



Aging Matters

New Hampshire State Commission on Aging

New Hampshire Commission on Aging

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- Representative James MacKay
- Representative Charles McMahon
- Wendi Aultman, Department of Health and Human Services
- Tracy McGraw, Department of Labor
- Richard Lavers, Department of Employment Security
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- Shelley Winters, Department of Transportation
- Sunny Mulligan Shea, Office of the Attorney General
- Lynn Lippitt, NH Housing Finance Authority
- Susan Buxton, Long Term Care Ombudsman
- Rebecca Sky, Commission Executive Director

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NH State Commission on Aging Endorses Senate Bill 36: ‘System of Care for Healthy Aging’

After a robust discussion of the various elements, the NH State Commission on Aging at its January meeting voted unanimously with one abstention to endorse Senate Bill 36 – “System of Care for Healthy Aging” in concept recognizing that the exact content may change as it works its way through both chambers of the State Legislature before being signed by the Governor into law. While the Commission since its start has provided guidance on bills before state legislators, this endorsement is the first of its kind from the Commission.

The Commission’s newest member from the state Senate, Sen. Bill Gannon, is a prime sponsor of the bill. Former Commission member Sen. Ruth Ward is a cosponsor. Commission member Rep. Lucy Weber said that she supports the bill and that there is a robust body of bipartisan support in both chambers. This includes member Rep. Charlie McMahon who has also indicated his support.

The bill aligns with one of the three overarching recommendations made in the Commission’s Annual Report published November 1, 2022: “Strengthen Our Long-Term Services & Supports System of Care”. To quote from the report, “Our experiences since the onset of COVID-19 have exposed both the strengths and weaknesses of the status quo. At this watershed moment, we have an opportunity to pivot– to make changes towards better solutions.” By investing in programs and services that aim to support people to stay in their homes longer as this bill out-

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How to Contact the New Hampshire State Commission on Aging

Rebecca Sky,

Executive Director

Rebecca.L.Sky@nhcoa.nh.gov

Susan Ruka, Chair

Susan.Ruka@mainehealth.org

Carol Stamatakis,

Vice Chair

carol@justicenh.org

Roberta Berner, Clerk

bernerabel@aol.com

Aging Matters Newsletter

Beth Todgham, Editor

NHCOAnews@gmail.com

Next NHCOA Meeting on February 13, 2023

Please mark your calendars for Monday, February 13, 2023 from 10am-noon for the next meeting of the New Hampshire State Commission on Aging.

Among the agenda items for the meeting will be perspectives from several older-adult-focused organizations who will be sharing their legislative and advocacy priorities for the upcoming year.

Minutes from previous meetings of the NH State Commission on Aging are posted on the Commission's website after they have been approved and can be found at <https://nhcoa.nh.gov/>

*We welcome all points
of view and invite your
submissions.*

To send articles or to add your name to our mailing list, contact: NHCOAnews@gmail.com

Senate Bill 36, con't

lines, we could improve quality of life while avoiding unnecessary spending. SB36 represents long overdue enhancements to vital infrastructure. For additional details on the bill, please read the Advocacy Update by the NH Alliance for Healthy Aging on page 15. To read the bill as introduced, use this link to the bill on the State Legislature's website: https://www.gencourt.state.nh.us/bill_status/billinfo.aspx?id=904&inflect=2

Commission members also heard from Robin Lipson, Deputy Secretary of the Executive Office of Elder Affairs, Massachusetts at the January meeting. Lipson spearheaded the Governor's Council to Address Aging in Massachusetts' Blueprint Recommendations in December 2018.

Deputy Secretary Lipson briefly described the difference between the federal requirement of every state to create a State Plan on Aging and their Blueprint. A State Plan on Aging is a 4-year plan that outlines how a state will utilize Older Americans Act funding. It is requirement to receive federal Older Americans Act funds which can be used for a limited number of specific human services purposes outlined in the Act.

The Blueprint created in Massachusetts is an aspirational long-range plan with recommendations for changes in many sectors that could broadly affect how older adults live. Those involved in creating the Blueprint chose the following overarching goals: improve economic security, ensure access & affordability of services, promote age-friendly communities, and facilitate connection and engagement.

Lipson also shared the Scan Foundation Report, <https://www.thescanfoundation.org/publications/building-a-master-plan-for-aging-key-elements-from-statesplanning-for-an-aging-population/>, which provides examples of key elements of other state's efforts to develop long-range plans to guide the restructuring of state and local policies, programs, and funding. States are engaging in this type of planning to adapt to the demographic shift the country is experiencing. Drawing from the work in several states, the brief delineates key leadership and structural elements for creating a successful "Master Plan on Aging" while addressing crosscutting themes to guide the planning process.

Executive Director Rebecca Sky thanked Ms. Lipson for the presentation stating that this information will be helpful as the Commission embarks upon strategic planning for New Hampshire during the next year that will be separate from the current efforts to develop the NH State Plan on Aging.

Wendi Aultman, Bureau Chief, Bureau of Elderly and Adult Services (BEAS), provided an overview of the survey and listening sessions which are part of data collection for NH's State Plan on Aging. The draft is due to the federal Administration on Community Living by July 1, 2023. Following Wendi's presentation, meeting attendees broke into small groups to discuss the survey process and provide feedback. Notes from the breakout sessions will be passed along to BEAS for use in developing the plan.

Chris Dugan provided an update on the new social media presence the Commission is enjoying on Facebook and Twitters. Members were encouraged to sign up.

Nominations for the Older Adult Volunteer Awards are being solicited. (Check out the Commission webpage for the nomination form.) Beth Todgham will chair the program. Other Commission members were asked to spread the word and get involved in planning the program.

What Does Age-Friendly Mean in NH?

An article by the NH Commission on Aging – Age-Friendly State Task Force

The Granite State is beautiful place to live, work, play and age! This is not by accident, but because of the work of many people and organizations across the state who are committed to Age-Friendly work and Livable Communities.

This work was first introduced by the World Health Organization in 2006. The initial goal of the work was to promote healthy aging and to encourage communities to prioritize a goal of becoming a safe and welcoming place to grow older. In 2012, AARP launched its Age-Friendly Network to provide support to communities interested in furthering this cause. In line with this work, the Commission on Aging was established in 2019 to advise elected officials on policy and planning related to aging in New Hampshire. The Commission on Aging has created an Age-Friendly State Task Force to lift Age-Friendly and Livable Community work in New Hampshire.

The priorities of a Livable Community focus on the 8 domains of livability which include: housing, transportation, outdoor spaces, social participation, communication, health and community supports, social inclusion and civic participation and employment. Positive changes in these domains can have a great effect on residents of all ages within a community.

A livable community is one that is safe and secure that offers choices in where to live and how to get around. Livable communities allow residents to remain in their homes and communities longer as they age. These communities equitably serve residents of all ages, ability levels, incomes, races, ethnicities, and other backgrounds. In addition, they provide opportunities for residents of all ages, ability levels and backgrounds to engage in civic and social life.

