



# Ageing Matters

New Hampshire State Commission on Aging

## New Hampshire Commission on Aging

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## Not Fade Away

### A speculative inquiry on trying to be retired, yet relevant

By **DON AKCHIN**, The End Game

For months I have been having a recurring dream. I am back at one of my former jobs – sometimes as a returning employee, other times as a visitor – and as I look around for familiar faces, I don't recognize anyone. The workplace itself is different too – more modern, sleeker – and I realize that all my experience is hopelessly obsolete. Two emotions wash over me in alternating waves: first, anxiety that my incompetence will be discovered, followed by relief that I am not really working there anymore so my secret is safe.

I don't have a degree in dream interpretation, but the meaning of this dream lies right on the surface. It's about the ambivalence I feel in my waking world: on the one hand, joy at being free from all the workplaces of the past, and on the other, a desperate fear that in retirement I have become irrelevant.

I love retirement, but I am not ready to fade away.

"When a person retires, does she still exist?" asks writer **Brenda Mahler**, who noted that society labels people according to their work and their accomplishments. "Apparently," she writes, "my existence is now defined by what I am not anymore." Carl Landau calls his podcast "I Used to be Somebody," although the title is meant to be ironic – Carl interviews people who have launched second or third careers after retirement.

While I may be the only one with this particular dream, I'm certainly not the only retired person resisting his own obsolescence. My mind happens to be blessed with more than its share of ambivalence. I'm delighted to have gotten off the train, yet fearful that the train will roll on and I will be a dusty antiquity – out of sight, out of mind.

### From External to Internal

The annals of social science research include many studies suggesting this problem is worse for men than women. "Men are encouraged, and probably to some extent are genetically engineered, to focus on external performance," writes Josh Gressel, a **clinical psychologist**. They are not, however, encouraged to explore their internal makeup, and when the focus on career and achievement comes to a halt, men find it difficult to shift attention from externals to such internal concerns as finding a purpose or pinpointing what makes them happy.

What is true equally for men and women, however, is that aging forces us out of familiar roles and into new ones. For decades, we spend our energies in the roles of an employee, a spouse, or a parent, and these identities gave our lives meaning. "When we lose those roles," says Baylor University associate professor of sociology **Markus Schafer**,

*Fade Away, con't next page*

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## Next Commission on Aging Meeting Scheduled for Monday, September 16

There will be no Commission meeting during the months of July or August. On Monday, August 19, 2024 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.

Aging Matters welcomes all points of view and invites your submissions. To send articles or to add your name to our mailing list, contact: [NHCOAnews@gmail.com](mailto:NHCOAnews@gmail.com)

### *Fade Away con't*

“there can be quite a hole, leaving us to wonder where our significance is now.”

Schafer says it is important to remember that our worth does not change just because our roles do. What older adults must do is find new roles that enable us to be relevant to our communities and our families. Teacher, mentor, and grandparent come immediately to mind.

### **Tips for Relevancy**

Alan Heeks, who wrote a book appropriately titled **Not Fade Away**, suggests seven tips to help older adults make fresh choices and learn new skills:

1. **Maintain a positive outlook** – happiness is a choice that we must make continually, and it includes believing the positives about ourselves.
2. **Embrace your fears** – instead of battling them ferociously, invite them to tea, have a dialogue, and try to reach an understanding.
3. **Create cheerful daily habits** – get outdoors in nature often, bring humor into your daily life, and express gratitude for what’s good in your life.
4. **Treat problems as adventures** – choose to believe that every problem contains an upside, if you can find it.
5. **Explore elderhood** – connect to the wisdom you’ve acquired through living, and in the wisdom of our ancestors.
6. **Be more conscious of your values** – choose deliberately to live by them.
7. **Cultivate your people skills** – at any age, it’s valuable to hone your abilities to express, hear, and work with feelings.

