



Aging Matters

New Hampshire State Commission on Aging

New Hampshire Commission on Aging

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Service Above Self

Older Adult Volunteers to be Recognized during Older Americans Month

The NH Commission on Aging is pleased to celebrate 10 amazing volunteers (one from each NH County) from across the state at special state house event later this month.

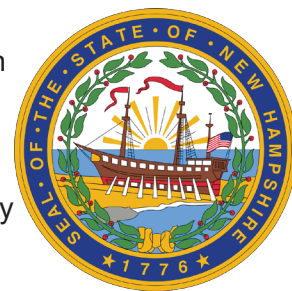
Now celebrating its 60th year, the Older Adult Volunteer Awards (OAVA) are presented annually by the New Hampshire State Commission on Aging (NHCOA) to one or two individuals over the age of 60 in each county who has made a significant contribution to their community as a volunteer.

This recognition coincides with the Commission's annual observance of Older Americans Month (OAM).

The 2023 theme, Aging Unbound, offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. The goal is to promote flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

“We received dozens of nominations from across the state and were impressed by the wide variety of ways our older adults keep their communities vibrant through their volunteer service,” said **Beth Quarm Todgham**, Commission Member and Chair of the Selection Committee. “Older adults are playing vital roles in supporting their towns and communities. Collectively, our nominees represented hundreds of hours of volunteer service.”

The date of the ceremony will be announced shortly and posted to the New Hampshire State Commission on Aging's Facebook page at <https://www.facebook.com/profile.php?id=100086639930636> or Twitter page at <https://twitter.com/AgingInNH>.



AGING UNBOUND: MAY 2023

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Aging Matters Newsletter

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NH Commission on Aging Meeting Scheduled for Monday, May 15

The next NH State Commission on Aging Meeting will be held on **Monday, May 15 from 10:00AM – 12Noon**. The agenda will include an update on the NH State Plan on Aging and a celebration of the volunteers recognized in the Older Adult Volunteer Program sponsored by the Commission.

All meetings are open to the public and the community is invited to attend in person or via ZOOM. Details and more at: <https://www.nhcoa.nh.gov/>

Check Out Past Editions of AgingMatters

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

April NHCOA Meeting Focuses on Older Adult Housing Issues

An expert panel that examined older adult homelessness, housing challenges, and policy considerations, was a highlight of the State Commission on Aging's April meeting.

The group welcomed have **Will Arvelo** from **Cross Roads House**, **Elissa Margolin** from **Housing Action NH** and **Dee Pouliot** from **NH Housing Finance Authority**. Each provided excellent insights on the specific challenges that older adults face as it relates to affordable housing in NH.

Key takeaways included:

- According to the **NH Housing Finance Authority**, 16% of those on the waiting list for a housing choice voucher are over the age of 62 and that number, 132 are 75 years of age and older
- **Cross Roads House** reports that 15% of those seeking temporary shelter are 62 years of age and older. Among their current residents is an 83 year old woman who spent the last two years living in her car
- According to **Housing Action NH**, the state needs as many as 20,000 affordable homes to address the current shortage

Anmarie Timmins from the NH Bulletin attended the meeting and wrote an article about it. It is reprinted on page 11 of this edition of Aging Matters. Paul Cuno-Booth of New Hampshire Public Radio also provided coverage. His report can be found at <https://www.nhpr.org/nh-news/2023-04-17/nhs-housing-crisis-is-pushing-more-older-adults-to-seek-help>

Polly Campion presented the Commission's policy group Legislative report. The group meets every Friday at 1:00pm. during the Legislative session to review bills and their status. An up-to-date hand-out of tracked bills is available through the Commission office and was e-mailed to Commission members prior to the meeting. She thanked the policy team, who has offered "yeoman service" to the Commission.

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Help Us Spread the Word!

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

What Does Age-Friendly Mean in NH?

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

Editor's Note: This is the 4th article in a series of articles designed to showcase what NH communities are doing to make where they live more livable for people of all ages. Some towns engage in large planning initiatives while others target small changes. The Commission on Aging – Age-Friendly State Task Force hopes to capture the variety of experiences in the articles solicited for this series. This is part 2 of our profile of Goffstown

The Welcome Mat is Out: Older Adults are Thriving in Goffstown

By **CHRIS DUGAN**

Director of Communications and Engagement, NHSCOA

To hear Goffstown's Jim Eddinger tell it, retirement is hardly a sedentary activity. "Between activities in the community, volunteer service with the NH Senior Games (he's a former board chair), and playing pickle ball, I'm busy most of the time."

Upon his retirement from the banking industry several years ago, Jim and his wife Charlotte moved from Manchester to the Medvil Cooperative Community in Goffstown. Established 17 years ago, Medvil is a 55 plus resident owned community aimed at active people.

And active is no understatement. Situated on over 150 acres, the community includes walking trails, two club houses, a dog park, horseshoe pitch and a bocce court. A host of activities are offered each month at the club houses including social events and educational programs like cooking classes. The monthly newsletter-the Medvil Messenger is chock full of information on a broad range of activities.

While there is a lot to do within the community itself, the Resource Committee at Medvil works closely with Meals on Wheels of Hillsborough to promote MOW's "dine out program" at the White Birch Eatery which offers healthy options at great prices. Program participants report that in addition to enjoying great food, they get to make new friends. The Committee also assists older adults with applications for fuel or electricity assistance.

A proud Main Street Community for over 20 years, Goffstown seeks to foster collaboration among residents, visitors, and businesses to create a place where all are welcome. Main Street Goffstown volunteer Tina Lawton says their work on based on

four principles: promotion, design, organization and economic vitality. "It really is all about making these vital connections," she said. "And at the center of that has been the revitalization of downtown to make it more walkable and accessible to everyone."

The downtown improvements have not gone unnoticed by people like Eddinger. "It's a lot more walkable than it used to be," he says. "The holiday events downtown are a lot of fun too."

The Goffstown Parks and Recreation Department, Library, and Police Department have several age-friendly initiatives including Bone-Builders exercise groups, Senior Holiday Lights Tour, and a running "Seniors Count" segment on the local community access channel.