Livable communities include essential features that allow residents of all ages and backgrounds to thrive. These include mixed-use zoning, safe and varied transportation options, and diversity of housing types. Livable communities also include public spaces that benefit everyone. They also provide access to essential businesses, such as grocery stores.

Across New Hampshire, there are currently 19 communities designated as Age-Friendly, and this number is growing. Residents in these communities have committed to engage in a process to work to improve their community's livability. The first step is a community self-assessment based on the domains of livability. Next community members develop actions

plans to address areas in need of agreed upon improvement. These community-determined plans may outline changes that effect only one domain of livability or may include projects in multiple domains. Work in all eight domains is not required.

In Goffstown, they chose to raise awareness of an existing program. To increase people's comfort in using the free shuttle bus serving the town, they updated websites, conducted outreach with the library, parks and rec department, YMCA, and others, planned its use during community events and brought the bus to the Old Home Day for people to check it out.

To find out more about the projects New Hampshire communities are doing use this link clicking on the circle and then stars on the map of New Hampshire: <https://livablemap.aarp.org/#close>.

The Commission on Aging - Age-Friendly Task Force hopes to support and spread the word about age-friendly changes happening in New Hampshire. More news on town or region-specific activities will be in future editions of *Aging Matters*. In addition, a Speakers Bureau is being organized in partnership with Outreach at AARP New Hampshire and the New Hampshire Alliance for Healthy Aging. The Speakers Bureau is comprised of people available to speak at no charge to your community group about efforts in the speaker's community to improve its livability, making New Hampshire a place where residents of any age can thrive.

To arrange for a speaker from the Speakers Bureau please contact any of the following:

- *Ashley Davis @ AARP New Hampshire* – 603.230.4113 - adavis@aarp.org
- *Rebecca Sky @ NH State Commission on Aging* – 603.848.4024 – Rebecca.l.sky@nhcoa.nh.gov
- *Jennifer Rabalais @ NH Alliance for Healthy Aging* – 603.228.2084 x14 - Jennifer.Rabalais@unh.edu

Let's Get Social

The NH State Commission on Aging is now on **Facebook** (<https://www.facebook.com/profile.php?id=100086639930636>) and **Twitter** (<https://twitter.com/AgingInNH>).



Follow the State Commission on Aging on Facebook and Twitter to stay up-to-date on the latest Commission news as well as insights from across the field of aging.

Nominations Now Accepted For 2023 Older Adult Recognition Program

The NH State Commission on Aging (NHCOA) continues to accept nominations for the 2023 "Older Adult Volunteer" Awards.



The annual recognition program celebrates and recognizes individuals or couples over the age of 60 who are volunteering in numerous ways that help build and improve strong communities.

"At the foundation of NH towns are scores of selfless and caring community members who give back through their time and commitment to others," said Beth Todgham, Chair, Older Adult Volunteer Awards-NHCOA. "The annual awards are not only an opportunity to recognize these dedicated individuals or couples, but also highlight their work and the agencies they serve."

Nomination submissions will be accepted until **Friday, March 3, 2023.**

The nomination form for the program can be found on the Commission on Aging's website at <https://www.nhcoa.nh.gov/>. Individuals interested in nominating a volunteer or volunteers in their community can complete the form and return it to Chris Dugan at Christopher.R.Dugan@nhcoa.nh.gov. Contact Chris by email or phone at (603) 391-4703 if you have questions regarding the program.

All nominations will be reviewed by a special committee of the NH State Commission on Aging to select one person or a couple from each NH county to be honored.

An Awards Ceremony will be scheduled during the month of May in observation of Older Americans Month. Governor Chris Sununu will be invited to participate in the presentation of the awards, schedule permitting.

All nominees will receive a letter of commendation from the Commission to let them know that they are appreciated by their community.

Older Americans Month 2023 Theme Announced

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Please join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

Kimberly Drohan, Senior Center Manager at the William Cash Senior Activity Center in Manchester, shared her thoughts on nominating Patricia McGuigan for recognition last year:

"I was so proud when Patricia McGuigan was chosen for the 2022 Adult Volunteer Award as she is very deserving. It is such an honor. This program is important as it recognizes the continued commitment that seniors have to their community. Seniors want to help and they have talents and knowledge to share.

Since 2016 Patricia has been volunteering for the William Cashin Senior Activity Center. The is a busy senior center serving seniors 55 and over. Patricia volunteers two days a week as receptionist and will also volunteer at the desk on days of events. She has a witty personality, but understands and demonstrates professionalism. Working directly with people can be the toughest job, but she has proven that her customer service skills, good communication, and personality always prevail no matter the situation.

I believe it is not the volunteer with the most hours who is the best, but the person who puts the greatest quality and effort into the volunteering position they do."

Your Local Resources



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



- **2-1-1 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, <https://www.211nh.org>

Work Continues on NH State Plan on Aging

The NH State Commission on Aging is asking New Hampshire residents to take part in an important survey to help our state understand the needs of the State's older adults. This valuable input will help the New Hampshire Department of Health and Human Services' (DHHS) Bureau of Elderly and Adult Services (BEAS) guide and inform the 2024-2027 State Plan on Aging (SPOA).

"As we continue to provide programs and services that focus on older adults, we must have an understanding of what their needs are as they age," said BEAS Bureau Chief Wendi Aultman. "New Hampshire has one of the fastest-growing aging populations, and these listening sessions will give us the opportunity to offer supports that are meaningful and relevant to older residents, so that everyone can participate fully in their communities."

State residents are asked to complete the online State Plan on Aging Survey, (https://unh.az1.qualtrics.com/jfe/form/SV_cMiO8EzWMmTmRyC) which will allow respondents to provide information on the availability of supports in their communities, including health care programs and screenings, affordable housing, transportation, and in-home long-term supports and services.

Information from the survey will be used to inform the next SPOA, which will be submitted

to the U.S. Department of Health and Human Services' Administration for Community Living in July 2023. This plan is required for New Hampshire to receive federal funding for programming through the Older Americans Act.

The survey is open through **Friday, February 17, 2023.**

In support of the survey, DHHS has also been holding listening sessions (in-person and virtual) throughout NH.

Aultman said that the sessions have been valuable opportunities for older adults to share concerns and issues directly with state officials. The final in-person event will be held on Thursday, February 2 in Manchester

To learn more, please visit the DHHS website at: <https://www.dhhs.nh.gov/news-and-media/nh-dhhs-announces-listening-sessions-state-plan-aging>



BEAS Bureau Chief Wendi Aultman speaks to a participant at the Berlin SPOA Listening Session



AARP Offers Two Grant Opportunities

AARP is offering two opportunities for people in New Hampshire to receive funding for their projects and organizations. One is the Purpose Prize, which is a national program that will award \$50,000 to a few people 50 and older who have used their life experience to found a nonprofit. The other is Community Challenge Grants, a state-level program which provides smaller grants to fund projects that improve the community.