To which I can add a few more ideas that other writers and psychologists suggest:

- Remember, it’s never too late.
- Find something you love and do it.
- Continue to learn.
- Stay flexible.
- Share your knowledge and wisdom.
- Socialize.
- Get a good night’s sleep

If you, like me, worry about fading into irrelevance, may I suggest the cheerful daily habit of affixing these tips to your bathroom mirror?

*Don Akchin produces a weekly newsletter and a biweekly podcast about positive aspects of aging. You can read more (and get a free subscription) at <https://theendgame.substack.com/p/not-fade-away>*

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# NHCOA June 2024 Meeting Recap

In June the Commission on Aging was given the opportunity to meet the Brain Health Awareness Campaign contractor hired by the New Hampshire Department of Health and Human Services (NH DHHS). **Tracey Haldeman, MA**, President of Pinnacle Consulting, was hired with funds included in the state budget last year at the request of community advocates making their voices heard with legislators.

The campaign's goals are to educate the health care community and grow public awareness on how to maintain brain health, early warning signs of cognitive impairment, the importance of screening for early detection, and the resources available to individuals living with dementia and their families and other care partners.

A first step in the plan was a public survey conducted in June that sought to learn what citizens know about brain health. **Tina Goulet** and **Wendi Aultman**, both of NH DHHS Bureau of Elderly and Adult Services spoke on the importance of the partnership between DHHS, the Commission on Aging, the Alzheimer's Association, and the NH Medical Society towards developing this campaign.

**Legislative Session Update:** The final status of the bills proposed this legislative session tracked by the Commission were reviewed. Bills are chosen to be tracked based on their alignment with concerns and opportunities identified in the priorities set out in the Commission on Aging Annual Report. Out of the 60+ bills originally tracked by the Commission, 19 bills have been adopted by both chambers and are on their way to the Governor's desk.

The Commission opposes only two that may limit the opportunity for civic engagement via voting rights. The remainder support the growth in opportunity to thrive as we age in New Hampshire from simplifying

the application process for SNAP benefits for older adults to bills that support workforce and increase housing options.

**Mobility Management in one region & Keep NH Moving Info Resources:** The meeting concluded with a review of the current efforts to expand mobility for the workforce in Carroll County and information about the [KeepNHmoving Website](#).

Thanks to a collaboration between many business and community partners, free, refurbished bikes are available in a sustainable fashion across Carroll County. Some bikes have gone to workers to support their commute to work. Others have gone to older adults via the Gibson Center to support people staying fit and active.

A second project that assisted people with **annual car inspections and repairs** just finished a 15-month run. Deemed a success, the program is currently seeking additional funding to continue, with the help of Senator Shaheen's Office.

**Steve Workman**, Director, Transport NH spoke about a brand-new website called **Keep NH Moving**. The website, [www.keepNHmoving.com](http://www.keepNHmoving.com), was launched to assist case workers and citizens alike to find transportation options throughout the state. A "**Find a Ride**" tab near the top left, opens a page where one can select their town to learn about local transportation options.

There will be no meeting in July as the Commission takes part in the **NH Long Term Care Summit** in Portsmouth on August 19th. **There is still time to register to attend the policy summit!**

*EDITOR'S NOTE: Steve Workman has provided Aging Matters with detailed information about the [www.keepNHmoving.com](http://www.keepNHmoving.com) website and its various components in an article that appears this month on page 4.*



**Monday, August 19, 2024 · 9am-3:30pm EDT**  
**AC Hotel by Marriott Portsmouth Downtown/Waterfront**  
**299 Vaughan Street, Portsmouth, NH 03801**  
**Summit Tickets \$40/\$50**

The NH Long-Term Care Summit will bring together the various provider groups, advocacy organizations, regulatory and payer representatives who lead NH's long-term care system for a focused public policy conference. The Summit will feature speakers and panel discussions that address the needs and challenges for long-term care policy, explore innovative solutions, and craft a working policy agenda.

