those with Alzheimer's pathology from a group of rare neurodegenerative diseases known collectively as frontotemporal lobar degeneration (FTLD).

"It has become clear that there are many possible biological pathways to dementia," said Roderick Coriveau, Ph.D., program director at NIH's National Institute of Neurological Disorders and Stroke (NINDS), which also supported the study. "Finding a blood test that specifically identifies the presence of Alzheimer's pathology in the brain should greatly help researchers develop better treatments for the many who suffer from dementia."

In addition, the results with the plasma ptau181 test mirrored results with two established biomarker tests for Alzheimer's — a spinal fluid ptau181 test and a PET brain scan biomarker known as amyloid protein. The research team, which includes the NIH's ARTFL-LEFFTDS Longitudinal Frontotemporal Lobar Degeneration (ALLFTD) research consortium that was announced last year, is now aiming to refine and improve the ptau181 blood test method.

"Because of NIH's investments, we are poised to make dramatic advances in biomarker development for Alzheimer's disease, FTLD, and related neurodegenerative disorders," said Eliezer Masliah, M.D., director of NIA's Division of Neuroscience.

Your Local Resources

ServiceLink Aging & Disability Resource Center 866-634-9412 (servicelink.nh.gov);

211 NH is the connection for NH residents to the most up to date resources they need from specially trained Information and Referral Specialists.

211 NH is available 24 hours, 365 days a year. Multilingual assistance and TDD access are also available.

In the future, improved biomarkers like ptau181 may help not just researchers but also physicians to detect and diagnose Alzheimer's and related neurodegenerative disorders earlier, when interventions are more likely to be effective.

"This research is an example of how studies on rare diseases, in this case FTLD, may provide important insights into common disorders such

as Alzheimer's disease, which affects millions of people," said Tina Urv, Ph.D., program officer in the Office of Rare Diseases Research at the NIH's National Center for Advancing Translational Sciences (NCATS), which also supported the study.

www.nih.gov, 3/2/2020

REDUCING STROKE RISK

Our small daily actions all contribute to our long term health and, when it comes to strokes, 80 percent are preventable, so lifestyle choices are especially important. High blood pressure and high cholesterol are both factors that contribute to stroke risk, so healthy habits can greatly reduce the risk of damaged arteries. Here are four small things you can do to help reduce the risk of stroke.

Cut down on stress. This one is no surprise. Stress drives up our blood pressure, causes inflammation, and deteriorates vascular function. A study found that working more than 10 hours a day for 50 days out of the year increased the risk of stroke by nearly 30 percent. If you're

looking for strategies to reduce daily stress, check out our article on practicing self-care.

Snack on walnuts. Eating a 1 oz serving of this fatty nut once a week was found to reduce the risk of stroke by 17 percent. Walnuts are a great source of heart-healthy alpha-linolenic acid (ALA), a plant-based type of omega-3, which helps prevent plaque buildup, blood clots, and vascular weakening.

Get moving. Exercise is one of the most critical components of physical health. It's associated with a reduced risk of nearly every type of disease. One study found that those who walk at a brisk pace (over 3.5 mph) each day have a 44 percent reduced likelihood of a stroke. So, what are you waiting for? Get outside and move your body today!

Eat plenty of potassium. Reducing sodium is often touted as a solution for preventing strokes, but getting plenty of potassium is important too. Potassium helps balance out the water-retention effects of sodium to reduce blood pressure. Strive to cut back on sodium to 2,300 mg/day (1,500 if you have hypertension) and aim to get 4,700 mg potassium. Don't panic if you don't like bananas, broccoli, spinach, sweet potatoes, and oranges are also high in potassium.

Someone in the US suffers a stroke every 40 seconds, but lifestyle choices can greatly reduce the risk of this pervasive condition. Even if you're not in a high-risk category, incorporating these easy healthy habits into your routine will benefit your vascular and overall health in the long run.

The Optimist

Tech Tips

FREE MONITORING APP

Snug is a free daily check-in service for old adults living alone. Have peace of mind that if something happens, Snug will make sure someone knows.

Over 400,000 check-ins so far.

A simple app that checks in on you every day. When you respond, it shares a motivational quote. If it doesn't hear back, it will message your emergency contacts to let them know you might need help.