Please share the details with individuals and organizations who may qualify for either of these programs. There's never been a Purpose Prize winner from New Hampshire, and we'd like to change that!

AARP® Purpose Prize® Award **Apply by February 28, 2023, 5:00PM ET**

The AARP Purpose Prize award honors extraordinary individuals who use their lived experiences to make a better future for all. Hurry! The Call for Applications ends February 28, 2023. Don't miss a chance to earn \$50,000 for your organization and a year of support to help broaden the scope of

your work. Up to 10 fellows will each receive \$10,000 for their organization and a year of technical support. **See official rules and apply: www.aarp.org/apply.**

2023 AARP Community Challenge Grants **Apply by March 15, 2023, 5:00 PM ET**

AARP invites you to submit applications for tangible improvement projects that can help YOUR community become more livable for all residents, especially those 50 and older. Applications are being accepted through March 15, 2023, 5:00 p.m. ET for grants to improve public places; housing; transportation; civic engagement; diversity, equity and inclusion; community resilience; digital connections; and community health and economic empowerment. This year's program also features two new exciting funding opportunities for larger Demonstration Grants and Capacity-Building Microgrants. Since 2017, AARP has funded over 1,060 projects across all 50 states, D.C., Puerto Rico and the U.S. Virgin Islands.

Visit AARP.org/CommunityChallenge to learn more and apply if eligible.

The Many Benefits of Adult Day Programs

- *Would I find a way to restore my social circle if my friends/family were no longer around?*
- *Would I be motivated to move past the emotional toil of a chronic medical condition?*
- *Would I make healthy choices for my nutrition, my mental health or my physical health?*

While there are choices and solutions to all these questions at every age, one possible solution for older adults amidst the changing long-term care landscape is Adult Day Services.

Adult Day Services make it possible for individuals to continue to live in their homes and receive affordable care in a supportive, professionally staffed, community-based setting. It also benefits family caregivers by enabling them to remain in the workforce or receive needed respite and support services.

As families become more and more reluctant to send their loved ones to nursing homes and become increasingly frustrated with workforce shortages in home health care agencies, the community-based solution of Adult Day Services is increasingly attractive.

Adult Day programs often function as extended family for those who struggle with loneliness or social isolation. Becoming a social network of individuals who care for one another, talk with one another or simply to be a bystander benefitting from the life going on around them, Adult Day programs are combatting social isolation one individual at a time.

The challenge of living with a chronic medical condition such as diabetes, cardiac or lung issues, stroke, arthritis, or memory issues often gives way to opportunities to occupy the mind during the day, focusing on strength based and positive programming. By increasing stamina and strength through physical programming such as bowling, hand weights and regular walking, individuals have expressed feeling better at 90 years old than they did at 55.

For many participants, the noon meal offered at an Adult Day is their main meal of the day providing healthy and satisfying options such as a turkey dinner with all the fixings or a grilled cheese sandwich and tomato soup. Some programs also offer breakfast and snacks throughout the day as well.

Purposeful programming is a significant part of the 'day away from home' offered by Adult Day Services. Programs such as gardening offers fine motor and sensory attributes as well as reminiscing opportunities and reaping the rewards of tomatoes or sunflowers. While brain healthy programs such as learning a new skill, music therapy and word games exercise the brain to improve memory, focus, or daily functionality.

The medical services offered at Adult Day programs are managed by the individual's own primary care physician and coordinated by the Adult Day Program nurse who updates the physician on a regular basis. This model is credited to lessening avoidable emergency room visits and unnecessary hospitalizations. Fall prevention, medication monitoring, chronic disease management are all monitored and supported on a daily basis as is personal care assistance as needed.

Adult Day Care Programs, con't next page

New Hampshire Adult Day Programs

Adult Day Care of Nashua

12 Murphy Dr., 2A, Nashua 03062
(603) 589-9570
PRIVATE PAY, MEDICAID (no CFI)

Castle Center for Adult Group Day Care

312 Marlboro St, Keene 03431
(603) 355-8281
www.hcsservices.org/services/castle-center/

PRIVATE PAY, MEDICAID, VA,
TITLE XX3b

Easterseals Adult Day Services

555 Auburn St, Manchester 03103
(603) 623-8863
www.eastersealsnh.org

PRIVATE PAY, MEDICAID, VA,
TITLE XX3b

Easterseals Adult Day Services

215 Rochester Hill Rd
Rochester 03867
(603) 355-1770

www.eastersealsnh.org

PRIVATE PAY, MEDICAID, VA,
TITLE XX3b

Gateways Adult Day Service Program

200 Derry Rd, Hudson 03051
(603) 883-0994

www.gatewayscs.org

PRIVATE PAY, MEDICAID, TITLE
XX3b

Global Adult Day Care Health Center

472 Amherst St, #19 & 20
Nashua 03063
(978) 413-9634

MEDICAID ONLY (no CFI)

Kearsarge Good Day Respite Program

82 King Hill Rd, New London 03257
(603) 526-4077

www.kcpcnlnh.com/

Maintaining Independence

11 Kimball Dr, Hooksett 03106
(603) 782-5622

<https://sevitahealth.com>

PRIVATE PAY, MEDICAID, VA,
TITLE XX3b

Programs, con't next page

Adult Day Care Programs, con't

The cost of Adult Day ranges from \$75-\$100 per day for those individuals paying privately. The Veterans Administration has contracts with many programs and pays the cost of the day for eligible veterans. The state Medicaid program covers the cost of the day. Some programs receive Older American Act funds which serve eligible persons with incomes of less than \$1512 per month. Many programs also accept Long Term Care insurances and some Medicare Advantage plans cover the cost of Adult Day Programs. Some programs offer a free trial day. Most programs either offer a transportation service from door to door or can provide resources for transportation in the community.

There are almost 7000 Adult Day programs across the country. New Hampshire has 14 licensed Adult Day Programs. All the programs in NH have capacity for admissions. Much has changed during the pandemic for this industry. We have heightened infection control precautions, updated medical procedures and look to the future for increased diversity of services to better accommodate hospital to home transitions.

Above all else, the most common complaint amongst participants and caregivers alike is "I wish I had known about this sooner". Help us to no longer be the best kept, most affordable secret in the long-term care system — spread the word!

Programs, con't

Monadnock Adult Care Center
22 North St, Jaffrey 03452
(603) 532-2427
<https://www.mfs.org/adult-day-program/>

PRIVATE PAY, MEDICAID, VA

Mount Washington Valley ADC
987 E Main St., Center Conway
03813
(603) 356-4980
<https://www.mwvaduldaycenter.org/>

PRIVATE PAY, MEDICAID, VA,
TITLE XX3b

Nashua Adult Day Health
32 Daniel Webster Hwy, Unit 10
Merrimack 03054
(603) 568-9237
www.sevitahealth.com
PRIVATE PAY, MEDICAID, VA,
TITLE XX3b

Senior Class Adult Day Services
201 Route 111, Hampstead 03841
(603) 329-4401
www.sevitahealth.com
PRIVATE PAY, MEDICAID, VA

Silverthorne Adult Day Care Center
23 Geremonty Dr, Salem 03079
(603)893-4799
www.silverthorneadultday.org
PRIVATE PAY, MEDICAID, VA

That Place You Know, LLC
28 Ridge Rd, Hollis 03049
(603) 465-3400
FOR PROFIT
<https://thatplaceyouknowllc.com/>
PRIVATE PAY

It's American Heart Month!