Elevating long-term care policy is a key part of future legislative agendas. The Summit's goal is to foster a broad coalition and craft a vision for the future of long-term care that can tackle emerging demographic realities and workforce and economic challenges. The emerging system of care legislation offers a strong foundation to build on and establishes a statewide policy agenda for long-term care.

**More information and registration information can be found at**  
<https://www.rumfordmanagementnh.com/lcsummit>

# Keep NH Moving Website Launched to Help Meet Granite Staters' Transportation Needs

By **STEVEN WORKMAN**,  
Director, Transport NH

**Keep NH Moving** is the first step in your journey toward transportation independence. Launched in May 2024, Keep NH Moving is the first statewide transportation resource directory designed for the public and service providers.

The site has a searchable database that will help you determine what services meet your needs and operate in your community. It is the official website for the New Hampshire State Coordinating Council for Community Transportation and the Regional Coordination Councils.

Want to learn more? Visit [www.KeepNHMoving.com](http://www.KeepNHMoving.com), and start by reading the "Getting Started Guide" located on the "Find a Ride" page. Each transportation provider listing includes a website and phone number so you can contact them directly to review your eligibility and book a ride.

Please note that while the website is filled with valuable information, you cannot yet book a trip through the website. That is a complex goal that we hope to achieve in the future.

You are now free to move about New Hampshire!

## Getting Started Using the Searchable Database

When you first visit the website, we suggest you go to the "**Ways to Travel Page**" to learn about the different types of services that might be right for you. It will help you better understand some of those fancy terms we use to describe transportation services. The more you know about the transportation services available, the better you will be at advocating for and securing services for you or a loved one.

This website can be your one-stop for all the information you will need to find services right for you and the contact information to call a provider directly and/or visit their website.

Think of it as a 3-step process: Find your service, contact the provider agency, see if you qualify for their service, and reserve your ride/service.

## Descriptions of the Search Filters Available:

**City/Town:** This filter helps you find transportation for where your trip will start; we call this "trip origin". This could be the town where you live or a different



town or transportation facility like Manchester Airport.

**Transportation Region:** In New Hampshire we organize transportation services into eight "Community Transportation Regions". This is a good filter to use if you are a professional or advanced user who knows in which region a town is located. You can find your region and your mobility manager by visiting the "**Regions**" Page.

**Ways to Travel:** This filter helps you find a specific type of transportation service: by bus, by volunteer driver and even car repair assistance. The type of services listed are the same as the "**Ways to Travel**" education page.

## Directions for Using the Database

- Click the button for the filter that you want to use.
- When the dropdown menu opens, select the criteria you want to use.
- Repeat steps 1 and 2 if you wish to add a second or third filter (not recommended for new users).
- Click the "Filter" button and your results will appear. The results will show all services that meet your search criteria. Each service has a summary description and a "Learn More" link that you can click for more detailed information. Clicking this link will open the provider listing in a new tab.
- If you want to view other providers from your search, close the provider listing tab and return to the original search results tab.
- If your choice of filters does not provide the results you are hoping for click the Reset button and start again.



### Keep NH Moving, con't

- Once you have found a service that is right for you, contact the provider to see if you qualify and to book a ride. You can find provider contact information in the provider summary listing.

### Helpful Hints

Each filter has a dropdown menu that allows you to select the search criteria you want to use.

Until you become familiar with this website and how it works, we suggest you start your search using just one filter because using more could narrow your search results too much. We suggest that you start with the "City/Town (Trip Origin)" filter as it is the easiest to understand.

Having trouble finding what you need? Go to the "Regions Page" to find your regional mobility manager's contact information and give him or her a call.

<http://keepnhmoving.com>



## NHCOA Announces 2 Requests for Proposals

The NH State Commission on Aging has announced the posting of two Requests for Proposals.

The first requests proposals to conduct the long awaited "New Hampshire Community Transportation Needs Assessment with a Focus on Older Adults, People Living with Disabilities, and Veterans". (RFP-2024-COA-02-CTNA).