If you're on the Snug Dispatch plan, a Snug dispatcher will call your cell phone to make sure you're ok. If you don't pick up, they will leave a voicemail with a callback number. Then they will call each of your contacts, in order. If you have still not checked in and the dispatcher does not have confirmation that one of your emergency contacts will check on you, they will request a wellness check to your cell phone's last known location.

Snug Safety is currently available for iPhone and Android on Google Play or iPhone App Store

TECH SUPPORT SCAMS

Tech support scammers want you to believe you have a serious problem with your computer, like a virus. They want you to pay for tech support services you don't need to fix a problem that doesn't exist. They often ask you to pay by wiring money, putting money on a gift card, prepaid card or cash reload card, or using a money transfer app, because they know those types of payments can be hard to reverse.

Are you getting pop-up warning messages on your computer screen? Or maybe a

phone call that your computer has a virus? That may well be a tech support scam. But how do you know? And what do you do?

Scammers love to sound legit by pretending to be from a real company – say Microsoft or Apple. They’ll make your computer “problem” sound urgent, trying to get you to act before you have time to think. And they’ll ask you for access to your computer, your bank or credit card number, or for money.

But that’s not how real tech support works. So, before you click the link in the pop up or call that number, stop. Talk to someone you trust. Read about tech support scams.

And remember: Never share your bank account, credit card, or Social Security number with anyone who contacts you. Somebody who tells you to pay with a gift card, money transfer, or Bitcoin is a scammer. Always. To view the full article with helpful links, and to watch a video on tech support scams: <https://www.consumer.ftc.gov/articles/how-spot-avoid-and-report-tech-support-scams>.

Have you spotted a scam? Report it to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

Submitted by Traci Armani, Consumer Education Specialist, Division of Consumer & Business Education

Editor’s Note: Do not to click on them at all, but immediately exit out of whatever program they’re using. The bots that do the dirty work can sometimes infect a computer just by being accessed from the program or site you’re using at the time.

Dollars & Sense

CAREGIVERS ACT (VETERANS)

The U.S. Department of Veterans Affairs (VA) is about to increase

the scope of its Program of Comprehensive Assistance for Family Caregivers (PCAFC) to include eligible veterans who suffered serious injury in the line of duty on or before May 7, 1975. Benefits of the program include monthly stipends, medical training and health insurance. The expansion is set to go into effect Oct. 1. The program originally covered only the approximately 20,000 veterans who left the service after Sept. 11, 2001. As part of the VA Mission Act of 2018, eligible veterans of all eras will eventually be covered. Caregivers will be eligible to receive up to \$2,800 a month for aiding veterans who require assistance with what health professionals call “Activities of Daily Living” (ADL), the basics needed for independent living at home or in the community. That includes help with bathing, dressing, feeding and getting in and out of bed. Under the Respite Relief for Military and Veteran Caregivers program, caregivers can apply to receive approximately 24 hours of respite care from a CareLinx professional to help with bathing, companionship, cooking, medication reminders, mobility assistance, transportation and other activities. The program will furnish more than 40,000 hours of non-medical home care to more than 16,000 veterans. For more information visit: <https://www.benefits.gov/agencies/U.S.%20Department%20of%20Veterans%20Affairs>

FINANCIAL GUIDANCE FOR LGBT

SAGECents is a digital wellness platform made specifically for LGBT elders to increase financial stability and reduce the economic stress. This program, created in partnership with LifeCents and with generous support from the Wells Fargo Foundation, will help ensure that LGBT elders have access to resources that will support their financial literacy and stability as they

navigate the unprecedented economic environment resulting from the COVID-19 pandemic.

With SAGECents, LGBT elders will receive accurate and current information and have access to helpful resources and tools personalized to their age, income, financial goals, and more.

www.sageusa.org

FINANCIAL ADVISOR TOOL

Are you aware that you could boost your retirement outlook by using this new startup's no-cost service? SmartAsset's free, five-minute tool makes it easy to find qualified financial advisors in your area or who serve your area.

This exclusive tool matches you with up to three fiduciary financial advisors who have passed a rigorous vetting process. Unlike broker-dealers, stockbrokers and insurance agents, fiduciary advisors are legally bound to work in your best financial interest.

SmartAsset confirms that each advisor is registered with the U.S. Securities and Exchange Commission (SEC) or the appropriate state regulator and that any licenses or credentials are current before they're accepted onto the platform. Advisors are also screened for pending or valid regulatory disclosures within the past 10 years. Many advisors on the platform meet with clients remotely for everyone's safety.