Taking care of your heart can be as simple as the ABCS. Talk with your health care team about Aspirin, Blood pressure control, Cholesterol management, and Smoking cessation. Find out more about the ABCs at <https://millionhearts.hhs.gov/>

Talk to your health care team about the ABCS

-  Aspirin when appropriate
-  Blood pressure control
-  Cholesterol management
-  Smoking cessation



Easy places to get your blood pressure checked:



Pharmacy



Doctor's office



At home with a home monitoring device



<https://millionhearts.hhs.gov/>

Help Us Spread the Word!

If you like Aging Matters, please share it with your family, neighbors, friends, and colleagues.

Your Medical Records and History - Are They Current and Accurate?

By LINDA URBANSKI, BladderCancer.net

When we put our lives in the hands of medical providers, the information gained from our conversations, tests, procedures, surgeries, and prescriptions are recorded. It is imperative that this medical information is accurate.

The value of patient portals, where patients and medical providers in that network can access current and past information, is of great importance as the information is readily available and literally at their fingertips.

Patient Portals are Common

My doctors use a shared online patient portal which allows me to schedule non-emergency appointments, send messages, access test results, and review office notes and my medical history.

This makes me feel much better knowing that every doctor has the most up-to-date information about my health. While I may check office notes, I do not usually check the history information.

How many of us take the time to review our medical information and history that is kept on patient portals? Though it is easily accessible, how many really take the time to check it regularly? Do we assume that it is always accurate and has every surgery, test, prescription, and allergy noted?

I certainly thought that was the case until... It wasn't.

Necessary Information was Missed

Normally when I have an appointment with a doctor, I will see a physician's assistant (PA) or nurse first. They will ask questions, write my responses, go over past prescriptions, and review any changes. I never really thought about the accuracy of this until 4 years ago.

I had been seeing a specialist for hip and lower back issues, and it was determined that I needed a hip replacement. I had specifically sought a surgeon who could perform an anterior versus lateral approach procedure. The anterior (front approach) spreads out the muscles while the lateral (side approach) cuts through them.

The anterior approach is touted to be a faster recovery, and I was all about that.

A Pretty Big Miss

About 2 weeks before my scheduled surgery, I went for my final pre-op appointment with the surgeon. At the end of the appointment, I asked how my urostomy would be handled and if I needed to bring anything.

The surgeon responded, "Your what? I did not know you had a urostomy." I explained that I always highlight it on my paperwork when I have my initial appointment with a doctor and was sure I did that at his office. I had mentioned it at every visit when the PA saw me first.

Long story short, as my right hip was the problem, I would not be able to have the anterior procedure as no one had read this very important tidbit of information in my file or recorded it again during my visits.

Obviously, I was very upset. But it would have been worse had the surgeon found out when I was on the operating table in surgery, as the procedure would have been canceled due to the time needed.

That situation made me much more aware of the fact that doctors may not take the time to actually read past history due to time constraints. Still, in my humble opinion, important information needs to be said to the doctor in case the PA or nurse has not noted it again.

Recurring Inaccuracies

Recently I needed to see an ENT, ear, nose, and throat doctor - due to continuing ear issues. I saw a message for my follow-up appointment and decided to review the notes and my history again.

I was surprised when I read through and found a few inaccuracies. For instance, it said I had a urostomy revision in 2014 as well as a urostomy created.

No, I have never had a urostomy revision. It stated that I have PONV - which is post-op nausea and vomiting, which I have also never had.

I decided to make sure that I continue to review this information often and bring any inaccuracies to the attention of my medical providers. I did that at my next appointment and asked that they take the time to review my history. I also reminded the doctor not associated with my cancer team that I have a urostomy.

Expect the Unexpected

Something also to consider is that emergency personnel have access to patient information on some portals, which can be valuable in life-and-death situations.

I now check my office visit notes, history, prescriptions, allergies - within a few days of each appointment.

Your Medical Records, con't next page

Guide to Getting & Using Your Health Records

You have a right to your health record — and it can help you take control of your health, well-being, and safety.

Learn How to Get Your Health Record

The [Guide to Getting & Using Your Health Records](#) is for patients who want to get their health records. This guide is also for people who care for a patient, like a minor child or an elderly parent. A health record (also known as a medical record) is a written account of a person's health history. It includes medications, treatments, tests, immunizations, and notes from visits to a health care provider. Most hospitals and other large health care providers keep patient data in computerized systems called electronic health records (EHRs), which make it easy to find information to treat you, or to share with you.

You Have a Right to Your Health Record

A federal law called the Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule gives you the right to see and get a copy of your health record. Health plans and most — including most doctor's offices, clinics, hospitals, pharmacies, labs, and nursing homes — must follow this law.

Yet it can be a real challenge to get your health record if you've seen providers in different places. Each one may require you to follow a different process when asking for your health record.

The Guide Shows You How to Get Your Health Record — and Use It

The Office of the National Coordinator for Health Information Technology (ONC) in the U.S. Department of Health and Human Services (HHS) created this guide to help you through the process of getting your health record. We'll show you how to make sure your records are correct and complete — and how to use them to get the most out of your health care. This

Your Medical Records, con't

Keeping Your Medical Information Correct

While I am certainly not saying that everyone has errors or inaccuracies in their records, with the short window of time that it seems we have to see medical professionals these days, the information must be correct.

I encourage everyone to take the time to review your information to ensure the accuracy of your medical history and office visit notes. Also, family medical history is important.

Source: <https://bladdercancer.net/living/medical-record-accuracy>

guide focuses on getting records from your health care providers, but you also can use it as a guide for getting records from your health plan.

This guide won't provide you with your health record but instead will teach you how to request it from your health care provider.

In The Guide, You'll Learn How To:

- **Ask for the information you need the way you need it** — like part or all of your record, a paper or electronic record, and the number of copies you need
- **Request a copy of your health record from your provider** — including how to fill out a form asking for your record
- **Find and fix mistakes in your health record** — what to look for and how to have a mistake fixed
- **Use, share, and manage your health information** — including what to look for in a health app

Source: <https://www.healthit.gov/how-to-get-your-health-record/>

'I Care NH' Mental Health & Wellness Initiative

If you or someone you know is struggling, help is available. "I Care NH" is all about helping people get the mental health supports and services they need, before a time of crisis.

I Care NH is a mental health and wellness initiative of the NH Department of Health and Human Services and the NH Suicide Prevention Council.