The second is aimed at supporting the development of the NH Multisector Plan for Aging, the AgeWellNH plan through facilitation and community engagement activities and analysis of existing related plans and initiatives in New Hampshire. (RFP-2024-COA-01-MPA).

Proposals are due Thursday, August 1st, with the aim to have the projects under contract by September 25th. American Rescue Plan Act State Fiscal Recovery funds will support this work. Both RFPs can be found here at <https://apps.das.nh.gov/bidscontracts/bids.aspx>

## NH Selected to Join Peer Initiative to Grow Direct Care Workforce

New Hampshire has been selected to participate in the first cohort of the Direct Care Workforce Strategies Center State Peer-Learning Collaboratives led by the **National Council on Aging** (NCOA).

With the U.S. facing a dire shortage of professionals to provide home- and community-based services (HCBS) to a rapidly growing population of older adults and people with disabilities, the **Direct Care Workforce Strategies Center**, led by the NCOA on behalf of the Administration for Community Living (ACL), chose 14 states to participate in **State Peer-Learning Collaboratives** where they can share demonstrated models for growing the direct care workforce.

Between 2021 and 2031, the direct care workforce is projected to add more than 1 million new jobs, yet nearly 9.3 million total direct care jobs will need to be filled during that same period, according to **PHI**. Low wages, lack of full-time employment, and the pandemic have caused fewer workers to enter direct care at the exact time the need for their services is growing.

Funded by the U.S. Administration for Community Living (ACL), the Direct Care Workforce Strategies Center is addressing this challenge by providing resources, technical assistance, and training to state systems, providers, and stakeholders to improve direct care workforce recruitment, training, and retention.

Each state in the State Peer-Learning Collaboratives will participate in working groups to discuss innovative strategies for growing and enhancing the direct care workforce.

The working groups will hold monthly meetings focused on group learning, information sharing, and developing best practices.

With the help of a subject matter expert, each participating state also will accomplish one policy or program-related milestone.

In addition to New Hampshire, the other states participating in the first cohort include: California, Connecticut, Illinois, Kansas, Kentucky, Louisiana, Maine, Michigan, Nevada, Oregon, Utah, Vermont, and Washington.

The first cohort runs through December 31, 2024.

Source: <https://www.ncoa.org/article/14-states-join-peer-initiative-to-grow-direct-care-workforce>

# US Department of Health & Human Services Delivers Strategic Framework for National Plan on Aging

Recently the U.S. Department of Health and Human Services (HHS), through its Administration for Community Living, released **“Aging in the United States: A Strategic Framework for a National Plan on Aging - PDF.”**

The report lays the groundwork for a coordinated effort – across the private and public sectors and in partnership with older adults, family caregivers, the aging services network, and other stakeholders – to create a national set of recommendations for advancing healthy aging and age-friendly communities that value and truly include older adults.

The national plan on aging will advance best practices for service delivery, support development and strengthening of partnerships within and across sectors, identify solutions for removing barriers to health and independence for older adults, and more.

Developed by leaders and experts from 16 federal agencies and departments working together through the Interagency Coordinating Committee (ICC) on Healthy Aging and Age-Friendly Communities, the report also reflects input from community partners and leaders in the aging services network.

“The rapidly growing population of older adults creates an urgent need for thoughtful planning and coordinated action to strengthen the systems that support health and wellbeing as we age,” said Alison Barkoff, who leads the Administration for Community Living. “ACL was proud to lead the development of this strategic framework, and we are excited to work with our partners at every level of government, across

sectors, and with older adults to develop a national plan on aging.”

The Strategic Framework captures the opportunities and challenges created by the aging of the U.S. population and defines goals and objectives for addressing critical aging issues. It considers the many factors that influence the aging experience, as well as things all people need as they age, such as coordinated housing and services, aligned health care and supportive services, accessible communities, age-friendly workplaces, and high-quality long-term services and supports. Within these, the framework discusses key issues and work underway across the federal government, such as availability of affordable and accessible housing and promoting economic and financial security.

