



Aging Matters

New Hampshire State Commission on Aging

New Hampshire Commission on Aging

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State of New Hampshire Accepted into Aging Learning Collaborative

Center For Health Care Strategies Will Help New Hampshire Advance Its Multisector Plan for Aging

Valuable work to help the Granite State plan for an aging population will now get a major boost. The New Hampshire State Commission on Aging (NHCOA) is excited to announce that the state has successfully applied to be part of a Multisector Plan for Aging Learning Collaborative.

The Collaborative, which is a learning community to help states develop Multisector Plans for Aging, is made possible thanks to a grant from the SCAN Foundation, West Health and the May and Stanley Smith Charitable Trust. These organizations believe every state needs to conduct high-level, cross-sector planning to prepare for the impacts of shifting demographics.

Over 15 states across the nation have already begun this work. According to the SCAN Foundation, the goal of each state is to establish a “10-year blueprint that guides the restructuring of state and local policy and programs while connecting the public, private, and independent sectors in modernizing and, where necessary, creating systems-based solutions that touch all major areas of the aging life experience.”

“New Hampshire’s participation in this Learning Collaborative is exciting news for our state. It will assist New Hampshire to become more prepared to meet the needs of older adults, those with disabilities, and

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caregivers over the next decade as well as leverage the opportunity an older population presents," said **Rebecca Sky**, Executive Director of the NHCOA.

The New Hampshire team participating in the Collaborative will include leadership from the NH State Commission on Aging, AARP-NH, the NH State Legislature, the NH Alliance For Health Aging, and the NH Department of Health and Human-Bureau of Aging and Adult Services. Of this Sky said, "I am excited to partner with these organizations to work together to engage policy leaders, community businesses and non-profits, and the public in developing solutions appropriate for New Hampshire."

Participants in the Collaborative will have access to planning toolkits, a peer-to-peer exchange that fosters the sharing of best practices and lessons and a network of national experts, including those who have helped advance Multisector Plans for Aging in other states.

Sky went on to say that NH's participation in the Collaborative will take place over the next 12 months and will build on initiatives already underway. "Thanks to the hard work from so many partners, our state has made significant strides over the past several years," said Sky. "Through the engagement of policy leaders in developing a Multisector Plan for Aging, we look forward to improving processes where needed, expanding upon the work in progress, and moving forward in new areas."

Future editions of *Aging Matters* will include updates on this initiative.



New Hampshire **Long-Term Care Summit**

SAVE THE DATE!

for the first annual NH Long-Term Care Summit

Monday, August 21, 2023 · 9am-3pm EDT

AC Hotel by Marriott Portsmouth Downtown/Waterfront

299 Vaughan Street, Portsmouth, NH 03801

Summit Tickets \$50

The NH Long-Term Care Leadership Summit will bring together the various provider groups, advocacy organizations, legislators, regulatory and payer representatives who lead NH's long-term care system for a focused public policy conference. This 2023 inaugural event will focus on preparations to rebalance the system as well as prepare for emerging demographic challenges.

[Learn More About the NH Long-Term Care Summit](https://www.rumfordmanagementnh.com/lcsummit)

<https://www.rumfordmanagementnh.com/lcsummit>

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 next article in a series 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 these stories. This is Part 1 of our profile of Portsmouth.

Port City Embraces Older Adults: 'Get Off The Curb and Into the Parade!'

By **CHRIS DUGAN**

Director of Communications and Engagement, NHCOA

Spend some time with Portsmouth's **Bob Bogardus** and one quickly gets a sense of his passion and energy for supporting the needs of older adults. The 81-year-old has been an active volunteer in the city of Portsmouth for many years, playing active roles in formation of the Senior Activity Center as well as serving on the board of Recreation Department.

His philosophy about the value of engagement is quite succinct. "You need to get off the curb and into the parade," he says. Too often, he says, older adults feel sidelined and he's out to change that notion. "We all can contribute something through words or actions. But you have to get involved."

According to **Brinn Sullivan**, Assistant Director and Parade Coordinator at the Portsmouth Recreation Department, it was that 'get off the curb' spirit that spurred the planning process for the Port City. "The willingness of groups and individuals from across all sectors was instrumental" in Portsmouth's joining the AARP Age-Friendly network.

"AARP provides a wonderful community improvement framework and a process to follow. Across the community, we had buy-in at levels: city administration, health and safety, elected officials, non-profits, and many committed individuals. This was vital at the start and equally as important today," Sullivan said.

She went on to note that partnerships formed in the early days of the program are as strong as ever in 2023. These collaborations have led to initiatives such as specific training for first responders who might be called to an assisted living facility or to someone's home where a resident might have dementia or Alzheimer's disease. "With this training, there's now increased awareness and sensitivity – it's a win-win."

According to **Ashley Davis**, MPH, Associate State Director of Outreach and Advocacy for AARP-NH, Portsmouth and Goffstown were the first two New Hampshire communities to join the Age-Friendly network by AARP. She went on to explain that the common thread among the enrolled communities and states is the belief that the places where we live are more livable, and better able to support people of all ages, when local leaders commit to improving

the quality of life for the very young, the very old, and everyone in between.

AARP provides a framework of eight domains of livability for communities to consider: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, work and civic engagement, communication and information, health services and community supports. AARP has tools for communities to assess their strength in each of these areas and ideas for action planning. "There is a robust tool kit that we provide," said Davis. "It includes lots of best practices and is free to use. You don't necessarily have to join the Age-friendly network to get the tools. We want to support any steps that people want to take."

Sullivan notes that when it comes to infrastructure changes, the city has developed a different mindset. "When you make sidewalks more walkable or make modifications in playgrounds, you're making things more livable for *all*. Whether you're an older adult bringing a grandchild to the playground or a parent looking to take a break, everyone can use a bench to sit on. It might be a small step but there's a greater awareness of the big picture. And in many instances, older adults are involved in the planning process."

On a national scale, the AARP Network of Age-Friendly States and Communities now numbers more than 650, says Davis, with nearly 20 in NH. "NH has made tremendous strides and Portsmouth is a shining example of that," she said. "In addition to those communities who are part of the network, still others are in the planning stages." She pointed out that AARP's process can work for communities of all sizes and on many levels, from rural to urban to regional.

As for Bogardus, he also helps lead a group called the Dull Men's Club which meets at the Senior Activity Center for coffee each Friday. A typical gathering is about 20 and the topics are wide-ranging with everything on the table save for politics and religion. Sullivan says this type of interaction is important as older men, particularly those living alone, are sometimes reluctant to engage in outside activities.