We can all make a difference by taking care of ourselves, reaching out to others, asking questions and listening to the answers, and knowing where to find help in New Hampshire.

The following is a list of mental health and substance use support services, treatment and recovery resources, and crisis services.

- [Call/Text/Chat for emotional distress 24/7](#)
- [NH Doorways for Substance Misuse Support](#)
- [10-Year Mental Health Plan](#)
- [Suicide Prevention Council](#)
- [Behavioral Health Crisis](#)
- [Substance Misuse Treatment Services](#)
- [Children's Behavioral Health](#)
- [Crisis Text Line](#)
- [Veterans Crisis Line](#)

Source: <https://www.dhhs.nh.gov/programs-services/health-care/mental-health/i-care-mental-health-wellness-initiative?>

IRS Kicks Off 2023 Tax Filing Season

The Internal Revenue Service kicked off the 2023 tax filing season with a focus on improving service and a reminder to taxpayers to file electronically with direct deposit to speed refunds and avoid delays.

The IRS is now accepting and processing 2022 tax returns. Taxpayers have until April 18 to file their taxes this year.

IRS Acting Commissioner Doug O'Donnell noted that taxpayers can count on IRS delivering improved service this filing season. As part of the passage of the Inflation Reduction Act, the IRS has more than 5,000 new telephone assistants and added more in-person staff to help taxpayers.

Taxpayers who file a tax return electronically with no issues and choose direct deposit should still receive their refund within 21 days of the date they file – similar to previous years. Due to tax law changes such as the elimination of the Advance Child Tax Credit and no Recovery Rebate Credit to claim pandemic-related stimulus payments, many taxpayers may find their refunds somewhat lower this year.

The IRS has offered a number of tips for a smooth filing season. Find these tips at: <https://www.irs.gov/newsroom/irs-kicks-off-2023-tax-filing-season-with-returns-due-april-18>

Check Out Past Editions of AgingMatters

<https://www.nhcoa.nh.gov/newsletters.aspx>

Free Tax Prep Sites Now Open

Starting this month and running through mid-April, over 50 sites for eligible NH residents to have their taxes prepared free of charge will be open. Sites are offered through the AARP Tax Aide Program/Tax Counseling for the Elderly (TCE) or the VITA (Volunteer Income Tax Assistance) Program.

AARP Foundation Tax-Aide provides services to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income.

VITA sites offer free tax help to people who need assistance in preparing their own tax returns, including people who generally make \$58,000 or less and limited English-speaking taxpayers. Persons with disabilities at any income level are eligible for tax preparation services available through the VITA program.

IRS-trained volunteers prepare the returns in both programs.

Appointments are required at all sites offering free tax prep. Depending on the site, services are being offered as Drop-Off, In-Person or While-You-Wait.

NHTaxHelp.org provides an updated list of the sites and which program is offering services at that location. Appointments for many of the locations can be made at this website; instructions on how to book an appointment at other sites is also included. The site also includes information on the types of returns that can be processed at the sites and what types of returns the trained volunteers are unable to process.

Those interested in having their taxes done at an AARP Tax Aide or VITA site can also call 211 for assistance.

If you don't meet the guidelines for either of these programs, you may be eligible to get help with Free File, a partnership between the IRS and multiple tax software companies that provides taxpayers the ability to file without any fees. If your income is \$73,000 or lower, you can access free federal tax filing on an IRS partner site, guided preparation and more.

IRS Free File lets you prepare and file your federal income tax online using guided tax preparation, at an IRS partner site or Free File Fillable Forms if your income is greater than \$73,000. It's safe, easy and no cost to you for a federal return.

Don't Hang Up!

NH911 handles dozens of accidental calls every day. If you accidentally call 9-1-1, don't try to hang up before it rings. You can't hang up fast enough! Please stay on the line and tell the telecommunicator that you do not have an emergency.

By hanging up, you tie the emergency lines up longer because the telecommunicator will try to re-establish a connection to make sure that the calling party is all right. And if you have a phone or device that will automatically alert 9-1-1, please make sure you understand how it works and adjust your setting to prevent unintentional calls.



SCAM of the Month Alert

Don't Answer Another Online Quiz Question Until You Read This

By **TERRI MILLER**,
Consumer Education Specialist
Federal Trade Commission

What do the model of your first car, your favorite hobby, and the high school you attended have in common? If you said they're questions commonly used for online account security and online quizzes, you're correct! Before you take a quiz to find out which Marvel character you are, ask yourself: Do I know who's gathering this information about me — or what they plan to do with it?

Personality tests, quick surveys, and other types of online quizzes ask seemingly harmless questions, but the more information you share, the more you risk it being misused. Scammers could do a lot of damage with just a few answers that give away your personal information. We've heard about scammers phishing for answers to security question data through quizzes. They use your quiz answers to try and reset your accounts, letting them steal your bank and other account information. Some scammers **hack social media accounts** and send **malware links** to friends of the hacked account holder under the guise of sharing a quiz.

One major way to protect your personal information — in addition to maintaining strong passwords and using **multi-factor authentication** — is to steer clear of online quizzes...or just don't answer them truthfully. As for accounts that **require actual security questions**, treat them like additional passwords and use random answers, preferably long ones, for those too. Asked to enter your mother's maiden name? Say it's something else: Parmesan or another word you'll remember. Or use a **password manager** to store a unique answer. This way, scammers won't be able to use information they find to steal your identity.

If you suspect that an online quiz is a phishing scam, tell a friend. Then, report it to the FTC at **ReportFraud.ftc.gov**.

Source: <https://consumer.ftc.gov/consumer-alerts/2023/01/dont-answer-another-online-quiz-question-until-you-read>



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

U.S. Senator Maggie Hassan,
(202) 224-3324

<https://www.hassan.senate.gov/content/contact-senator>

U.S. Senator Jeanne Shaheen,
(202) 224-2841

www.shaheen.senate.gov/contact/contact-jeanne

U.S. Rep. Chris Pappas,
1st Congressional District
(202) 225-5456

<https://pappas.house.gov/>

U.S. Rep Ann Kuster,
2nd Congressional District
(202) 225-5206

<https://kuster.house.gov/contact/>

Who is My Legislator?

Use this link to find and contact your

- **State Representative:** <https://www.gencourt.state.nh.us/house/members/>
- **State Senator:** <https://www.gencourt.state.nh.us/senate/members/wml.aspx>

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

Prefer a Printed Copy of AgingMatters?

The NH State Commission on Aging has a limited ability to provide printed copies of AgingMatters to individuals who are unable to connect to the Internet to read a copy online or download it from the Commission's website.

Please email your request to NHCOAnews@gmail.com or send it to NHCOA Newsletter, NH Commission on Aging, 117 Pleasant St., Dolloff Building, 4th Floor, Concord, NH 03301.