The **report includes contributions** from eight HHS divisions, as well as the U.S. Departments of: Agriculture, Housing and Urban Development, Labor, Transportation, and Veterans Affairs; the Social Security Administration; and AmeriCorps.

“This report represents a first-of-its-kind and much-needed primer for local, state and federal leaders in the United States, outlining exactly what it will take to support the nation’s growing population of older adults,” said Rear Adm. Paul Reed, M.D., HHS deputy assistant secretary for health. “By identifying the unique needs of older adults living in the United States and the necessary resources and tools to promote their health and well-being, this report is a critical step toward developing and implementing systemic solutions to help older adults thrive.

The report can be found at <https://acl.gov/sites/default/files/ICC-Aging/StrategicFramework-NationalPlanOnAging-2024.pdf>

Source: <https://www.hhs.gov/about/news/2024/05/30/hhs-delivers-strategic-framework-national-plan-aging.html>

## Share Your Thoughts on the National Plan for Aging

The National Plan on Aging Community Engagement Collaborative, which is comprised of three ICC partners – **West Health**, **The SCAN Foundation**, and **The John A. Hartford Foundation** - is seeking input from both individuals and organizations on the **Strategic Framework and key aging issues**.

By completing a short online survey, you can help shape the national plan on aging.

Take the survey at <https://westhealth.org/nationalplanonagingsurvey/>

## Help Us Spread the Word!

If you like Aging Matters, please share it with your family, neighbors, friends, and colleagues and encourage them to sign up for their own copy at

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

# Why Age Diversity Is a Strength at Work

Different generations don't have to clash at work. When we connect and collaborate, age-diverse work teams can actually have big advantages.

By **MARCI ALBOHER**, CoGenerate

So much of the news about the five-generational workplace focuses on conflict and misunderstanding—different expectations around work styles and feedback, power struggles between newer and more experienced colleagues, ageist stereotypes that limit opportunities for both young and old.

All that is real, but there's another side to the story. On the professional side, age-diverse workforces can lead to smarter teams, better work products, and two-way mentoring that increases learning all around. On the personal side, relationships with older and younger people can make us feel happier, more socially connected, and more satisfied with our jobs. They can, as I can attest to from my own experiences, even lead to new thinking on career goals and priorities.

Ultimately, research suggests that generational differences have the potential to be a huge advantage at work, if handled with intentionality and thoughtfulness.

## The benefits of age diversity at work

A growing number of researchers and authors are normalizing the idea of generational differences as a plus, not a minus. Let's take a look at a few advantages, one at a time.

**Age-diverse teams can produce better results.** Research consistently finds that teams that include gender and cultural diversity **outperform teams** without that kind of diversity. It's easy to understand that people of different identities and backgrounds bring different perspectives, ideas, and ways to connect with customers, clients, or other audiences, and that diversity contributes to better outcomes. The same is **increasingly being recognized around age diversity**, as older and younger people often have different but complementary skills and ways of approaching problems.

Here's one example: Young people in their 20s and 30s typically have a type of smarts researchers call "**fluid intelligence**," which is the ability to analyze, innovate, and solve new problems independent of any knowledge from the past. People in midlife and beyond often have more "crystallized intelligence," which encapsulates the knowledge, facts, and experience that we accumulate over time. It shows up

as a greater ability to synthesize complex ideas and understand what they mean.

Teams able to draw on both fluid and crystallized intelligence have big advantages. Harvard professor Arthur Brooks, author of *From Strength to Strength*, summarizes it this way: "As a young adult, you can solve problems quickly; as you get older, you know which problems are worth solving."

Age-diverse workplace friendships can also strengthen work performance by **building social capital** and **defusing generational conflict**.