"It's a way to connect but also celebrate," Bogardus said. "So many people have led such amazing lives and done incredible things. And for some, it's a reason to get out of the house!"

Highlights from June NHCOA Meeting – Updating the State Plan on Aging, State Budget Review, and Legislative Session Recap

Attendees at the Commission’s June meeting heard detailed reports on several topics. Highlights included:

Wendi Aultman, Bureau Chief, DHHS-Office of Elderly and Adult Services, provided the Commission with a draft of the October 2023 to September 2027 NH State Plan on Aging. The initial draft of the plan is due to the Administration for Community Living (ACL) by July 1, with the final version confirmed by ACL on October 1st.

At the previous Commission meeting as well as at an NH Alliance for Healthy Aging meeting earlier this month the Bureau provided a report on the key takeaways from the listening sessions and surveys conducted earlier in the year.

At this meeting Commission members provided feedback on the draft with a particular focus on how to make the plan more readable and understandable by the public. The Commission thanked Ms. Aultman for her report and voted unanimously to endorse the draft report.

Phil Sletten from the NH Fiscal Policy Institute provided the Commission with a broad overview and analysis of the proposed FY 2024-2025 State Budget with an emphasis on the supports for older adults. Sletten shared that the process has moved more rapidly than usual, and that the Governor is expected to sign the budget in the coming days. Items of note:

- The House and Senate’s budget appropriations were similar.
- Health and Human Services, which comprises about 40% of the overall budget, will receive increases in key areas. These include childcare subsidies, workforce support, and increased reimbursement for non-hospital services.
- Funding to support improvements to the system of care for healthy aging, including

increased funding for the ServiceLink system, changes to eligibility to ease access to the Medicaid Choices for Independence program that provides home and community-based services for low-income individuals, and other infrastructure supports.

- Increase in Choices for Independence Funding to improve provider rates which will hopefully ease workforce shortages.
- Granite Advantage Program (Medicaid) extended through 2030; this is significant in that it is estimated that 15% of program participants are ages 56-64.

Commission member **Polly Campion** then provided a brief legislative update and shared that Commission Executive Director **Rebecca Sky** will represent the Commission as Governor Sununu signs HB1 and HB2. She also lauded the work of the State House Policy team for its extraordinary work during the session.

Sky reported that progress was made during this legislative session on nearly every policy recommendation identified in the Commission’s **2022 Annual Report** published this past fall.

Members of the Commission thanked **Roberta Berner** for the dedication she has shown as the NHCOA’s clerk since the organization began. The group approved Commission member Roxie Severance who will serve as clerk when regular meetings resume in September.

There will be no Commission meeting in July or August. On Monday, August 21, 2023 a state-wide summit on Long Term Care Policy will be held in Portsmouth from 9:00 AM–3:00 PM. Commission members will attend this summit in lieu of an August meeting.



“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.”

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

New Hampshire's System of Care for Healthy Aging: Improving the Lives of All Granite Staters as They Age

By **HEATHER CARROLL**, Director of Advocacy
New Hampshire Alliance for Healthy Aging

The safety and well-being of older adults is a responsibility shared by the entire community. Systems of Care is a nationally recognized model designed to leverage public and private resources to provide a variety of services to individuals who need help to remain safe and healthy. This approach to service delivery builds partnerships to create a broad integrated system that meets individuals' multiple needs and provides them with meaningful options on how and where to receive their care.

This legislative session, the New Hampshire Alliance for Healthy Aging, in partnership with the NH State Commission on Aging, AARP-NH and other key stakeholders, were successful in securing passage of "System of Care for Healthy Aging," a framework to ensure that all Granite Staters have a meaningful choice in care options as they age.

The overarching goal of this new legislation is to strengthen and enhance our state's current care delivery system to ensure that older people and people with disabilities have a full range of options to receive the care they need, in a setting of their choosing. For most people, that means receiving care in their homes and community.

The legislation contains a variety of strategies to accomplish this goal, including:

- Improving mechanisms to expedite eligibility for Medicaid-funded services and broaden the pool of people reimbursed as caregivers.
- Building the workforce to maintain a sufficient network of home care providers.
- Maintaining an online portal for providers, case managers, and other professionals to enable them to easily identify and access available long-term care services and supports.
- Increasing ServiceLink's capacity to assist consumers in long-term care options and help them transition from institutional care to the community.

The New Hampshire Department of Health and Human Services (DHHS) is charged with developing a plan to implement and maintain the System of Care. DHHS must report annually to the Governor, Joint Legislative Committee on Health and Human Services, NH State Commission on Aging on the status of the implementation of the plan.

The System of Care for Healthy Aging will benefit all Granite Staters. The expansion of existing programs such as ServiceLink will provide a critical resource to the entire community to connect them to the care they need. Building a sufficient homecare workforce and enhanced partnerships between hospitals, nursing homes and home and community-based service providers, will help leverage resources to provide older adults with a true choice in where they age. This is what caregivers and families want and it is what aging Granite Staters deserve.

*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.*

Who is My NH 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.

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/>

Check Out Past Editions of Aging Matters

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

Help Us Spread the Word!

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

Advice from Someone Who's Been There

By **BOBBI CARDUCCI**, Co-host, Rodger THAT

- ***Planning ahead can help preserve you and your loved one's health when becoming caregiver for someone with dementia.***
- ***Knowing about available support like adult day care and support groups before you need them can ease your future burden.***
- ***A family care team is essential for everything from financial and medical decisions to meal prep.***

When my father-in-law, Rodger, came to live with us, I didn't know he had been showing signs of dementia for years. Yes, he was quirky and repeated the same stories over and over. He avoided social interaction and was dependent on his wife to assist him with many activities of daily living. He dressed and fed himself but was unable to drive or make rational decisions. His main

pleasures in life were eating and going for long walks through his neighborhood. When not doing that, he spent his day watching vintage programs or world news on television.

Dementia, including Alzheimer's Disease, Lewy Body Dementia, FTD, Vascular Dementia, and its many other forms is a devastating, long-term, fatal brain disease. Because it is often perceived as merely a memory problem, many people step into the role of caregiver not understanding how complex the disease is or how difficult it can become to respond to behaviors related to dementia. I know because I was one of them.

When my mother-in-law passed away and people asked what was going to happen to Rodger, my husband and I assured them he was coming to live with us. We had plenty of room. We had already planned for the time when one or more of our parents were no longer able to live on their own. We expected some difficult days, but we were ready to face each challenge as it arose. I lovingly and unknowingly walked into a situation I did not understand, and that is why I urge you to do as I say, not as I did.