Focus On: The Senior Community Services Employment Program

The Senior Community Service Employment Program (**SCSEP**) is a community service and work-based job training program for older Americans. Authorized by the Older Americans Act, the program provides training for low-income, unemployed seniors. Participants also have access to employment assistance through American Job Centers.

SCSEP participants gain work experience in a variety of community service activities at non-profit and public facilities, including schools, hospitals, day-care centers, and senior centers. Nationally, the program provides over 40 million community service hours to public and non-profit agencies, allowing them to enhance and provide needed services. Participants work an average of 20 hours a week and are paid the highest of federal, state or local minimum wage. This training serves as a bridge to unsubsidized employment opportunities for participants.

Participants must be at least 55, unemployed, and have a family income of no more than 125% of the federal poverty level. Enrollment priority is given to veterans and qualified spouses, then to individuals who are over 65, have a disability, have low literacy skills, or limited English proficiency, reside in a rural area, are homeless or at risk of homelessness, have low employment prospects, or have failed to find employment.

"I had recently returned home from caring for a family member's children out of state. I was looking for part-time employment when my friend and neighbor suggested that I check into the SCSEP. As a participant of the SCSEP she thought I would be a good fit.

"This is much more than a training program; it comes with added benefits for me. It also gets me back into a regular work schedule and gives me a position where I have a purpose. It does not impact my Housing Status or my Social Security Disability Benefit.

"I love the first training/work spot I started in as the Administrative for the SCSEP. I then moved into the role of Employment Specialist when this spot became vacant. I am enjoying meeting new people and traveling to make site visits with participants. This is what I love about my position here, helping people. The program welcomes new participants every day. Call (603) 225-3295 x1217 or email jspencer@capbm.org for more information."



Find and Notify Family After a Disaster

FEMA and the Red Cross reunite family members separated after a Presidentially declared disaster. Learn how to use their systems to locate and reconnect with loved ones.

How to Register Yourself: The National Emergency Family Registry and Locator System (NEFRLS) is the central way to register your location. **FEMA activates the system after a national disaster.** This system will notify your loved ones of your status. It is available 24 hours a day. When the system is active, you can register in two ways:

- [Register online at FEMA.gov](https://www.fema.gov)
- Register by phone at **1-800-588-9822**

Locate a Missing Loved One: To search for a loved one after a Presidentially declared disaster.

Use FEMA's Locator to Find a Loved One: FEMA gives you two ways to search for someone during a disaster:

- [Search online at FEMA.gov](https://www.fema.gov)
- Search by phone at **1-800-588-9822**

Use the Red Cross' Locator to Find a Loved One: Learn how you can [find loved ones after a disaster by contacting the American Red Cross.](#)

Locate a Missing Child

There is a separate hotline to locate children separated from their family during a disaster. Call the National Emergency Child Locator at **1-866-908-9572**. Use this hotline to search for people up to age 21.

Source: <https://beta.usa.gov/disaster-find-family>

Ageist? Ableist? Who, Me?

By ASHTON APPLEWHITE

It doesn't take a lot of head-scratching to realize that much of our apprehension around aging is really about how our minds and bodies might change as we move through life. That's not ageism, that's ableism. It's not actually about age: plenty of youngers live with disability and plenty of olders do not. Instead, it's the belief that being non-disabled is "normal" and that leading meaningful, desirable lives means staying youthful and impairment-free.

We're being ageist anytime we assign value to someone on the basis of how old we think they are, and ableist when we assign value on the basis of how we assume their minds or bodies function. We're being ageist and ableist when we attribute capacity—or incapacity—to someone based on their age.

Why is it important to distinguish between ageism and ableism? Because we need to understand what we're up against.

When people in retirement communities don't want walkers cluttering up the dining room, they're being ableist. When people who support community living for young people with disabilities think nursing homes are fine for old people with disabilities, they're being ageist. If an employer is reluctant to hire an older person because they might retire soon, it's ageism; if they're reluctant because the person might require special accommodations, it's ableism.

'EVERYONE IS AGEIST AND EVERYONE IS ABLEIST.'

When an acoustic neuroma destroyed most of the hearing in my left ear, I caught myself thinking, "At least it's sexy brain tumor deafness instead of sad old-person deafness." Which makes me both ageist and ableist. It took five years, and more hearing loss, for me to begin identifying as disabled. What was I waiting for?

Everyone is ageist and everyone is ableist. Although much bias is unconscious, prejudice is learned. From childhood on, we're barraged by messages about how awful it is to grow old and how tragic it is to be disabled. Unless we stop to challenge them, such messaging becomes part of our identity and warps our sense of self and our place in the world.

Have you ever been reluctant to reveal your age? Attempted to conceal the fact that you couldn't follow a conversation in a noisy room, or needed a railing to steady yourself? Been offended by the polite offer of a seat on the bus? All these behaviors are ageist, or ableist, or both. We all do them, no judgement. But we can't challenge bias unless we're aware of

This article by Ashton Applewhite first ran in the Jan.–Feb. 2023 issue of Generations Today, the bimonthly online publication of the American Society on Aging. Reprinted with permission.

it. And these behaviors aren't good for us because they're rooted in shame about things that shouldn't be shameful.

We elders can be the most biased of all, because we've had a lifetime to absorb these messages, and most of us have never stopped to challenge them. Ironically, people in aging services are far from exempt. When your expertise lies in caring for olders at the most debilitated end of the spectrum—incredibly skilled, challenging, valuable work—it reinforces a view of aging as decline. Reconciling that deficit view of old age with what we hope lies ahead for ourselves is really hard to do. Again, no judgement.

'OLDERS AND PEOPLE WITH DISABILITIES ARE NOT "OTHER." THEY ARE US OR FUTURE US.'