A life-long athlete, Eddinger also enjoys the pickle ball courts at Barnard Park and the rail trail which runs through the town. "The rail trail is great for walking or bike riding," he said.

As transportation can be a challenge for some older adults, Goffstown has partnered with the Manchester Transit Authority for a "shopper shuttle" as well as on demand rides to appointments. Service is curb-to-curb in Goffstown as well as to locations in Manchester or Bedford. Medvil is among the pick-up and drop off locations and all the rides are free of charge. Priority bookings are provided to passengers who are 62+ years old and passengers traveling to medical appointments. Learn more at <https://mtabus.org/goffstown-shuttle/>

According to Christina FitzPatrick, State Director for AARP in New Hampshire, Goffstown continues to set a very high bar when it comes to being age-friendly. "There's a real spirit of collaboration there," she said. "It's inspiring!"

To arrange for a speaker from the Age-Friendly Communities Speakers Bureau for your community event please contact any of the following:

- Ashley Davis, AARP New Hampshire (603) 230-4113 / addavis@arp.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

New Hampshire State Plan on Aging Update

Staff from the Bureau of Elderly and Adult Services (BEAS) continue to move forward in the development of the 2024-2027 New Hampshire State Plan on Aging.

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

Recent meetings have been held with BEAS' partners at the University of New Hampshire to begin the analysis process of the surveys conducted earlier this year as well as pulling together the responses from the State Plan on Aging listening sessions. The details of this analysis will be included in the drafting of the State Plan.

Program specific sections of the draft plan have

been submitted for review by BEAS state program staff so they can review their sections and provide programmatic updates specific to the guidance provide by ACL on five major topic areas: Older Americans Act (OAA) core programs; Covid-19 topic areas; equity topic areas; expanding access to Home and Community Based Services (HCBS) topic areas; and caregiving topic areas.

BEAS has submitted its first draft of the *Attachment B* (Information Requirements) of the 2024-2027 State Plan and are waiting to hear back from ACL on that section.

An update on the 2024-2027 New Hampshire State Plan on Aging is scheduled as part of the agenda for the May 15, 2023 NH State Commission on Aging Meeting. Details about the meeting time and location can be found at <https://www.nhcoa.nh.gov/>

NH Smiles Program Offers New Era for Oral Health in New Hampshire

Adult Medicaid recipients in New Hampshire now have comprehensive dental coverage.

On April 1, the NH Department of Health and Human Services, Division of Medicaid Services formally announced the launch of **New Hampshire Smiles Program**.

According to the department, adults age 21 and older with full Medicaid benefits will automatically be enrolled in the program and will receive an ID card from DentaQuest in the coming weeks. DentaQuest is the company administering the benefit.

"After years of debate, I am thrilled to see this bipartisan legislation take effect to provide dental benefits for our most vulnerable populations," said **NH Governor Chris Sununu** in a press release from DHHS. "It's something I've long supported – and this program makes sure we get the job done in the right way, where costs are sustainable and transparent."

DHHS stated that covered services will include

X-rays and examinations, cleanings, fillings, limited gum-related treatment, tooth extractions and other oral surgeries, as well as other appropriate general services such as anesthesia.

Coverage is also provided for transportation to dental appointments and support for member oral health through care management. Individuals who qualify for Medicaid under the Developmental Disability (DD) Waiver, Acquired Brain Disorder (ABD) Waiver, and the Choices for Independence (CFI) Waiver, and residents of skilled nursing facilities will have coverage for removable partial and full dentures.

The program has a yearly benefit limit and, for qualifying members, cost-sharing on non-preventative and non-diagnostic services.

Enrolled members of the program can call 844-583-6151, TTY 800-466-7566 to learn more about their benefits or visit the **New Hampshire Smiles Program** webpage.

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>

Loud and clear: What to Know About Hearing Loss

New research and regulations for hearing aids improve access to hearing health care

Hearing loss affects approximately 37.5 million people in the United States ages 18 years or older. It affects one in three people ages 65 to 74 and nearly half of people ages 75 and older. But only about a quarter of those who could benefit from a hearing aid use one.

Barriers to use include high costs, stigma, limited access, and the belief that hearing aids are not worth the benefit. The U.S. Food and Drug Administration (FDA), which regulates the safety and efficacy of hearing aids, recently approved a new category of over-the-counter hearing aids for adults 18 or older with perceived mild to moderate hearing loss. The hope is that these devices will become more affordable and accessible.

What are some causes of hearing loss?

- Age
- Exposure to loud noise from machinery or residential tools such as lawnmowers and leaf blowers
- Excessively loud music
- Earwax or fluid buildup
- Punctured eardrum
- Health conditions such as diabetes, high blood pressure, stroke, brain injury, or a tumor
- Some medicines used to treat serious infections, cancer, and heart disease
- Heredity

What are side effects of hearing loss?

“Hearing loss, even if mild or moderate, significantly affects quality of life for tens of millions of adults in the United States,” said Debara L. Tucci, M.D., M.S., M.B.A., Director of the National Institute on Deafness and Other Communication Disorders (NIDCD).

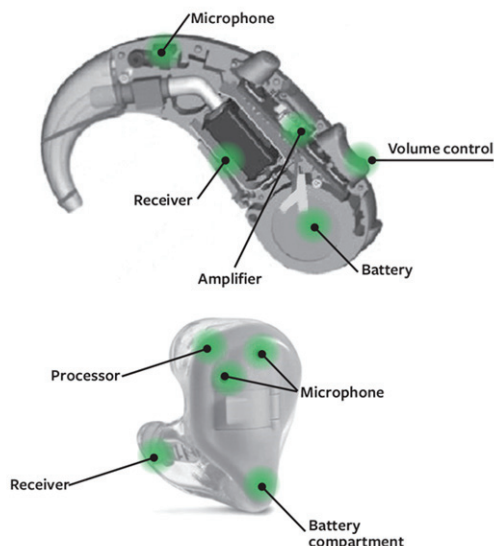
This can make it hard to understand and follow a doctor’s advice, to notice and respond to warnings, or to hear phones, doorbells, and smoke alarms.

Hearing loss has been associated with serious conditions such as depression, low self-esteem, cognitive decline, reduced mobility, and falls. It can also make it hard to engage with others, which can lead to social isolation and avoiding stimulating activities.