Do these five things before becoming caregiver for someone with dementia

1. Learn as much as possible about dementia before the need for caregiving begins.

If, like me, you go into the situation not understanding the complexity of the disease, the

confusion and stress on you and the person in your care can result in turmoil affecting the entire family.

2. Hold a family meeting to create a care team.

In-home primary caregivers are on call 24 hours a day, seven days a week, often for several years, resulting in their becoming isolated, overwhelmed, and exhausted. Also, 18% of spousal caregivers die before the person in care.¹

Members of the care team can be responsible for:

- Handling financial and medical decisions
- Delivering a meal once a week
- Taking care of yard and/or car maintenance
- Shopping for groceries and picking up prescriptions.
- Coming by once week for an hour to allow the caregiver time to shower or nap as needed.
- Providing planned respite time to allow the caregiver to recharge.

Being a primary caregiver without a team in place led to my having panic attacks, migraines, and hair loss. It resulted in undue stress on me, my husband, and my father-in-law.

3. Look into adult day programs for seniors in your area before you need one.

Offering options in the number of days a week you may choose to have your loved one attend, these day programs are staffed by trained and caring staff members who oversee stimulating, fun activities in a safe environment. People living with dementia still need social interaction and time away from their caregivers. Although they are often resistant to the idea at first, many seniors come to look forward to the activities and show slight improvement in their cognitive function for a time.

When Rodger refused to consider attending, I dropped the idea. Knowing what I do now, I wonder what enjoyment he may have missed out on and how relinquishing responsibility for a time each week could have helped me recoup some energy.

4. Attend caregiver conferences, in person or online.

Caregiver conferences are invaluable resources for caregivers. Learning why people with dementia say and do the things they do as the disease progresses will help you prepare and respond in a more supportive way. This will help you avoid some of the aggressive behavior that results in the need for increased medication or hospitalizations. Spending

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What Caregivers Should Know, con't

time with other caregivers for someone with a brain disease offers assurance that your feeling of doubt and occasional guilt are normal. Presenters provide advice on how to lessen these occurrences. Vendors offer information on support programs in your community. Many schedule regular online workshops presented by family and/or professional caregivers.

5. Join a caregiver support group.

It is often said about caring for someone with dementia: if you have not done it, there is no way you can understand what it is really like. This is so true. Members of the caregiver groups support one another and share ideas and resources, in many cases becoming lasting friends. These groups are scheduled in person and online and are open to caregivers from the time of early diagnosis through the inevitable progression.

Because I did not recognize what I needed and what I did not know, my time as a caregiver took a greater toll on me, the person in my care, and my family than it needed to. It also convinced me how important it is for everyone to prepare to care before the need arises and led me to become a caregiver consultant and educator.

Sources

1. Gaugler JE, Jutkowitz E, Peterson CM, Zmora R. Caregivers dying before care recipients with dementia. *Alzheimers Dement (NY)* 2018;4:688-93. Found on the internet at <https://pubmed.ncbi.nlm.nih.gov/30581974/>

Source: <https://www.ncoa.org/article/what-dementia-caregivers-should-know-advice-from-someone-who-has-been-there>

Study Seeks Long Distance Caregivers

The Leading Age LTSS Center at UMass Boston is testing an intervention to support long-distance family caregivers of older adults with dementia. They could use your help.

Researchers at the [LTSS Center @UMass Boston](#) are seeking volunteers to help them test an intervention designed to support long-distance caregivers of older adults with dementia who receive home care. The study is funded by the National Institutes of Health.

The intervention, called LDCare, consists of skill-building, education, and support sessions designed to address the specific needs of long-distance caregivers and reduce their caregiving-related burdens.

The seven sessions are conducted remotely by licensed social workers. Participating caregivers attend the sessions using tablets that are provided, free of charge, by the research team.

Do you know of a long-distance caregiver who would be interested in participating in the LDCare study? Please share the [downloadable flyer](#) located on the last page of this month's Aging Matters.

For more information, go to <https://www.ltsscenter.org/long-distance-caregiver-study-enters-second-phase/>.

Five Myths About Advance Care Planning

Get the facts about these common advance care planning myths.

Myth

My loved ones will know what I want when the time comes.



Fact

Not necessarily. In one study, nearly 1 in 3 people guessed wrong when asked to predict which end-of-life decisions their loved one would make.

Myth

I need a lawyer to create an advance care plan.



Fact

Most states offer free advance directive forms online, and you do not have to involve a lawyer.

Myth

I only need a plan if I'm very old or ill.



Fact

It's impossible to predict the future. An emergency can happen at any age. Creating a plan now helps ensure that someone you trust can make decisions that reflect your wishes.

Myth

An advance care plan only matters if I put it in writing.

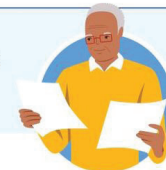


Fact

The most important part of planning is discussing your wishes with your loved ones. It can save them from worrying about whether they made the right decisions for you.

Myth

Once I put my plans in writing, I can't change them.



Fact

Your advance directives can be changed at any time. In fact, you should review your plans at least once a year and after any major life event like a move, divorce, or change in your health.

Many people have misconceptions about advance care planning.

Check out this infographic to learn about common myths around this topic. Read more at <https://go.nia.nih.gov/3olGaq>

Ready to get started?

Visit www.nia.nih.gov/acp



Fuel Assistance Applications Now Open for Households With Members Age 60 and Over

If you expect to have trouble paying for your heat next winter season, the New Hampshire Fuel Assistance Program (FAP) may be able to provide you with some relief.

The NH Department of Energy distributes federal Low Income Home Energy Assistance Program (LIHEAP) funds to New Hampshire's five Community Action Agencies (CAAs), which in turn take applications, determine benefits, and distribute FAP payments to vendors on behalf of eligible New Hampshire households throughout the state.

The Fuel Assistance Program provides benefits to qualified New Hampshire households to assist with heating costs from December 1, 2023 through April 30, 2024.

The CAAs began taking and certifying applications on July 1 for households with at least one member who is age 60 or over, or disabled, or a child under 6 years of age. Both renters and homeowners may qualify for the Fuel Assistance Program.

FAP benefits may also be used to help households in a heating emergency by securing an emergency delivery of fuel or by delaying a utility disconnection or eviction notice if heat is included in the rent and the rent is not subsidized.

FAP benefits are a grant; they do not have to be paid back and they are not counted as income when applying for other assistance programs. Fuel bills that have already been paid by the applicant can be submitted and repaid through the awarded benefit, creating a credit on the applicant's account.