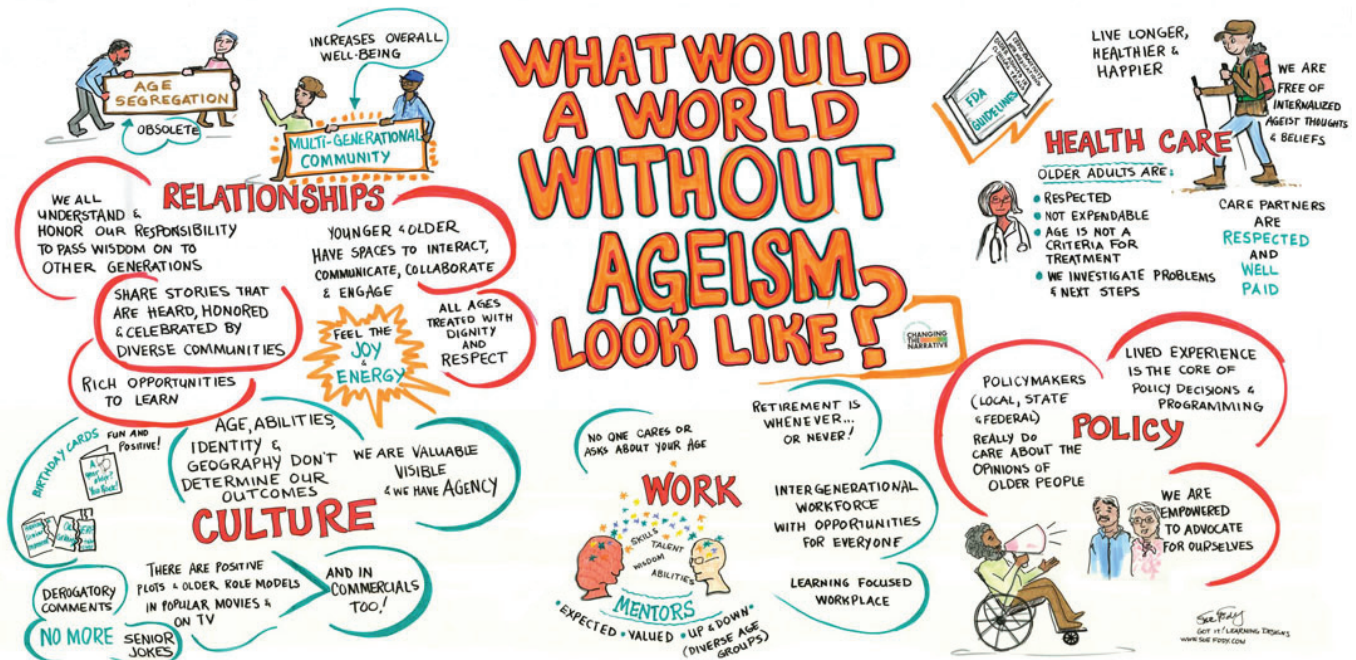
This stuff runs so deep that we tend to act as though old people don't become disabled and disabled people don't grow old, and an ageist and ableist culture gives us cover. Part of the reluctance is just human: it's scary to think about the loss of physical or cognitive function. Part of the reluctance is tactical. People in ageland are understandably leery of seeming to equate aging and disability.

Of course, disability and aging are different, just as illness and disability are not the same; many disabled people will assure you that they are not sick. Likewise, aging with a disability is very different from aging into disability. It's important to acknowledge and respect these differences. But disability and aging overlap in ways that are important to learn from and build upon.

Otherwise, we rule out collective advocacy and reinforce dual stigma: I may need help getting around but at least I'm not in a wheelchair! I may be disabled but at least I'm not old! Like a not-yet-40-year-old friend with a broken foot who chose crutches instead of a cane, because crutches signal "injured," not "old." That's how prejudice works: it frames the other group as alien and lesser than ourselves. But olders and people with disabilities are not "other." They are us or future us.

Young people have created joyous, ingenious, creative communities, many of whose members celebrate interdependence and identify proudly as

Ageist? Ableist? Who Me?, con't next page



Ageist? Ableist? Who Me?, con't

disabled: I am who I am because of my disability, not despite it. Disability pride! Think what older people could learn from them about asking for help, adapting to impairment, and age pride! Think what younger people with disabilities could learn from elders about moving through life. Think how we'd all benefit if hearing and mobility aids were stripped of stigma. Let's get interdependent!

That's a tall order, especially in a culture that fetishizes physical and cognitive prowess, where movies and magazines idealize the outliers. In oldland, those are the "successful agers"—people who go to great lengths to try to look and move like younger versions of themselves—because, under this scenario, to age is to fail. In cripland, they're the supercrips—people who compensate for their disability in some extraordinary way—because, under this scenario, disability is something to be overcome.

These scenarios aren't just ageist and ableist. They're elitist, and classist, and racist—oof. The people who embody them are almost always thin and White. The resources that make their lifestyles possible—access to healthy food, healthcare, leisure, fitness, supplements—are expensive.

All of us lucky enough to grow old—a privilege denied to many Black, Brown and disabled people—will age into impairment of some kind. As people in ageland are well aware, we age well not by avoiding chronic illness and disability but by adapting to them. These are powerful, generative processes that unite us all, and inform what it means to be human. Pretending otherwise sets us up to fail and pits us against each other.

The intersection of ageism and ableism is where many of our darkest fears reside. Illness. Incontinence. Indignity. It's also where we encounter—in direct proportion to those fears—the potential for personal liberation and collective activism.

Ashton Applewhite is the author of **This Chair Rocks: A Manifesto Against Ageism**, a co-founder of the **Old School Anti-Ageism Clearinghouse**, and at the forefront of the emerging movement to raise awareness of ageism and to dismantle it. In 2022 the UN's Decade of Healthy Aging platform named Applewhite one of the **Healthy Aging 50: 50 leaders transforming the world to be a better place to grow older**.

Source: **Ageist? Ableist? Who, Me? (Generations Magazine / January-February 2023 Edition)**



"I stand for a world without ageism, where all people of all ages are valued and respected. I acknowledge that ageism is harmful to me and others around me, and to our workforce, communities, and economy. I know that the struggle to eliminate ageism will not end with a pledge, and that I must act to transform my own bias, and the bias in our institutions and systems. I will speak out against the age injustices I see, call attention to ageist language and stereotypes, and educate myself, my family, friends, co-workers and peers about the importance of being actively anti-ageist and promoting age equity in all aspects of life."

Click on the graphic or go to <https://agefriendly.community/anti-ageism-pledge/> to add your name.

Senate Bill 36 Creates Systems of Care for Healthy Aging in New Hampshire

By **MARTHA McLEOD**

VP of Community Engagement, New Futures

The New Hampshire Alliance for Healthy Aging (AHA) is bringing forth Senate Bill 36 to invest in the system of long-term care because all Granite Staters deserve access to the services they need and the ability to choose where and how they age. We have the opportunity this legislative session and during the budget process to strengthen our current system to support the growing number of older adults with the wide range of services needed to live in their homes and communities.

We are working with our prime sponsor, Senator Bill Gannon (R-Sandown), to bring this bill forward to create a system of care for healthy aging and to enhance the state budget funding needed to ensure fair rates and a workforce of care providers. The legislation incorporates these priorities:

Expedite Access to Home & Community Based Services - Implement presumptive eligibility to allow access to home and community-based services while an application for Medicaid Choices for Independence is still in process. This reduces the need for unnecessary institutionalized care and allows older adults to remain in their homes. Changes of rules could also allow caregivers who are Guardians or Powers of Attorney to become paid caregivers.

Secure Adequate Rates – Ensure reimbursement rates are set annually and are adjusted by the CMS Market Basket index to account for inflation. Adequate rates allow for providers to plan and hire the workforce needed to cover all care options and annual rate setting reviews will lead to parity across waivers and stabilization of the workforce. The amount of money in the State Budget to support home and community-based care services has not kept pace with the growth in costs to provide those services, resulting in a lack of an adequate workforce.

Strengthen ServiceLink Resources - Ensure proper staffing at all ServiceLink providers across the state. ServiceLink is New Hampshire's **Ageing and Disability Resource Center**. ServiceLink educates

older adults, people with disabilities, and family members, of all levels of income, with unbiased, reliable information about long-term services and supports and helps with applications.