Age-related hearing loss can worsen over time. That impacts how well you understand speech, especially in noisy environments such as restaurants. As people get older, some experience tinnitus (a ringing sensation in the ears). Many individuals

How do hearing aids work?

Hearing aids are small electronic devices worn inside or behind the ear. The device uses a **microphone** to pick up sounds and converts them to electrical signals. These signals are sent to an **amplifier (or processor)**, which increases the signals’ power and sends them through a **speaker (or receiver)** located on or in the ear.



experience a type of dizziness called *presbyastasis*, a condition that affects our inner ear and sense of balance as we age.

How can I get a hearing aid?

Hearing aids are available with a prescription or over the counter. A rule change by the FDA in August 2022 made over-the-counter devices available without needing an examination by an audiologist (a hearing health professional). These hearing aids can help adults ages 18 and older with perceived mild to moderate hearing loss. Prescription hearing aids are available from a professional who will help select, program, and maintain the devices. Children and individuals with more severe or complex hearing loss should always work with an audiologist.

If you think you have hearing loss, talk with an audiologist to learn more about over-the-counter and prescription devices. They can help you determine whether hearing aids are right for you. Know the return policy for any hearing aid you purchase, whether it’s over the counter or by prescription, in case you decide the device is not for you.

A hearing aid can help people hear more sound in both quiet and noisy situations. It can process sounds

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based on their pitch, frequency, or what direction they come from. The user can also change some of these programs to fit their needs.

Why did FDA make this rule?

The new rule comes after decades of research by NIDCD and others, Dr. Tucci said. Since 2009, NIDCD has supported more than 60 research projects to make hearing health care more available and affordable. These projects included research on adults with possible mild to moderate hearing loss. A committee of experts in 2016 wrote that the confusing hearing health care system made it hard for people to get the care they need. The experts also did not find any evidence that requiring a medical evaluation before getting a hearing aid was clinically beneficial for patients.

“NIDCD-supported clinical research has shown that over-the-counter hearing aids for adults with perceived mild to moderate hearing loss can work as well as prescription hearing aids purchased through an audiologist,” she said.

Cost of hearing aids

The FDA expects that this new rule will increase market competition for hearing aids and could also reduce costs for prescription devices.

Currently, prescription hearing aids can cost hundreds to thousands of dollars. Some health insurance companies might cover the cost of hearing aids, but not all do. Medicare does not cover hearing aids for adults, but it can cover hearing loss exams as part of a treatment plan.

It is too soon to know how insurance plans will accommodate over-the-counter hearing aids. Check your individual health insurance plan to know whether it covers or will cover over-the-counter hearing aids.

Who are over-the-counter hearing aids for?

Over-the-counter hearing aids are for adults ages 18 and older who believe they have mild to moderate hearing loss, even if they have not had a hearing exam. Some signs you might have mild to moderate hearing loss include:

- Speech or other sounds seem muffled
- You have trouble hearing when you're in a group, in a noisy area, on the phone, or when you can't see who is talking
- You have to ask others to speak more slowly or clearly, to talk louder, or to repeat what they said
- You turn the volume up higher than other people prefer when watching TV or listening to the radio or music

Comparing hearing aids

OTC

Over the counter

- For people ages 18 and older
- For those with perceived mild to moderate hearing loss
- Does not require medical exam, prescription, or fitting by an audiologist
- Sellers do not need to be licensed

Rx

Prescription

- For people of all ages
- For those with any degree of hearing loss
- Requires a prescription
- Sellers must be licensed in some states

Speak up about your hearing loss

Hearing loss affects more than the individual. Dr. Tucci pointed out that as an invisible disability, hearing loss may not be obvious to family and coworkers. Poor communication between someone with hearing loss and others may cause friction and arguments. This may lead people to limit their social interactions or affect their performance at work.

“Individuals with hearing loss need to work together with their family and friends to explain which listening situations may be difficult,” Dr. Tucci said. She offers some advice for people with hearing loss:

- Ask friends and family to face you when they talk so you can see their expressions and lip movements.
- Ask people to speak louder (but not shout). You may need to ask them to speak more slowly or more clearly.
- Turn off or turn down the volume of background noise, such as the TV, when you're trying to have a conversation.
- Be aware of noise around you that can make hearing more difficult. For example, when you go to a restaurant, don't sit near the kitchen or near a band playing music. Ask for seating in a quiet area. Sitting in a booth can also help soften or block noise.

Source: <https://magazine.medlineplus.gov/article/loud-and-clear-what-to-know-about-hearing-loss>

Older Adults Can Receive Second Dose of Updated Vaccine

Following FDA regulatory action, CDC has taken steps to simplify COVID-19 vaccine recommendations and allow more flexibility for people at higher risk who want the option of added protection from additional COVID-19 vaccine doses.

CDC's Advisory Committee on Immunization Practices (ACIP) met recently to discuss these COVID-19 vaccine recommendation changes, and the associated implications and implementation. Although there was no vote at this meeting, ACIP members expressed their support for these recommendations.

These changes include:

- CDC's new recommendations allow an additional updated (bivalent) vaccine dose for adults ages 65 years and older and additional doses for people who are immunocompromised. This allows more flexibility for healthcare providers to administer additional doses to immunocompromised patients as needed.
- Monovalent (original) mRNA COVID-19 vaccines will no longer be recommended for use in the United States.
- CDC recommends that everyone ages 6 years and older receive an updated (bivalent) mRNA COVID-19 vaccine, regardless of whether they previously completed their (monovalent) primary series.
- Individuals ages 6 years and older who have already received an updated mRNA vaccine do not need to take any action unless they are 65 years or older or immunocompromised.
- For young children, multiple doses continue to be recommended and will vary by age, vaccine, and which vaccines were previously received.
- Alternatives to mRNA COVID-19 vaccines remain available for people who cannot or will not receive an mRNA vaccine. CDC's recommendations for use of (monovalent) Novavax or Johnson & Johnson's Janssen COVID-19 vaccines were not affected by the changes.

CDC and ACIP will continue to monitor COVID-19 disease levels and vaccine effectiveness in the months ahead and look forward to additional discussion around potential updates this fall.