Am I Eligible?

Eligibility for the Fuel Assistance Program is determined by gross household income (i.e. total before taxes), the number of people in the household, the type of fuel used, and the energy burden to the household. Income limits are surprisingly high (i.e.: \$54,446 annually for a 2-person household).

How Do I Apply?

- Contact your local CAA office to learn how to apply for FAP.
- The CAA staff will tell you what information you will need to supply to process your application. To prevent delays in processing, be sure to provide all requested documents.
- If you are homebound or unable to visit a Community Action Agency office, it may be possible to arrange a home or telephone interview.

Find more information at <https://www.energy.nh.gov/consumers/help-energy-and-utility-bills/fuel-assistance-program>

HOUSEHOLD INCOME GUIDELINES
PY 2022-2023 - 60% of State Medium Income

Household Size	30 Days	365 Days
1	\$ 3,422	\$ 41,635
2	\$ 4,475	\$ 54,446
3	\$ 5,528	\$ 67,257
4	\$ 6,581	\$ 80,069
5	\$ 7,634	\$ 92,880
6	\$ 8,709	\$105,961

New Hampshire Community Action Agencies

BELKNAP COUNTY (CAPBM)

Laconia (603) 524-5512
Meredith: (603) 279-4096

CARROLL COUNTY (TCCAP)

Tamworth: (603) 323-7400

CHESHIRE COUNTY (SCS)

Keene: (603) 352-7512
or (800) 529-0005

COOS COUNTY (TCCAP)

Berlin: (603) 752-3248

GRAFTON COUNTY (TCCAP)

Ashland: (603) 968-3560

HILLSBOROUGH COUNTY (SNHS)

Milford, Peterborough & Hillsborough
(603) 924-2243 or (877) 757-7048

Manchester: (603) 647-4470

or (800) 322-1073

Nashua: (603) 889-3440

or (877) 211-0723

MERRIMACK COUNTY (CAPBM)

Concord: (603) 225-6880

Suncook: (603) 485-7824

Warner: (603) 456-2207

ROCKINGHAM COUNTY (SNHS)

Derry: (603) 965-3029 or

(855) 295-4105

Portsmouth: (603) 436-3896 or

(800) 639-3896

Raymond: (603) 895-2303 or

(800) 974-2303

Salem: (603) 893-9172

or (800) 939-9172

Seabrook: (603) 474-3507

or (800) 979-3507

STRAFFORD COUNTY (CAPSC)

Dover, Farmington & Rochester:

(603) 435-2500

SULLIVAN COUNTY (SCS)

Claremont: (603) 542-9528

Mobility Managers Help Connect NH Residents to Transportation Options

As you may know, fixed route or public transportation services are not the “one size fits all” solution to community transportation needs.

As a result, some forward-thinking agencies throughout the state of New Hampshire have begun to offer additional transportation services, such as carpool, van pooling, on demand services, volunteer driver services, and special shuttles just to name a few.

Mobility management is a transportation strategy that focuses on meeting community needs through the coordinated use of a variety of transportation providers including public transit, private operators, cycling and walking, volunteer drivers and others.

What does that mean for you?

Mobility managers will assist you with transport options, and meeting the transportation needs where you reside. They collaborate with transportation agencies and providers, along with state stakeholders

to ensure there are options for all residents.

Currently there are eight regional mobility managers working closely with their Regional Coordinating Councils, and the Regional Planning Commissions. Having this relationship ensures your voice will be heard when discussing anything regarding transportation. Discussions like transportation options, safe streets, safe crosswalks, sidewalks, cycling lanes and more can be discussed at a regional level at a regional coordinating council meeting.

The regional mobility managers have an inventory of options for your region. Unsure of how to use public transportation? Mobility Managers can also assist you with travel training.

Would you like to learn more? Or meet your mobility manager for your region? Please reach out to **Teri Palmer**, New Hampshire State Mobility Manager at tpalmer@rlsandassoc.com for more information.

‘Exercise Snacks’ Have Multiple Health Benefits

It’s important to get up and move regularly throughout the day, not just when you do your planned exercise routine. The underlying rationale for “exercise snacks” is that the negative health effects of prolonged sitting are not offset by an exercise program.

The benefits of “exercise snacks” were outlined in a study – **RX for Prolonged Sitting: A Five Minute Stroll Every Half Hour** - done by the Columbia University Irving Medical Center. The study’s researcher, Keith Diaz, Ph.D. was featured in a video, **Benefits of Short Exercise Snacks**, available on Katie Couric Media.

The following bullets come from a presentation about the study called “Movement Matters!” from the Exeter Hospital Employee Wellbeing education series:

The study compared effects of five different exercise “snacks” to no walking on key indicators of cardiovascular health, during 8 hours of sitting on 5 separate days:

- One minute walking every 30 minutes
- One minute walking every 60 minutes
- Five minutes walking every 30 minutes
- Five minutes every 60 minutes.

The Optimal Exercise Snack was determined to be: 5 minutes light intensity walking every 30 minutes
Less frequent exercise snacks were still beneficial

for blood sugar and blood pressure:

For blood pressure: All Exercise Snacks lowered blood pressure by 4-5 points.

For blood sugar: Every 30 minutes for one minute provided modest benefits for blood sugar levels throughout the day (Walking every 60 minutes--either for one minute or five minutes--provided no blood sugar benefit.)

All walking regimens, except walking one minute every hour, led to mental health and physical function benefits, including significant improvements in mood; significant decreases in fatigue; and significant increases in energy.

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.

SCAM of the Month Alert

Avoid Scams When You Travel

You may get a call, a text message, or a flyer in the mail. Or maybe you'll see an online ad promising free or low-cost vacations. Scammers and dishonest companies are often behind these offers. You may end up paying hidden fees — or worse: after you pay, you might find out it's all a scam.

Common Travel Scams

“Free” vacations: You've probably seen ads online for “free” vacations. Or you may have gotten emails, calls, or text messages saying you've won a vacation, even though you never entered a contest. If you respond to these offers, you'll quickly learn that you have to pay some fees and taxes first — so your “free” vacation isn't really free. A legitimate company won't ask you to pay for a free prize.

Robocalls about vacation deals: You might get robocalls offering you vacation deals at a discounted price. **Robocalls** from companies trying to sell you something are illegal unless the companies got **written** permission, directly from you, to call you that way. If someone is already breaking the law by robocalling you without permission, there's a good chance it's a scam. At the very least, it's a company you don't want to do business with.