With over 110 million Americans over age 50, it's no wonder this Princeton alum's startup has raised over \$51 million in funding to help people plan for a comfortable retirement.

Laugh & Live Longer

LEXOPHILE

"Lexophile" describes those that have a love of

words, especially in word games, such as: "To write with a broken pencil is pointless."

An annual competition is held in New York Times to see who can create the best original lexophile.

This year's submissions:

I changed my iPod's name to Titanic. It's syncing now.

England has no kidney bank, but it does have a Liverpool.

Haunted French pancakes give me the crepes.

This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.

I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles U.C.L.A.

I got some batteries that were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail.

A will is a dead giveaway.

With her marriage, she got a new name and a dress.

Police were summoned to a daycare center where a three-year-old was resisting a rest.

Did you hear about the fellow whose entire left side was cut off? He's all right now.

A bicycle can't stand alone; it's just two tired.

The guy who fell onto an upholstery machine last week is now fully recovered.

He had a photographic memory but it was never fully developed.

When she saw her first strands of gray hair, she thought she'd dye.

Acupuncture is a jab well done. That's the point of it.

I didn't like my beard at first. Then it grew on me.

Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?

I stayed up all night to see where the sun went, and then it dawned on me.

I'm reading a book about anti-gravity. I just can't put it down.

FUN TRIVIA

"Mad as A Hatter" hat makers in the 18th century often went mad from mercury poisoning. Mercury was used in the making of felt hats.

"In the Nick of Time". Also, in the 18th century, business men kept track of debts and interest owed by making knicks in a tally stick. If the debt was paid off before the next nick, it was in the nick of time.

"Dressed to the Nines" meant you were rich enough to purchase the nine yards of fabric for a complete tailor-made outfit.

COVID

Can we uninstall 2020 and reinstall another version? This one has a virus.

HEADLINES

Party Goers Could Face a Jail Sentence; Prisoners Are Being Released from Jail Due to the Coronavirus.

ELECTIONS

I can't believe they're considering an all-mail election.....females worked so hard to get voting rights!

Why did the Three Stooges win the election? They had Moementum

It's important to look closely at lawn signs during election campaigns. Last time I voted for a real estate agent

Purposeful Living

HILLSBOROUGH COUNTY

Elaine began volunteering as a MOW driver in 1998, delivering meals, wellness checks and invaluable social connection to older and low-income, homebound and disabled adults in Merrimack NH. Her husband Harvey joined her as a volunteer in 2008. The Blooms feel very strongly about being "good neighbors" and contributing directly to the well-being of fellow townspeople. Elaine says that she was adamant about making time for volunteer work even with the pressures of being a small-business owner. Harvey credits his military service for instilling in him the desire to serve others.

Together, they have contributed 224 hours of service since January 1 and countless hours prior to then. Although both know the importance of meeting the basic need for food, they would much rather talk about the way their clients' faces light up when they walk through the door. "I love when you come here" said one client recently.

Harvey spoke about the significance



Elaine and Harvev Bloom

of “filling the void” for personal connection experienced by many clients. “So many of these people don’t see any other folks at all,” he said. Elaine adds, softly, “They are alone.”

Both speak about coming upon situations where no one answers their knock or their phone calls. This makes Elaine “crazy”, and she does not hesitate to peer in windows or go around to the back of the house, looking for her client, before calling her concerns into the MOW site. They were there when the police showed up at one person’s house and discovered that not only had the lady fallen but that the officer who responded was the lady’s son. Needless to say, he was very grateful to the Blooms for alerting the site so quickly.

They talk enthusiastically to family and friends about their work for SJCS to the point where Elaine has enlisted her sister as a MOW volunteer, and Harvey, who enjoys ice skating for exercise, has talked one of his ice skating buddies into volunteering for MOW—he started in early March.

“One day, we will probably need this service,” said Harvey. Until then, the couple intends to maintain their longstanding tradition of volunteering because, as Elaine says, “We feel good about filling the need for human contact and besides--it’s fun!”

Board Notes

YOUR VOTE COUNTS

It’s official: in spite of the challenges brought by the COVID19 pandemic, primary voting in New Hampshire went off with very few hitches. Everyone should be encouraged that none of the “what-ifs” turned out to be any problem at all. We can feel confident that whether we choose to vote by mail or in person, we will be safe, and our

votes will be counted. It will probably take a little longer than usual to count all the votes, but in these extraordinary times, we are learning—want to or not—to exercise patience.