Source: <https://www.cdc.gov/media/releases/2023/s0419-covid-vaccines.html>



Go to <https://agefriendly.community/anti-ageism-pledge/> to add your name.

"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."

Help Discover the Sounds of Space

You're invited to join the HARP Citizen Science team and engage in cutting edge research of real satellite data! Use our open-source tool to reveal the hidden depths and structure of space, much like sonar is used to probe the deep ocean.

Help is needed to explore the data, there is too much for NASA to do it alone. By converting this data into sound and listening with your ears, the brain can pick out complex wave patterns much faster than by eye.

With a little training, a human volunteer can detect meaningful sounds that a computer doesn't yet know how to search for, and you just may find something no one has heard or seen before!

Listen and analyze the sound samples online, then submit your findings for scientists to analyze and verify.

Learn more at <https://listen.spacescience.org/>

Prefer a Printed Copy of AgingMatters?

The 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.

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.

11 Things to Do When You Feel Lonely

Many of us are feeling a bit lonelier these days. These tips may help—some involving other people, and some you can follow all by yourself.

By JILL SUTTIE, Greater Good Magazine

Loneliness has been on the rise in the United States in recent decades, **causing concern** about our health and well-being. More people are reporting that they **feel lonely** often and lack close confidants or meaningful social interactions. After suffering greater social isolation imposed by a worldwide pandemic, we are only **feeling worse**.

Loneliness isn't just about being alone, *per se*. Solitude can actually be **enjoyable and enriching**, helping us to recharge. But when our social needs are not being met—either because we have few social connections or feel dissatisfied with the ones we have—that's when loneliness can set in. And it can be painful—activating the **same neural networks** as physical pain.

While everyone can experience loneliness from time to time, it's not something to just ignore. Like all difficult emotions, it can be a sign that something is wrong, and we need to attend to it, to soothe ourselves. If loneliness becomes a chronic problem, it can wreak havoc with our **health** and well-being. So, it's best to figure out what you need and give it to yourself.

What can you do when you feel lonely? There are a lot of possible courses of action, depending on who you are and where you live. Some of them involve strengthening current relationships; some may involve going inward. Below are some suggestions on how to fight loneliness.

Reach out to friends or family: Some of us are lonely because we don't have close relationships in our lives. But if that's not the case for you, by all means let your friends or family know how you're feeling and ask for support. Calling—or texting, if that's easier—can be a proactive way to **shift your mood** and help relieve the sting of loneliness.

Better yet, use that call or text to set up a time to meet in person—maybe to grab a cup of coffee or take a walk around the neighborhood. Being in the physical presence of someone who knows you and cares about you can do wonders for feeling connected and reducing social pain. Plus, sharing vulnerable feelings is a way of **strengthening your relationships**, which can make you feel less alone, too.

Get out of your house and go where other people congregate: Not all of us have close contacts we can count on to relieve loneliness. But, luckily, they are not the only people who can help. We benefit from connecting with more distant social ties, too—the ones that come from living within a community (like

Take This Survey On Social Isolation

It is estimated that about one quarter of older adults (50+) live alone and of that number, nearly 1/3 report feeling lonely. To better understand the issue and develop resources for older adults in New Hampshire, the Partnership for Public Health is inviting those 60 years of age and older to complete a survey.

“Responses to this survey will help us identify the needs and preferences of older NH adults as new services and systems are created to support social engagement,” **Carissa Elphick**, Deputy Director of Human Service Program at the Partnership. “The survey is brief and anonymous and will play a significant role in guiding our future work.”

Those who participate will automatically be invited to enter a drawing for one of five \$100 gift cards. The drawing will be held in early June.

JSI is helping to conduct the survey and any questions can be directed to **Margaret Franckhauser**, Director of Aging Services at JSI. She can be reached at Margaret_Franckhauser@jsi.com or by phone (603) 573-3347.

The survey will remain open until Friday, May 12.

The link to the survey is: https://pph.qualtrics.com/jfe/form/SV_3fyjd7WnV1doAgm

neighbors, colleagues, store owners, and even people you pass on the street). Consider going to a local café, park, talk, performance space, or anywhere you might come across people. Interacting with others in small ways—like saying “hi” to a neighbor on your dog walk or chatting with the barista making your cup of coffee—can **promote a sense of belonging and make us happier**.

Be kind to the people around you—including strangers: When we're lonely, it's normal to focus on ourselves and our sorrowful feelings. But we can sometimes **shift our mood** by focusing instead on how to help others. Being kind to other people **has many benefits**—among them, feeling more connected—and is **appreciated** more than we may realize. It might be a good idea to practice random acts of kindness, too—like putting money in an expired parking meter or buying a cup of coffee for the person behind you in line at the café. Offering kindness feels good to all involved—recipients and givers of kindness alike.

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Volunteering at a local community agency is another good choice for **reducing loneliness** and may help us live longer, to boot. Just choose a cause or program congruent with your values and abilities and go to it. Volunteering has the added benefit of putting you together with people of like mind, which may be an opportunity for making new friends.

Connect with others online...with caution: A lot of us start scrolling through our social media when we're lonely. And that's **not necessarily a bad thing**. It can sometimes **make us feel less alone** if we connect online, especially if we can practice vulnerability and **share honest feelings** with a responsive network—or use it as a way to enhance existing relationships.

When loneliness comes from being unable to leave your house, feeling painfully shy, or living somewhere where people don't readily accept who you are—maybe because you identify as LGBTQ+ in a highly conservative community—going online for social support may be a good option. Just be careful not to succumb to social comparisons (imagining everyone online but you is living a carefree, wonderful life). That's bound to backfire and leave you **feeling worse**.

Adopt a furry pet: There are **many reasons** to have a pet. But one good reason is that they can provide companionship and unconditional love, which is especially helpful for people who may be isolated from other humans and **feeling lonely**.

Pets can sometimes help us to meet other people, too—at dog parks or on walks in the neighborhood, for example. One study even found that people who walk dogs are **considered friendlier**—something that's bound to help you connect if you're looking to meet new people.