International travel document scams: You might see sites that claim to be able to help you get an international travel visa, passport, or other documents. These sites are just copycats of the **U.S. Department of State** website. But these sites charge you high fees, including fees for services that are free on the U.S. Department of State's website.

International driving permit scams: An international driving permit (IDP) translates your government-issued driver's license into 10 languages. Scammers create websites to sell fake IDPs, or try to sell them to you in person or some other way. If you buy a fake IDP, you'll be paying for a worthless document. But, even worse, you also could face legal problems or travel delays if you're detained for using it to drive in a foreign country. Only the **U.S. Department of State**, the American Automobile Association (AAA), and the American Automobile Touring Alliance (AATA) are authorized to issue IDPs.

Vacation home scams: These days, it's easy to connect directly with property owners who advertise their vacation homes online. But scammers are also trying to get your **rental booking**. For example, they hijack real rental listings and advertise them as their own, so when you show up for your vacation, you find out that other people are also booked for the same property. You have no place to stay, and your money is gone. Other scammers don't bother with real rentals — they make up listings for places that aren't really for rent or don't exist.

Charter flight scams: You may get a flyer in the mail, see an ad, or hear from someone in your community about an offer to travel by private plane to some place you'd like to go. The offer may even include lodging and sightseeing tours. You think you're signing up for a charter flight and vacation package, but after you pay, you find out it's all a scam. The U.S. Department of Transportation's (DOT) Special Authorities Division maintains a **list of approved public charter flights**. If the charter filing is not approved by DOT before the package is sold, you're probably dealing with a dishonest charter operator.

Signs of a Scam

Scammers say it's a “free” vacation that you have to pay for. They often try to get your attention by saying you won something, but then make you pay to get it. If you have to pay, it's not really free — and all those fees and taxes can add up to hundreds of dollars.

Scammers don't give specific details about the travel offer. The offer says you'll stay at a “five-star” resort or go on a “luxury” cruise ship. But if the organizer can't or won't give you more specific details, like the address of the hotel or the cruise company's name, walk away.

Scammers say the only way to pay for your vacation rental is by wire transfer, gift card, or cryptocurrency. This is how they ask you to pay because once they've collected the money, it's almost impossible to get it back. That's a scam, every time.

Scammers pressure you to make a quick decision about a vacation package or rental. If someone says you have to decide whether to buy a travel package or rent a vacation property right

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away, don't do it. Scammers want to rush you. So move on and find another option.

Scammers advertise premium vacation properties for super cheap prices. Is the rent a lot less than comparable rentals? Below-market rent can be a sign of a scam.

3 Ways To Avoid Travel Scams

Don't sign or pay until you know the terms of the deal. Get a copy of the cancellation and refund policies before you pay. If you can't get those details, walk away. Say "no thanks" to anyone who tries to rush you without giving you time to consider the offer.

Do some research. Look up travel companies, hotels, rentals, and agents with the words "scam," "review," or "complaint." See what others say about them before you commit. Check that the address of the property really exists. If the property is located in a resort, call the front desk and confirm their location and other details on the contract.

Don't pay with wire transfers, gift cards, or cryptocurrency. Dishonest travel package promoters might tell you to pay in one of these ways, but that's a sure sign of a scam. If you pay with wire transfers, gifts cards, or cryptocurrency and there's a problem with what you paid for, you'll lose your money, and there's likely no way to track it or get it back.

How To Shop for Travel

Get recommendations from trusted sources. Talk to family and friends or other trusted sources about good travel agencies, vacation rentals, hotels, and travel packages.

Check out comparison websites and apps. Travel apps can help you search for airfares

and hotel rates, and some even give you fare alerts and real-time deals. But make sure you know whether you're buying from the app company or the actual airline or resort. It can affect things like whether you can get a refund or travel points, and the price for services like changing or canceling a flight. Also, make sure you know whether you're buying a ticket or just making a reservation.

Ask about mandatory hotel "resort fees" and taxes. You can't compare rates for different hotels unless you know about all the fees. If you're not sure whether a hotel's website is showing you the **total** price, call the hotel and ask about a "resort fee" or any other mandatory charge. Also ask about taxes, which may be significant in many places.

If you're buying travel insurance, be sure the agency is licensed. Find out whether an agency is licensed at the website of the **US Travel Insurance Association**. Make a copy of your insurance card to take with you when you go on the trip.

Check that charter flights are listed on the approved public charter flights of the U.S. Department of Transportation before you pay. Also, check out the charter's operator with local travel agents to see if they know if the operator is legitimate, or contact the **American Society of Travel Advisors**. The **U.S. Department of Transportation's website** has more tips on what to know about charter flights.

Report Travel Scams

If you think you may have been targeted by a travel scam, report it to the FTC at **ReportFraud.ftc.gov**

Source: <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>

How Does Your Hospital Measure Up?

Trying to find a hospital nearby with doctors that accept Medicare? Or perhaps you're planning to have surgery or are thinking about your future needs.

Visit <https://www.medicare.gov/care-compare/> to find a hospital in your area that best meets your needs.

To make the most out of your hospital search:

- **Find hospital contact information, distance from your home, and directions.**
- **Look at a hospital's overall and patient star**

ratings. The overall rating is based on how well a hospital performs across different areas of quality, like treating heart attacks or safety of care. The patient survey rating measures patients' experiences of their hospital care.

- **Compare a hospital's performance against national averages** for patient experiences, timely and effective care, complications, and more.

CORRECTION: In our story on the Older Adult Volunteer Awards in our June edition, we incorrectly listed Honorable Mention volunteer Lisa Stith as volunteering in Barrington. She volunteers in her hometown of Danville.

How to Grow Your Social Network as You Age

By **JUDITH GRAHAM**, Kaiser Health News

For years, Carole Leskin, 78, enjoyed this close camaraderie with five women in Moorestown, New Jersey, a group that took classes together, gathered for lunch several times a week, celebrated holidays with one another, and socialized frequently at their local synagogue.

Leskin was different from the other women — unmarried, living alone, several years younger — but they welcomed her warmly, and she basked in the feeling of belonging. Although she met people easily, Leskin had always been something of a loner and her intense involvement with this group was something new.

Then, just before the covid-19 pandemic struck, it was over. Within two years, Marlene died of cancer. Lena had a fatal heart attack. Elaine succumbed to injuries after a car accident. Margie died of sepsis after an infection. Ruth passed away after an illness.

Leskin was on her own again, without anyone to commiserate or share her worries with as pandemic restrictions went into effect and waves of fear swept through her community. “The loss, the isolation; it was horrible,” she told me.