Provide Oversight for the System of Care – Add the oversight within the Long-term Care Ombudsman's office to ensure the implementation of this bill, including any reporting requirements. Identify quality measures for home and community-based services such as available workforce and timeliness of service and field calls and complaints from consumers to improve the well-being of older adults and their caregivers.

What Will This Cost?

There is a fiscal note for this bill, however, there will be savings to the state as home care services and supports cost about 25% of the cost of institutionalized care. Investing in Home and Community services allows older adults to avoid costly institutionalized care. As the number of older adults increases, more savings will be realized for the state.

Making foundational, cost-effective investments in the near-term will help create a more efficient, organized, and robust system to serve Granite Staters in need of long-term services and supports and will allow us to make choices about where we age in New Hampshire.

Join us in working on creating a system of care for healthy aging in NH.

Sign Up to Receive the New Hampshire AHA's weekly Advocacy Action Alert Email https://secure.everyaction.com/_Fap3zmlwkuCjhV-mc5YcQ2

Ask your **Senator** to support **SB 36**.

Submit your story about long term care and home and community-based experiences: <https://secure.everyaction.com/3IAmzPLvWUWeN2SXPBVgTQ2>

*This column is a regular feature of Aging Matters. We thank the **New Hampshire Alliance for Healthy Aging** and **New Futures** for the information they provide to keep readers informed on activities with the NH State Legislature.*

RAISE YOUR VOICE!

Let us know what's on your mind and what's important to you. Email us today!

NHCOAnews@gmail.com

Links to Learn More

The following is a sample of information regarding older adults that came across our desk this month. We thought our readers might find this information interesting. Please follow the links or type the URL address into your browser for the complete story.

New Medicare Enrollment Periods and Cost Savings Take Effect in 2023

Several long-anticipated changes to Medicare enrollment periods and prescription drug costs took effect at the beginning of 2023. This “Medicare Watch” article by Casey Schwarz of the Medicare Rights Center outlines the new enrollment periods and cost savings that are a result in these changes. Read the article at <https://www.medicarerights.org/medicare-watch/2023/01/05/new-enrollment-periods-and-cost-savings-take-effect-in-2023>

Order Your NH Visitor’s Guide

Any time is good time to discover New Hampshire. Find your next adventure in the NH Visitor’s Guide. You can order the guide by completing the form at <https://www.visitnh.gov/visitor-information/order-visitors-guide> or by calling 800-FUN-IN-NH (800-386-4664). View an online version of the guide at <https://view.publitas.com/visit-nh/officialnhvisitorsguide/page/1>

Kinship Navigation Program

Throughout NH a growing number of grandparents, family members, and close family friends are stepping up to raise children whose biological parents are unable to care for them. These kinship caregivers provide safe and nurturing environments for children, but often experience significant challenges in their care-taking role.

In response, New Children’s Trust and New Hampshire’s network of Family Resource Centers have partnered to support kinship families through the statewide Kinship Navigation Program.

The Kinship Navigation Program is community-based and designed to strengthen and support the wellbeing of kinship caregivers, children, and their families. The program is free, voluntary, and confidential and links kinship caregivers with state benefits, community resources, information and referrals, and offers supports such as food assistance, gas to get to appointments, school supplies, legal aid, additional financial assistance, and much more.

Placed in Family Resource Centers throughout the state, Kinship Navigators walk alongside caregivers and their families to ensure access to high-quality information, referral, and follow-up services that keep kinship families safe, strong, and successful.

Caregiver education and support groups are avail-

able to help families with similar experiences make new connections and increase their social support networks. Learn more <https://www.nhchildrenstrust.org/kinship>

Age Friendly Care Videos

WebMD has partnered with The John A. Hartford Foundation to create a series of videos featuring the 4Ms of age-friendly care — what Matters, Medication, Mentation and Mobility — and diagnostic excellence for older adults.

The purpose of the videos is to serve as a resource for older adults and family caregivers to help take control of their health as they age. The five new videos are:

- What Matters Is Most Important
- Medication: More Birthdays Often Means More Pills
- Mentation: Dementia vs. Normal Memory Loss
- Mobility: Getting Around and Preventing Falls
- How Doctors Achieve Diagnostic Excellence

The video series is part of a collection of content that can be found at <https://www.webmd.com/healthy-aging/toc-aging-well>.

Shingles Vaccine Now Covered by Medicare Part D

Medicare covers [a wide range of preventive services](#), including the shingles vaccine, Shingrix. As a result of the Inflation Reduction Act, beginning January 1, 2023, there is no cost-sharing for all adult vaccines covered under Part D that are recommended by the Advisory Committee on Immunization Practices. That includes Shingrix. If you’ve put off your shingles vaccination, now is the time to schedule it with your health care provider or local pharmacy.

Learn more about shingles at <https://ncoa.org/article/is-there-a-free-shingles-vaccine-for-seniors-heres-what-you-should-know>

‘Smell Test’ Aims to Help in Learning More About Parkinson’s

Loss of sense of smell may be one of the most important signals of Parkinson’s risk. A landmark study is exploring this link toward prevention and asking everyone age 60 and up without Parkinson’s disease to take a smell test.

Learn more and take the test at <https://www.michaeljfox.org/smell-loss-brain-health>

SYSTEMS OF CARE FOR HEALTHY AGING IN NEW HAMPSHIRE : SUPPORT SB 36



All Granite Staters should have access to the services they need and the ability to choose where and how they age in New Hampshire.

Home and community-based services offer care where you choose to live. Investing now is a cost-effective way to provide those choices to older adults.

During the state budget process, we have the opportunity to build upon the current state of home and community-based services by supporting these recommendations in Senate Bill 36:



EXPEDITE ACCESS TO HOME & COMMUNITY BASED SERVICES

- Implement presumptive eligibility to allow access to home and community based services via Medicaid while applications are still in process. Is cost effective, reduces the need for unnecessary institutionalized care and allows older adults to remain in their homes.
- Change rule to allow caregivers who are Guardians or Powers of Attorney to become paid caregivers.



SECURE ADEQUATE RATES

- Ensure rates are set annually and are adjusted by the CMS Market Basket index to account for inflation.
- Adequate rates allow for providers to plan and hire the workforce needed to cover all care options.
- Annual rate setting reviews will lead to parity across waivers and stabilization of the workforce.



STRENGTHEN SERVICELINK RESOURCES

- Ensure proper staffing at all Servicelink providers across the state
- Educate older adults on the range of options available
- Assist older adults and caregivers navigating the system including through the application process.



PROVIDE OVERSIGHT CAPACITY FOR THE SYSTEM OF CARE

- Creates positions within the Longterm Care Ombudsman's office that will: Ensure the implementation of this bill including reporting requirements, field calls and complaints from consumers to improve the well-being of older adults and their caregivers, and identify quality measures including available workforce and timeliness of service.



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