Still, sometimes interacting with others (pets included) doesn't seem to help lonely feelings dissipate. When that's the case, we shouldn't just deny our pain and be stoic or tell ourselves that people don't matter. Instead, we should try to be more self-aware and take better care of our feelings, in some of the following ways.

Practice self-compassion: If we're lonely, it does no good to berate ourselves for perceived failures (like telling ourselves we're too “needy” or “unlikeable”). Beating ourselves up is not nearly as helpful as practicing self-compassion—a combination of being aware of our feelings and thoughts, recognizing suffering as a part of the human condition, and offering ourselves messages of kindness and care. People who are self-compassionate seem to **suffer less from loneliness**, perhaps because they are less sensitive to feelings of rejection.

Take care of your physical health—with exercise, eating right, and good sleep: We often

underestimate the connections between physical and mental well-being. But taking care of our bodies may be the best thing we can do for relieving loneliness. Engaging in some kind of **physical exercise** can help you feel less lonely, perhaps by getting you out of ruminative thinking. Though we may be tempted to eat our troubles away or use drugs or alcohol to blunt the pain of loneliness, neither of those will help in the long run. Instead, eating healthy food is more likely to help us feel better, in general, and **may even stave off depression**. And making sure we get a good night's sleep has many **positive social consequences**, including **protecting us against loneliness**.

Try a loving-kindness meditation: Not everyone likes to engage in mindfulness meditation. But it has been found to **reduce loneliness**, perhaps because it helps us to accept our negative emotions more easily and recognize their transience.

Using loving-kindness meditation—a practice that involves bringing different people in your life to mind and wishing them love, health, peace, and happiness—can also help you increase a **sense of connection** to others even when they are not around, suggesting it could help counter feelings of loneliness.

Engage in nostalgia: Remembering past events with nostalgia can also help us fight off loneliness, according to **research**, by reminding us of experiences when we felt socially connected. Nostalgia can also **increase our sense of meaning in life**—something that often suffers when we're feeling lonely.

Count your blessings: While expressing gratitude toward others can **improve social bonds** and counteract loneliness directly, it's also possible to practice gratitude on your own and feel less lonely. In **one study**, older adults who were assigned a daily gratitude journaling exercise felt less lonely over time—and felt healthier, too.

Contact a therapist or online support group: Even though these practices can help you feel less lonely, it may be necessary to talk to a therapist if you feel stuck. It may be that you need to work on challenging distorted thinking about yourself or overcoming social anxiety or other psychological blocks to a healthier social life. There are also support groups for lonely people that could help you gain new skills and also feel less alone.

Whatever you do, though, don't let loneliness fester and affect your well-being. Counter it by reaching out to others or soothing yourself as best you can. You'll not only be helping yourself, you'll also help others, by **keeping loneliness from spreading**. And that will be good for everyone's health and happiness in 2023.

Source: https://greatergood.berkeley.edu/article/item/11_things_to_do_when_you_feel_lonely

SCAMs of the Month Alert

Did Your Favorite Shark Tank Celebrity Really Endorse THAT? Probably Not

By **KAREN HOBBS**,
Assistant Director, Division of Consumer &
Business Education

Before you spend money on that “Shark-approved” miracle invention, weight loss product, or keto diet pill, are you sure it’s really been through the *Tank*? Really sure? Scammers are using fake *Shark Tank* celebrity testimonials and endorsements — complete with doctored photos and videos — to generate buzz and profits. Before you click and buy, follow this advice and check it out.

Here’s what to do if you’re wondering whether something is Shark-approved:

Approach celebrity testimonials with caution. Look for product reviews on your own. Search the product online and put words like “scam” or “problems” or “complaints” to see what others are saying about the products.

Go directly to the source. Don’t click on a link or ad. Instead, check out a full list of all businesses that have been on the show at abc.com/SharkTank.

Remember: the [government doesn’t review or evaluate supplements](#) for safety or effectiveness before they’re put on the market. Your health care professional is the most important person to ask whether a supplement is safe for you. Even a natural supplement can be risky depending on your health and the medicine you take.

Have you spotted one of these bogus promotions? **[Report it to the FTC](#)**. Find out more about common health scams at ftc.gov/miraclehealth.

Source: <https://consumer.ftc.gov/consumer-alerts/2023/02/did-your-favorite-shark-tank-celebrity-really-endorse-probably-not>

Are You Really the Lucky Winner? Spot the Prize Scams

By **GEMA de las HERAS**,
Consumer Education Specialist

Say you hear or read the words: “You’ve

won!” What will you do with your winnings? Who wouldn’t be excited to win a prize, sweepstakes, or lottery? But...did you actually win? And how do you know?

Sweepstakes, prize, and lottery frauds are among the top scams people report to the FTC. These scams usually start with a call or message that says you’re a winner. (A lie.) They say to get the so-called prize you have to send money or click somewhere to give your information. Don’t. The most recent FTC data shows people reported losing \$301 million to this type of fraud. That’s an average loss of \$907 per person.

But there are also [legitimate contests and prizes](#) that follow the law and give real prizes. So how do you know the difference?

One question to consider is: did you enter the sweepstakes or play the lottery? If not, you absolutely didn’t win. And here are other ways to spot and avoid prize scams:

Don’t pay to get a prize. Real prizes are free. Anyone who asks you to pay a fee for “taxes,” “shipping and handling charges,” or “processing fees” to get your prize, is a scammer. Stop and walk away.

Don’t give your financial information. There is absolutely no reason to ever give your bank account or credit card number to claim a prize. If anyone asks for it, it’s a scam.

Don’t give your personal information. Scammers hope you’ll click on links that will take your personal information or download malware on your device. Delete the message without clicking on the links and don’t respond.

Source: <https://consumer.ftc.gov/consumer-alerts/2023/04/are-you-really-lucky-winner-spot-prize-scams>

Never pay to
get a prize.
That’s a scam.

ftc.gov/fakeprizes



FEDERAL TRADE
COMMISSION

#FTCTopFrauds

ReportFraud.ftc.gov

Affordable Housing Crisis Taking a Growing Toll on State's Older Residents

By **ANNMARIE TIMMINS**, New Hampshire Bulletin

Like those before her, the woman came to the Cross Roads House homeless shelter in Portsmouth in crisis. She'd lost her car, which she'd been living in for four years, in a fire. She'd also recently lost her son.