What can older adults who have lost their closest friends and family members do as they contemplate the future without them? If, as research has found, good relationships are essential to health and well-being in later life, what happens when connections forged over the years end?

It would be foolish to suggest these relationships can easily be replaced: They can't. There's no substitute for people who've known you a long time, who understand you deeply, who've been there for you reliably in times of need, and who give you a sense of being anchored in the world.

Still, opportunities to create bonds with other people exist, and “it's never too late to develop meaningful relationships,” said Robert Waldinger, a clinical professor of psychiatry at Harvard Medical School and director of the Harvard Study of Adult Development.

That study, now in its 85th year, has shown that people with strong connections to family, friends, and their communities are “happier, physically healthier, and live longer than people who are less well connected,” according to **The Good Life: Lessons From the World's Longest Scientific Study of Happiness**, a new book describing its findings, co-written by Waldinger and Marc Schulz, the Harvard study's associate director.

Waldinger's message of hope involves recognizing that relationships aren't only about emotional closeness, though that's important. They're also a source of social support, practical help, valuable information, and ongoing engagement with the world around us. And all these benefits remain possible, even when cherished family and friends pass on.

Say you've joined a gym and you enjoy the back-and-forth chatter among people you've met there. “That can be nourishing and stimulating,” Waldinger said. Or, say, a woman from your neighborhood has volunteered to give you rides to the doctor. “Maybe you don't know each other well or confide in each other, but that person is providing practical help you really need,” he said.

Even casual contacts — the person you chat with in the coffee shop or a cashier you see regularly at the local supermarket — “can give us a significant hit of well-being,” Waldinger said. Sometimes, the friend of a friend is the person who points you to an important resource in your community you wouldn't otherwise know about.

After losing her group of friends, Leskin suffered several health setbacks — a mild stroke, heart failure, and, recently, a nonmalignant brain tumor — that left her unable to leave the house most of the time. About 4.2 million people 70 and older are similarly “homebound” — a figure that **has risen dramatically** in recent years, according to a study released in December 2021.

Determined to escape what she called “solitary confinement,” Leskin devoted time to writing a blog about aging and reaching out to readers who got in touch with her. She joined a virtual travel site and found a community of people with common interests, including five (two in Australia, one in Ecuador, one in Amsterdam and one in New York) who've become treasured friends.

“Between [Facebook] Messenger and email, we write like old-fashioned pen pals, talking about the places we've visited,” she told me. “It has been lifesaving.”

Still, Leskin can't call on these long-distance virtual friends to come over if she needs help, to share a meal, or to provide the warmth of a physical presence. “I miss that terribly,” she said.

Research confirms that virtual connections yield mixed results. On one hand, older adults who routinely connect with other people via cellphones and computers are less likely to be socially isolated than those who don't, several studies suggest. Shifting

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Social Network, con't

activities for older adults such as exercise classes, social hours, and writing groups online has helped many people remain engaged while staying safe during the pandemic, noted Kasley Killam, executive director of Social Health Labs, an organization focused on reducing loneliness and fostering social connections.

But when face-to-face contact with other people diminishes significantly — or disappears altogether, as was true for millions of older adults in the past three years — seniors are more likely to be lonely and depressed, other studies have found.

“If you’re in the same physical location as a friend or family member, you don’t have to be talking all the time: You can just sit together and feel comfortable. These low-pressure social interactions can mean a lot to older adults and that can’t be replicated in a virtual environment,” said Ashwin Kotwal, an assistant professor of medicine in the division of geriatrics at the University of California-San Francisco who has studied the effects of engaging with people virtually.

Meanwhile, millions of seniors — disproportionately those who are low-income, represent racial and ethnic minorities, or are older than 80 — can’t afford computers or broadband access or aren’t comfortable using anything but the phone to reach out to others.

Liz Blunt, 76, of Arlington, Texas, is among them. She hasn’t recovered from her husband’s death in September 2021 from non-Hodgkin lymphoma, a

blood cancer. Several years earlier, Blunt’s closest friend, Janet, died suddenly on a cruise to Southeast Asia, and two other close friends, Vicky and Susan, moved to other parts of the country.

“I have no one,” said Blunt, who doesn’t have a cellphone and admitted to being “technologically unsavvy.”

When we first spoke in mid-March, Blunt had seen only one person she knows fairly well in the past 4½ months. Because she has several serious health issues, she has been extremely cautious about catching covid and hardly goes out. “I’m not sure where to turn to make friends,” she said. “I’m not going to go somewhere and take my mask off.”

But Blunt hadn’t given up altogether. In 2016, she’d started a local group for “elder orphans” (people without spouses or children to depend on). Though it sputtered out during the pandemic, Blunt thought she might reconnect with some of those people, and she sent out an email inviting them to lunch.

On March 25, eight women met outside at a restaurant and talked for 2½ hours. “They want to get together again,” Blunt told me when I called again, with a note of eagerness in her voice. “Looking in the mirror, I can see the relief in my face. There are people who care about me and are concerned about me. We’re all in the same situation of being alone at this stage of life — and we can help each other.”

Source: <https://kffhealthnews.org/news/article/navigating-aging-social-networks-connections-friendship-loss/>

How to Check or Change Your Voter Registration

Summer is often a busy moving season. When you change where you live, even within the same state, you should update your voter registration with your new address and find your new polling location.

If you’re not sure about your voter registration status, it’s easy to check or change it at www.hear.gov where you can also learn how to:

- Find voter registration deadlines.
- Confirm that you are registered to vote in an upcoming election.
- Change your party affiliation.
- Change your name.

It’s important to confirm the status of your voter registration *before* your state’s registration deadline. Some states require voters to register or change their registration up to 30 days before an election, while some states let you register up to, and on, Election Day.

Check or change your voter registration at <https://www.usa.gov/change-voter-registration>

Share Your Thoughts & Ideas

New Hampshire’s older adults have a story to tell. We welcome the opportunity Aging Matters gives you to share your story with others in hopes that your experiences will help, inspire and encourage someone else as we all look for answers and ideas on how to navigate the years ahead. Please use this as your way to share your personal experiences and points of view on living in New Hampshire as an older adult. We hope that in sharing, we are able to assist you and others in forming your own opinions.

Email your stories to NHCOAnews@gmail.com.

603 History Statewide Scavenger Hunt Kicks Off

The 603 History Hunt kicks off on July 1 giving people a chance to see New Hampshire in ways they never have before.