The same procedures we followed for the primaries are still in place for the November 3rd general election. Anyone who chooses may still vote by mail. As before, considering current disruptions to the US Postal Service, we are urged to begin this process immediately, so the USPS isn’t overwhelmed by last-minute voting.

Important: Every NH voter who is concerned about exposure to the Corona virus at polling places is eligible to vote by mail for the duration of the pandemic.

For those who prefer to vote in person, polling places will have extra masks for voters who don’t have one when they arrive. Booths will be available to those who refuse a mask, so they can cast their ballot without entering the building. Municipalities can be reimbursed through the federal Corona virus relief package. As of now, these measures are just

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.

RAISE YOUR VOICE!

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

recommendations, but the Governor can still make them mandatory.

We can still reach out to our healthy “youngsters” and urge them to become poll workers. Anyone 18 and older is eligible, and certain officials can even deputize people as young as 17 to assist as observers. This is not only helpful this election cycle, but will also encourage broader participation in the electoral process.

There are several resources to contact for help with mail-in voting. Some candidates have made YouTube tutorials, which are very helpful. Candidates’ websites may have information and links to the videos.

Voters can also go to www.voteinnh.org and follow a clear, simple process to request and obtain absentee ballots. Those who need or prefer to walk through this process by phone can call Organize NH at 603-GO-N-VOTE (603-466-8683). There are people available to answer questions, trouble-shoot, and give options for those who don't have the skills or technology at hand.

The Secretary of State’s office is a direct source for registering and accessing absentee ballots. It can be reached at sos.nh.gov. The blue “Elections” button at the top of this page leads to a menu that includes “voting during COVID-19 state of emergency.” Everything voters need to know is there, and once the application for ballots is received, its progress can be tracked on this same site. The phone number to talk with a person is 1-800-271-3242.

If preferred, anyone who wants to can apply online or go to their city or town clerk’s office if it’s open to request a registration form and an absentee ballot. Call ahead to check on what forms of ID are needed. Those concerned about using the mail to submit completed ballots can drop them off in secure drop-boxes or deliver them directly to their city or town clerk’s office.

As always, NH has same-day registration at the polls for those who wish to vote in person. If anyone feels they’re being denied or discouraged from voting, they should talk with a poll official. At minimum, voters must be given provisional ballots. No one may be denied the opportunity to vote in NH.

People who aren’t sure who they want to vote for and would like to dig into candidates’ resumes and platforms can find that information at the League of Women

Voters’ website, [LWV vote411.org](http://LWV.vote411.org). It is a comprehensive, easy-to-navigate tool for keeping us updated and informed.

Another comprehensive resource for information about candidates is VoteSmart.org. It has a database on almost 14,000

candidates and officials, including biographical details, issue positions, speeches, and voting records. This data is easily searchable and free to everyone.

Testimonial

We and other couples in our neighborhood voted by mail in the primary election. Starting was a little intimidating, just because it’s new to us, but it couldn’t have been simpler, and we tracked our ballots at sos.nh.gov. Our general election ballots will arrive soon, and we are confident our voices will be heard.

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

Name	Mailing Address	Phone	E-Mail Contact Form
U.S. Rep. Chris Pappas	323 Cannon HOB, Wash- ington, DC 20515	202-225- 5456	https://pappas.house.gov/
U.S. Rep Ann Kuster	137 Cannon House Office Building, Washington, DC 20515	202-225- 5206	https://kuster.house.gov/con- tact/email-me
U.S. Senator Maggie Hassan	B85 Russell Senate Office Building, Washington, DC 20510	202-224- 3324	https://www.hassan.sen- ate.gov/content/contact-senator
U.S. Senator Jeanne Shaheen	506 Hart Senate Office Building, Washington, DC 20510	202-224- 2841	www.shaheen.senate.gov/con- tact/contact-jeanne

Even in these unprecedented times, we can all be great citizens and help make sure voting is accessible to everyone.

To-do list:

- Vote early by mail or make a plan for voting in person on Nov. 3rd.
- Recruit poll workers.
- Urge the Governor to mandate and facilitate the use of masks and PPE for poll workers and voters.