Unlike most at the shelter, the woman was in her 80s.

Five years ago, people over 62 made up 11 percent of guests in the 96-bed shelter, said Executive Director Will Arvelo. Now it's 15 percent – and growing. Many arrive with health problems, such as immobility or disability, that shelter workers can't accommodate. When guests need hospitalization for a health emergency, they are discharged to the shelter to recover.

"Shelters are just not set up for this kind of thing," Arvelo said in an interview Monday following a presentation to the state Commission on Aging. "In many cases, they need somebody to help them with whatever they're dealing with. And we don't have the staff or the expertise to do it."

The state's dire shortage of affordable housing has become among its most pressing challenges. The median gross rent for a two-bedroom apartment increased by nearly 26 percent between 2017 and 2022, according to New Hampshire Housing Finance Authority. The median home price hit \$445,000 last month, more than 20 percent higher than in April 2019, according to the New Hampshire Association of Realtors.

Those soaring costs have hit two groups especially hard: employers and housing assistance agencies. Employers are struggling to recruit workers because their wages haven't kept pace with the double-digit increases. Housing assistance agencies are getting too little public money to help an increasing number of people find shelter.

In the country's second oldest state, residents over 65 are often absent in that housing discussion, though they made up 20 percent of the state's population, according to the U.S. Census. AARP predicts that by 2050, the 65 to 74 age group will grow by 10 percent, while the 75 and older group will increase by 15 percent.

The state Commission on Aging wants to expand the conversation to include older Granite Staters. Monday, it asked leaders of housing assistance organizations for two things: a better understanding of homelessness among older residents and how to address the challenge.

Cross Roads House, the state's second largest shelter, is seeing not only an increase in people over 62 but also among people over 50, who make up half the shelter population, Arvelo said. The shelter's bunk beds are not suitable for guests with mobility and disability challenges.

The shelter is seeing people stay longer too, especially older guests and families, Arvelo said. The average stay is 62 days, but the woman in her 80s stayed 14 months, he said.

Older guests are facing particular challenges in their search for housing if they need an apartment that can accommodate a disability or an assisted long-term care setting, where there are few openings.

Funding is increasingly difficult. Arvelo said the shelter is fundraising

Housing, con't next page

Got a Facebook Account? You're Owed Money from a Class-Action Lawsuit

By **MIKE BRASSFIELD**

Senior Writer / The PennyHoarder

If you've had a Facebook account anytime during the last 16 years, you're eligible for a payout from a \$725 million class-action lawsuit.

How much money could you actually get? That remains to be seen. It won't make you wealthy, but you should get *something*, especially if you've been on Facebook for a long time.

Facebook's parent company, Meta, recently settled a massive lawsuit alleging that the social media network violated users' privacy by allowing other companies to access users' private data without their consent, and that it misled Facebook users about its privacy practices.

If you had a Facebook account between May 24, 2007, and Dec. 22, 2022, in the U.S., you're eligible to submit a claim. You can [file a claim here online](#). The claim form asks for some basic information about you and your Facebook account, and it takes a few minutes to fill out.

Technically, you have until August to file a claim. But you should probably do it sooner rather than later, so you don't forget.

A federal judge gave preliminary approval to the settlement in March. A final approval hearing is scheduled for September. Payments will go out sometime after that.

The complete story is at <https://www.thepennyhoarder.com/make-money/quick-money/facebook-settlement/>

Housing, con't

70 percent of its budget because the state pays it just \$8 per bed, per night. The true cost is about \$70 a night because the shelter employs case managers to work individually with every guest as they navigate options for stable housing.

"Trying to find a situation where we can work with individuals, give them the services they need and then get them placed, that is really taxing our system," he told the commission. "And we don't see this going away."

New Hampshire Housing Finance Authority helps low-income individuals, veterans, people with disabilities, and older residents with rental and housing costs. Dee Pouliot, managing director of the agency's assisted housing division, told the commission that nearly 9,600 people are on the waiting list.

Residents who receive Choices for Independence assistance because they are older or have a disability are among those given preference, but they may still wait as long as six months to a year for assistance, she said. Pouliot said of 9,600 people waiting for financial aid, almost 1,600 are 62 and older, while 132 are 75 and older. One applicant this year was 91.

The solutions are harder to define.

Lawmakers have shown support this session for making historic investments in expanding housing. Senate Bill 231 would spend \$25 million on developing more affordable housing. But Elissa Margolin, executive director of Housing Action NH cautioned the commission against seeing that as a permanent fix.

The bill had initially required the units to be priced under market value for only five years. The Senate increased that to 10 years. Margolin said she hasn't seen legislative interest in extending that to 20 years, which housing advocates had requested.

In 2017, the state began permitting accessory dwelling units, standalone or attached second homes on a single lot. It's an option favored by aging advocates because they allow a person to financially afford to age at home. An effort to expand that to two accessory dwelling units per lot died in the House this year.

Last year lawmakers rejected a similar bill that would have allowed homeowners to build up to four units on their property.

The Gibson Center for Senior Services in North Conway began a home sharing initiative in 2019 that helps connect homeowners with an extra bedroom and home seekers who can help them afford to age at home. The center vets applicants.

Arvelo said without additional funding from the state and municipalities, existing services will struggle, much less expand.

Margolin's group lobbies for housing solutions at the State House. But she thinks the solution, or at least the next step, lies elsewhere.

"After doing this for almost 15 years, I've come to believe it's the cultural piece, what it means to make room for people," she told the commission. "What it means to appreciate the value of diversified housing. What it means to have a 'Yes in my backyard' culture."

Source: <https://newhampshirebulletin.com/2023/04/18/affordable-housing-crisis-taking-a-growing-toll-on-states-older-residents/>

'Community Conversations on Aging, Death & Other Things' Continue at Nashua Public Library

The Nashua Public Library and Home Health & Hospice Care are offering special presentations during the month of May at the library, located at 2 Court St. Both start at 6:00pm.