The 603 History Hunt takes you on the road to test your knowledge of the Granite State and complete a series of challenges. Visit the world's longest candy counter, locate a scene from the movie "Jumanji," or find the grave of America's first Black celebrity—all located right here in New Hampshire. Choose which challenges to accept based on your own interests and abilities, with over 100 challenges to choose from.

Created by the New Hampshire Historical Society, the 603 History Hunt is one of several programs and events organized to mark the Society's 200th anniversary in 2023. "New Hampshire has a vibrant history for such a small state," said Elizabeth Dubrulle, director of education and public programs at the New Hampshire Historical Society. "The 603 History Hunt encourages people to get out there and explore this state we all love. You'll be amazed at how much has happened here."

Some challenges can be completed from just about anywhere in the state, while others are tied to a specific region or location within New Hampshire. Challenges ask players to complete a variety of tasks, such as film a video, take a photograph, answer a trivia question, or scan a QR code. Players choose which challenges to complete and how many challenges they want to undertake, and they earn points and win prizes accordingly.



The 603 History Hunt is free and open to the general public, thanks in part to the generosity of Merrimack County Savings Bank, which is sponsoring the event in conjunction with the New

Hampshire Historical Society.

Players must be at least 13 years old to officially participate, but the challenges are great opportunities to see the sites with family and friends.

To sign up, download the Scavify app through the App Store or Google Play Store, or visit Scavify's website at <https://www.scavify.com/download>. Participants are asked to create a free account and should then search for "603 History Hunt" to join the hunt. Participants can join the hunt at any time, Beginning July 1.

Founded in 1823, the New Hampshire Historical Society is an independent, nonprofit organization dedicated to saving, preserving, and sharing New Hampshire history. The Society shares its vast collections through its library, museum, websites, publications, exhibitions, and youth and adult educational programs.

The Society is not a state-funded agency. All of its programs and services are made possible by membership dues and contributions. For more information about the Society, visit nhhistory.org or call (603) 228-6688.

More info about the History Hunt can be found at <https://www.nhhistory.org/About-Us/200th-Anniversary/603-History-Hunt>

Your Local Resources

ServiceLink Aging & Disability Resource

Center: (866) 634-9412, <https://www.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>



Calling All Data Enthusiasts!

The DHHS online Data Portal provides information on a wide range of health and social services topics, including asthma, cancer, heart disease, mental health, childhood lead poisoning, substance use, oral health, PFAS, and more. Explore state, county, and community data at <https://bit.ly/3oY9NfD>.

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

CFPB Report Highlights Costly Credit Cards and Loans Pushed on Patients

Financial companies work with healthcare providers to sign patients up for specialty credit cards and other targeted financing products

WASHINGTON, D.C. – Recently, the Consumer Financial Protection Bureau (CFPB) published a report on high-cost specialty financial products, such as medical credit cards, that are sold to patients as a way to alleviate the growing costs of medical care.

Patients are typically offered these products in a medical provider's office even when their insurance may cover the procedure or they qualify for a hospital's reduced or no-cost financial assistance program. The report finds that these specialty products are typically more expensive for patients than other forms of payment, including conventional credit cards, with interest rates often reaching above 25%. These products can add, instead of remove, the financial stress that comes with medical bills, including decreased access to credit, costly and lengthy collection litigation, and an increased likelihood of bankruptcy.

"Fintechs and other lending outfits are designing costly loan products to peddle to patients looking to make ends meet on their medical bills," said CFPB Director Rohit Chopra. "These new forms of medical debt can create financial ruin for individuals who get sick."

Financial institutions and financial technology companies are generating a growing number of financing products for patients and their families. According to available public information, the financing terms for medical credit cards and medical installment loans include interest rates significantly higher than traditional consumer credit cards, 26.99% to 16%, respectively. These products often have deferred interest plans, with all accrued interest potentially becoming due at the end of a defined period, which can prove especially expensive and unaffordable for patients.

People used specialty medical credit cards or loans with deferred interest periods to pay for almost \$23 billion in healthcare expenses for more than 17 million medical purchases from 2018 to 2020. They also paid \$1 billion in deferred interest. These payment products are used for a wide range of basic medical care, including emergency room visits, medications, and lab work, as well as for dental and vision visits

and treatment. The payment products may cover medical bills as low as \$35 and as high as \$40,000.

The growing promotion and use of high interest medical cards and installment loans can create a significant financial burden for patients and deter them from seeking needed healthcare in the future. In its research, the CFPB found the following:

Medical financing companies market their products directly to healthcare providers: Financial firms market primarily to hospitals and other healthcare providers and give them marketing training and promotional materials to use when offering the products to patients. The incentives financial firms market to healthcare providers include the promise of cost savings, payments within a few days, administrative ease, and minimal financial risk. Healthcare providers may be disincentivized to explain legally mandated financial assistance programs or zero-interest repayment options before offering these products to patients.

Patients need guidance on terms and risks: While medical financing companies service the credit cards and loans, healthcare providers are the ones that offer the products to patients as well as disclose the terms of the products. Healthcare providers may be unable to adequately explain complex terms, such as deferred interest plans, to patients. Healthcare providers may rely solely on marketing materials and training that financing companies provide to them at no cost.

Patients can get stuck with ballooned deferred interest and lawsuits: The CFPB found that over the past decade, purchase amounts as part of deferred interest promotions have decreased in all purchase categories except in the category of medical care. This may be because medical debt is not easily anticipated, and the costs are not known until after services are rendered. Additionally, financing medical debt on a credit card may increase patients' exposure to extraordinary credit actions that healthcare providers would typically not pursue. For example, there can be a greater incentive for creditors to pursue lawsuits because unlike many healthcare providers, creditors can pursue a debt's principal plus interest and fees.

Source: <https://www.consumerfinance.gov/about-us/newsroom/cfpb-report-highlights-costly-credit-cards-and-loans-pushed-on-patients/>

New Hampshire Recognizes 70th Anniversary of Korean War's Armistice Agreement

The New Hampshire Department of Military Affairs and Veterans Services recognizes the 70th anniversary of the signing of the Korean Armistice Agreement officially ending hostilities between North and South Korea and invites you to participate in honoring Korean War Era Veterans at the annual Korean War Remembrance Ceremony this July.

The Korean War started on June 25, 1950, when Soviet-backed North Korea sent troops to attack American-backed South Korea at the 38th parallel. The United Nations Security Council condemned North Korea's invasion and in response UN member nations sent military aid to the South Korean government.