**Connecting with older colleagues can reduce ageism.** Research suggests that frequent intergenerational contact can reduce age biases. "The more contact young people have with older adults, the less anxious they are about their own aging, and the less ageist they are," notes **one study**. Some research finds that **positive images of people on television** and in the movies, media, and advertising can do the same. Both types of contact—the real-life ones and the ones we absorb through media—can shift stereotypes, and ultimately our behavior, around people who are older and younger.

**Connecting across age can connect us along other lines of difference.** Today's younger population is much **more diverse** along lines of race, ethnicity, gender, and sexual orientation than the older population. So age-diverse work teams are very likely to reflect society's increasing diversity in all kinds of ways. The relationships that form across those differences can fight other biases, too.

**Connecting across generations can alter our sense of purpose and role at work.** It happened that way for me. When I was younger, I was obsessed with finding mentors. As a first-generation college student, I sought out college-educated people anywhere I could find them (only realizing later in life the volumes my own parents were able to teach me). Once I hit the workplace, I stalked women I admired who seemed to have the whole work/family/children thing all figured out. While I had friends and colleagues my own age, there was something special happening when older mentors became friends.

Then I hit my 40s and something shifted. My ambition for climbing started to wane and I began to feel twinges of looming irrelevance, wondering if "what got me here" would get me where I wanted to go next. That's when I started looking for younger mentors and

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friends who saw the world in fresh ways and helped me feel up to date.

Misa, whom I met while volunteering, coached me on diversity, equity, and inclusion issues. Charlotte, a millennial with a startup focusing on cross-mentorship, showed me that younger people are essential to shifting the conversation around aging and ageism. Now, at 58, I'm going deep into a work partnership with Duncan, a 30-year-old colleague at CoGenerate, where we work. Together, we're **making presentations** about working across the age divide and writing a **blog series** where we riff on all things age-related at work.

While I'm still deeply committed to learning and growing my own skills at work, a lot of my satisfaction now comes from finding ways to share some of the power, access, and networks I've developed over decades of working. In recent years, I led a fellowship to support diverse thought leaders, leaned into mentoring roles (both formal and informal), and served on several nonprofit boards and advisory boards. At the same time, I'm trying to find more ways—like my project with Duncan—to partner and learn from **younger colleagues** who challenge my assumptions and keep me connected to emerging trends.

### Tips for bridging age divides

How do we take advantage of these benefits and avoid the pitfalls of connecting across our age differences? Here's what I've learned about leveraging age diversity for maximum impact and personal fulfillment, along with some recommendations for how to get more of it in your work and life.

**Get proximate.** It's hard to practice being with older and younger people when you can't find them. Even in workplaces with age diversity, we often gravitate to our age peers. As multigenerational work expert Megan Gerhardt writes in the *Harvard Business Review*:

*“Research indicates that younger individuals particularly prefer working with people in their age range. Older individuals also have reasons for not actively seeking age-diverse friendships at work. As seasoned workers climb the organizational hierarchy, their responsibilities and demands increase, limiting their time and interest in connecting with younger colleagues. These trends contribute to a natural age polarization within organizations.”*

To counter that likelihood, consider starting an intergenerational employee resource group (ERG) to bring people of different ages, life stages, and generations together.

Salesforce, for example, has an affinity group called “Genforce,” which sits alongside **other groups working toward equality**. Its goal is to build “a community dedicated to representing all generations in the workforce by combating age discrimination and connecting employee pathways across all ages.”

Bayer takes a similar approach with its business resource group, MERGE (Multigenerational Employee Resource Group Exchange), which seeks to break down stereotypes about the generations and foster multigenerational workplace practices. Bayer has also created mutual mentorship programs, youth advisory boards, and an internship program for employees over 40.

Johnson and Johnson is also **quite public** about its multigenerational ERG, Generation NOW. And they've created an internal podcast to lift up stories and perspectives of employees of different generations.