May 4: Getting Our Ducks in a Row: Planning as We Age

Join the discussion about advance care planning and how to ensure your end-of-life care wishes are honored if you're unable to communicate them yourself. Chris Howard, HH&HC Psychosocial Manager will explain the basics of Advance Directives. Learn to navigate the process and how to speak to loved ones about your wishes.

May 25: Safe Aging at Home

Environmental barriers are often the greatest limiter to successfully aging-in-place. Thankfully, many simple and cost-effective modifications can be implemented to improve your chances of success. Innovations in technology, lighting, and low-tech adaptations will reduce safety hazards in your home and can often be implemented quickly. Learn how to adapt your home successfully for aging-in-place! The program is presented by Kristopher Wrench, founder and CEO of SeniorSAFE, LLC.

No registration is needed.

Participants are invited to come early (5:30) to each presentation and take time to refresh their spirit as they gather for this community conversation. Refreshments provided.

Contact LibraryMarketing@nashualibrary.org for more information.

Caring for Your Mental Health

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.

About Self-Care

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some tips to help you get started with self-care:

Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.

Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.

Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down at night or replay them in your mind.

Focus on positivity. Identify and challenge your negative and unhelpful thoughts.

Stay connected. Reach out to your friends or family

members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

For other ideas for healthy practices for your mind, body, surroundings, and relationships, see the [National Institutes of Health \(NIH\) Wellness Toolkits](#).

When to Seek Professional Help

Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to perform usual daily functions and responsibilities

Don't wait until your symptoms are overwhelming. Talk about your concerns with your primary care provider, who can refer you to a mental health professional if needed. If you don't know where to start, read the [National Institute of Mental Health \(NIMH\) Tips for Talking With a Health Care Provider About Your Mental Health](#). Learn more about how to get help or find a provider on the [NIMH's Help for Mental Illnesses](#) webpage.

What to Do in a Crisis

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org. This service is confidential, free, and available 24 hours a day, 7 days a week. In life-threatening situations, call **911**.

For additional information about suicide prevention, please see NIMH's Suicide Prevention webpage.

Source: <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

Memorial Day Weekend Activities at the NH State Veterans Cemetery

The NH Department of Military Affairs and Veterans Services has several upcoming events at the NH State Veterans Cemetery (NHSVC), 110 Daniel Webster Highway, Boscawen.

All are welcome to participate.

Memorial Day is observed on the last Monday in May to honor those serving in the U.S. military who have fallen in United States conflicts. Please consider participating in the following events:

Place Flags for Memorial Day:

Thursday, May 25th @ 1:00 PM. Participants will assist NHSVC staff with placing American Flags at each gravesite to honor our fallen for the Memorial Day Holiday.

Memorial Day Weekend:

Saturday, May 27-Monday, May 29.

NHSVC and NH Veterans Cemetery Association staff will be at the cemetery on Saturday, Sunday, and Monday of Memorial Day weekend from 9:00 AM - 3:00 PM. The Veterans Heritage Learning Center will be open, and staff will be available to answer questions.

Memorial Day Ceremony sponsored by the American Legion:

Tuesday, May 30th @ 11:00 AM

The New Hampshire State Veterans Cemetery will hold its Memorial Day Ceremony to honor all service members who died while serving in the United States armed forces. Seating will be limited so you are encouraged to bring a chair if possible.

Planting Event:

Thursday, June 1st @ 11:00 AM.

Bring your garden gloves and shovels to help refurbish our many gardens with flowers and plants left at graves over the Memorial Day holiday.

Remove Flags from Graves:

Thursday, June 1st @ 1:00 PM

All are invited to attend to assist NHVCS staff pick up flags. If it is rainy weather, this event may be rescheduled to ensure the flags are properly stored.



'Granite Walk of Ages' Scheduled for May 19

The "Granite Walk of Ages" is a statewide health initiative centered on bringing towns, cities, schools, organizations, friends and families together in New Hampshire.

NH residents and families statewide participate in a 20-minute walk from their home, neighborhood, local trails OR at the State Capital on May 19, 2023 for the Granite Walk of Ages.

The event is sponsored by The Governor's Council on Physical Activity & Health, NHAHPERD, and the NH Alliance of YMCAs.

Use the Granite Walk of Ages as your 'Trial Mile' for the Granite State 90-Day Summer Challenge beginning June 1st! The challenge is to be physically active for 30 minutes or more every day in the months of June, July and August. Hike, bike, swim, jump-rope, walk, dance or garden – move however you like for 30 minutes.

More information about the two events can be found at <https://nhmoves.org/>



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

State Budget Update

Take Action to Ensure Older Adults Have the Support Needed to Age at Home and in Their Communities

By **MARTHA McLEOD**

NHAHA Community Engagement Coordinator

The State budget (HB1 and HB2) is in the hands of the Senate Finance Committee. The Senate Finance Committee held a hearing on May 2, 2023 to hear from the public about their priorities. The Senate Finance Committee will be working on the budget for the next few weeks.

The System of Care for Healthy Aging (SB 36) was voted Ought to Pass by the full Senate and then tabled so that it could be incorporated into the Senate budget. There are some indications that they want to make cuts, and we need to ensure that the System of Care for Healthy Aging and the other services that support older adults are not cut and the Senate is fully prepared to advocate with the House of Representatives to keep our priorities in the final version of the State budget.

Older adults can participate in this advocacy by contacting all of the Senate Finance Committee members. Advocates for older adults need to go all in for the next two weeks by contacting the [Senate Finance Committee members](#), writing letters to the editor, and [contributing stories](#).

Take Action

- Email or Call: [Senate Finance Committee Members](#) (https://gencourt.state.nh.us/senate/committees/committee_details.aspx?cc=32)
- Share your story [About Home and Community Based Services for Older Adults](#) (<https://secure.everyaction.com/3IAmzPLvWUWeN2SXPBVgTQ2>)
- Write a letter to the editor of your local paper.