After three years of warfare, the Korean War ended on July 27, 1953, with the signing of the Korean Armistice Agreement in Panmunjom. Millions of soldiers and civilians involved in the conflict were wounded or killed; the United States lost over 36,000 service members and suffered 102,000 wounded and thousands missing. National Archives lists 137 fallen New Hampshire Service Members as of April 29, 2008 [nh-alpha.pdf \(archives.gov\)](#). The remains of [Sgt. Alfred Sidney](#) returned home to Littleton, NH this past December after reported missing in action in May 1951.

The [Korean Armistice Agreement](#) is historically significant in that it is "the longest negotiated armistice in history: 158 meetings spread over two years and 17 days. The Korean Armistice Agreement is somewhat exceptional in that it is purely a military document - no nation is a signatory to the agreement" signed by the U.S. Army Lt. Gen. William K. Harrison, Jr., senior delegate, United Nations Command Delegation and North Korean Gen. Nam Il, senior delegate, Delegation of Korean People's Army and the Chinese People's Volunteer Army.

NH State Veterans Cemetery will hold its annual Korean War Remembrance Ceremony on July 28, 2023. Consul General You Ki-Jun of the Republic of Korea and leadership from NH National Guard and Department of Military Affairs and Veterans Services will attend the ceremony to express gratitude and honor Korean War Veterans and their families. The Korean-American Society of New Hampshire will host a meal following the ceremony.

All are invited to attend the Korean War Remembrance Ceremony at the New Hampshire State Veterans Cemetery which begins at 3:00pm. The Cemetery is located at 110 Daniel Webster Highway, Boscawen, NH.

'Building Better Caregivers' Online Veterans Workshop

Are you caring for a Veteran with PTSD, traumatic brain injury, or memory loss? [The Building Better Caregiver® \(BBC\)](#) free 6-week online workshop can give you the support you need. Renee, a caregiver for her Army Veteran husband, was able to reduce stress, improve her health and find time for herself after taking the BBC workshop for support.

When you join a 6-week BBC online workshop, you'll:

- learn new ways to reduce stress
- set weekly goals and get support in achieving them
- find time to take care of you

The workshop was developed by Stanford University to support caregivers of Veterans of all eras. When you join a BBC Workshop, you'll connect with other caregivers and trained leaders in helping you learn new ways to manage the challenges of caregiving.

Caregivers must meet criteria and be willing to participate in the VA Caregiver Support Program in either the Program of Comprehensive assistance (PCAFC) or Program of General Caregiver Support Services (PGCSS) programs.

Follow this [LINK](#) for a flyer that describes the program.



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.

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.

Aging Resource Center Announces Programs through December 2023

The Aging Resource Center at Dartmouth has announced that their Summer and Fall In-Person and Virtual Program Guide for July to December is now available for download at the organization's website. A .pdf version of the guide is available at <https://www.dartmouth-hitchcock.org/sites/default/files/2023-06/arc-program-summer-fall-2023.pdf>. Learn more about the Aging Resource Center and to sign up for the weekly email program updates at <https://www.dartmouth-hitchcock.org/aging-resource-center>

Welcome to HEAT.gov

The National Integrated Heat Health Information System (NIHHIS) has launched www.heat.gov, a website for federal resources on heat and health.

Heat related illnesses and death are largely preventable with proper planning, education, and action. Heat.gov serves as the premier source of heat and health information for the nation to reduce the health, economic, and infrastructural impacts of extreme heat.

Visit <https://www.heat.gov> to learn how heat is impacting your community and access tools and information to stay safe in the heat!

July 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.

July Topic: Medicare and Transportation Services

- Thursday, July 20 • 3:00 - 3:30 PM (EST)

Sometimes the toughest part of getting health care is not a procedure or the recovery time, but just getting to a doctor or hospital. From emergency ambulances to scheduled rides, this Medicare Minute reviews transportation options for your health care.

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

Navigating the Relationship with Your Adult Child

If you're a grandparent raising a grandchild, you already have a relationship with a parent of the child—one that can be tough to navigate. The Grandfamilies

& Kinship Support Network has a new resource, Navigating the Relationship with Your Adult Child, which can help you understand what to expect and what you can do to make things easier.

Follow this link to download the resource: <https://www.gksnetwork.org/resources/navigating-the-relationship-with-your-adult-child/>

911 C.A.R.E.S.

If you or a loved one have a chronic medical condition that an emergency first responder may need to know about before arriving on scene, you can register that information with your phone number.

When you call NH911 from a registered number, CARES information that you have previously submitted will be visible to the telecommunicator who answers your call. The telecommunicator will then relay this information to the first responders who are on their way to help.

The 911 CARES system enables first responders to be more informed and ready in situations where background information may change or expedite their handling of the situation.

Check out <https://cares.desc.nh.gov> to register or to learn more and see if your chronic medical condition qualifies. Please note that not all medical conditions are listed as 911 call-takers' interrogation protocols elicit most relevant information.

What Would It Look Like if Aging was Unbound by Ageism?

Changing the Narrative's Older Americans Month video project features a series of short videos that pose the question to leaders in the aging field, "What Would It Look Like if Aging was Unbound by Ageism?"

In each 30-second to 2-minute video, an aging expert talks about what it would look like to them if aging was unbound by ageism.

Changing the Narrative in Colorado builds on years of national work initiated by leading aging organizations to communicate to the general public about aging and ageism, and the social challenges and opportunities posed by demographic change.

Watch the video series on YouTube at <https://www.youtube.com/@EndAgeismTogether/videos>

Are you a caregiver for a person with dementia who is receiving home care?



If you are a caregiver living **approximately 2 or more hours away** from your care recipient, you may be eligible to participate in a new research study evaluating the **administration of a non-drug intervention** designed to help long-distance caregivers of persons with dementia.

You may be eligible to participate if you:

- Are a caregiver age 21 or older
- Are living about 2 hours or more away from your care recipient
- Have a care recipient with dementia AND who is receiving home care

If eligible, you will receive:

- Individualized support from dementia experts, delivered remotely via the use of a tablet.
- Tailored dementia education and resources
- A new tablet for the study, which is yours to keep

To learn more, contact the Project Director, Evan Chunga, at Richard.Chunga001@umb.edu or contact the Principal Investigator, Dr. Verena Cimarolli at vcimarolli@leadingage.org or 202-508-9411.



For more information go to: <https://www.ltsscenter.org/long-distance-caregiver-study-enters-second-phase/>. Download this flyer at <https://www.ltsscenter.org/wp-content/uploads/2023/01/LDCare-Study-Flyer-FINAL.pdf>