Assistance is available if you need help with testimony or a letter to the editor. Email mmcleod@new-futures.org

Here are some talking points highlighting the priorities for older adults:

- Prioritize implementation of rate increases effective July 1, 2023 to ensure providers don't stop serving Choices for Independence clients.
- Add the SB 36 System of Care bill to the budget. This is critical to ensuring older adults have a meaningful choice in where they want to live and receive care.
- Make an additional investment in CFI rate increases, to close the funding gap, strengthen the workforce and improve access to care.
- Support an additional \$3.4 million to fund nutrition services for older adults to stay active, healthy and safe in our communities.
- Fund adult day services in the Medicaid state plan at the same \$75.00/day rate as Choices for Independence.
- Add an additional \$350,000 to the transportation budget to conduct a statewide community needs assessment of the transportation needs of older adults across New Hampshire.

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.

Senator Jeanne Shaheen
www.shaheen.senate.gov

Senator Maggie Hassan
www.hassan.senate.gov

Who is My Elected Official?

Rep. Chris Pappas, 1st Congressional Dist
<https://pappas.house.gov>

Rep. Annie Kuster, 2nd Congressional Dist
<https://kuster.house.gov/>

Use this link to find and contact your New Hampshire State Senator or Representative:
<https://www.gencourt.state.nh.us>

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

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.

Mental Health Awareness Day Symposium

Join the National Council on Aging on May 11th for their sixth annual Older Adult Mental Health Awareness Day Symposium, co-sponsored with the U.S. Administration for Community Living, the Health Resources and Services Administration, and the Substance Abuse and Mental Health Services Administration. The full day of sessions focuses on meeting the mental health needs of older adults.

Learn more at <https://connect.ncoa.org/products/6th-annual-older-adult-mental-health-awareness-day>

May Medicare Minute

“Medicare Minutes” are short, engaging presentations on current Medicare topics hosted by the Medicare Rights Center. The presentation is streamed live using a Medicare Interactive profile.

May Topic: Medicare Coverage of Mental Health and Addiction Treatment

- Thursday, May 18 • 3:00 - 3:30 PM (EST)

Taking care of your mental health is just as important as taking care of your physical health. This Mental Health Awareness Month, our Medicare Minute focuses on Medicare’s coverage of mental health services and addiction treatment.

REGISTER: <https://www.medicareinteractive.org/medicare-minute-login>

Advance Planning Tools for Caregivers To Help Family Prepare

PREPARE, a leading provider of evidence-based advance care planning tools, has launched a new, easy to use program to support caregivers as they help family and friends with their medical planning and decision-making. PREPARE for THEIR Care shares valuable information about how to bring up the topic of medical planning, how to talk with family members and friends about their medical wishes, and how to help them write those wishes down. Visit the website: <http://preparefortheircare.org/>

AARP ‘Valuing the Invaluable’ 2023 Update: Strengthening Supports for Family Caregivers

The AARP Public Policy Institute released a report, “Valuing the Invaluable 2023 Update: Strengthening Supports for Family Caregivers.”

The 2023 update report provides an important and

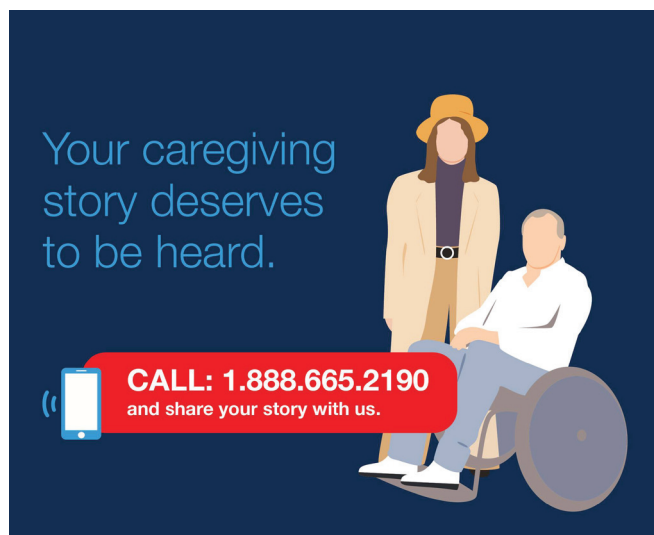
timely update on family caregiver profiles and the challenges they face. It examines support networks for family caregivers through the lens of state and federal policies as well as private/public investment and practices.

Diving into state level factors and variations in caregiving as well as individual interviews with caregivers, Reinhard and coauthors explore prominent issues related to employment, post-pandemic shortages in the direct care workforce, and meeting needs of diverse caregivers. Most surprisingly, the data attribute \$600B in value to the 36 billion hours of unpaid care that family caregivers provided in 2021. Reinhard et al. discuss the economic and social implications of caregiving in the United States and detail the importance of national legislation and state-level programs in sustaining and supporting caregivers in their work.

Read the report at <https://www.aarp.org/ppi/info-2015/valuing-the-invaluable-2015-update.html>

Share How You’re Feeling as a Caregiver

The National Alliance for Caregiving wants to know how you’re feeling as a family caregiver. @NA4Caregiving has created a phone line where you can call in and share your story at (888) 665-2190. If you would prefer to type your response rather than leave an audio message, you may do so at https://docs.google.com/forms/d/1CdCYO5lu0hz8akjWEs6igczQHdHO7a7Hf_IJSjj4dM/viewform



Your caregiving story deserves to be heard.

CALL: 1.888.665.2190
and share your story with us.

Please note that this line is not monitored. If you are experiencing thoughts of harm to yourself or others, or you need someone to speak to, please call 9-8-8 to reach the Suicide and Crisis Lifeline.



866-452-1693

Protect Your Health with One Call

WellnessLink provides anyone in New Hampshire aged 60 and older with easy to understand, accurate, no-cost-to-you coordination and information for COVID-19 testing, vaccination and follow up care.



HOW IT WORKS

- Call 866-452-1693 to speak directly with a WellnessLink expert in New Hampshire
 - Ask your questions about COVID-19
 - Can I get vaccinated at home?
 - Do test kits expire?
 - Can I get my flu shot at the same time?
 - A WellnessLink expert will explain your local options and help you choose what works best for you.
 - Receive support to access services
 - Getting tested
 - Booking a vaccination appointment
 - Transportation assistance
 - WellnessLink offers follow up to confirm that your needs have been met.
- Translation and TTY services are available.

Protect Your Health with One Call



In partnership with ServiceLink Resource Centers, NH's Public Health Networks and the NH Department of Health and Human Services