**Find an older or younger collaborator.** Our team is all-in on this front, adopting a co-leadership model with two co-CEOs of different generations sharing the top job. One of the programs we work with, United Way of Santa Barbara, takes a similar tack. They intentionally deploy **age-diverse pairs** to reach out to people living on the streets. The goal: to maximize the chances that one of them will connect with people who are experiencing homelessness.

If you want an entertaining reminder of how powerful these collaborations can be, dig into the streaming series *Hacks*, which portrays the partnership between an older, on-the-outs comedian and her younger, on-the-rise writer. It shows what's possible when people of different life and career stages come together to make each other better.

**Honor age differences, then find the commonalities.** Recognize that the year we were born influences many things about how we see the world, what technology and social influences are normal to us, and who is in our peer group. When we connect over common passions or projects, we can learn from each other's differences in ways that help us do better at work and life.

Venprededoras is an incubator for Latina entrepreneurs of all ages. This **TikTok** about two of its members nails this dynamic perfectly. They talk about what they learn from each other, with the younger seeing how older women make necessary pivots to sustain their businesses, and the older relying on the younger to stay plugged into new trends and learn how to communicate with new audiences.

**Collect older and younger friends outside of work.** For nearly 20 years, my mother and I hosted an **intergenerational clothing swap**, which became

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a hotbed of new friendships and job leads. If you lead a committee, a community volunteer project, or a book club or hiking group, consider teaming up with someone 20 years older or younger. You'll feel less isolated, have access to new perspectives and lived experiences, and expand your personal and professional network.

**Aspire to be a "perennial."** In 2016, Gina Pell coined the term "**perennial**" as a way to describe people who defy generational expectations, who are "ever-blooming, relevant people of all ages who live in the present time, know what's happening in the world, stay current with technology, and have friends of all ages."

Think about Lorne Michaels, creator of *Saturday Night Live*, who has been at the helm discovering young comedians for close to 40 years, or Kareem Abdul-Jabbar, who is as well-known for his post-basketball life as an actor, activist, and author. Older perennials find ways to project that they're young at heart. Younger ones tend to be old souls, like Lady Gaga or Brandi Carlile, seeking out partnerships and collaborations with older people.

**Share your power.** When it comes to age difference, one of the elephants in the room is the extreme power imbalance in most workplaces, where power is concentrated in experienced, older people in top jobs. (That said, in some environments like the tech sector, power is concentrated among a group of younger people, and older people aren't even in the room.)

I learned about the need to equalize power the hard way. A few months back, Duncan and I were debriefing after a joint presentation. "If people are going to see us as peers," he said, "we need to design our talk more equally. Otherwise, people will assume that you've got the power." He suggested that he have a more prominent role opening and closing the talk. He was right. I was embarrassed not to have seen this inequitable airtime issue earlier, and we fixed it.

I'm constantly asking myself, and my colleagues, how to shake things up to tap the best of our increasingly multigenerational workforce. How might you partner with older and younger colleagues to enhance your work professionally and in your community? How might you create more intergenerational moments in your life?

**Marci Alboher**, one of the nation's leading authorities on career issues and workplace trends, is a vice president at CoGenerate. Marci's current focus is on the power of connecting, collaborating, and innovating across the generations.

Source: <https://greatergood.berkeley.edu/article/item/>



## HOW SHIPS HELP MEDICARE BENEFICIARIES & CAREGIVERS



The State Health Insurance Assistance Programs (SHIPs) provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

**Considering making coverage changes during Medicare's Annual Open Enrollment Period?**  
Contact your SHIP for one-on-one assistance with reviewing health or prescription drug plan options.



**Worried about the out-of-pocket costs associated with Medicare?**  
Contact your SHIP to find out about assistance programs you or your loved one might be eligible for.



**Unsure about Medicare's eligibility criteria?**  
SHIPs can help you understand eligibility guidelines.



**Wondering what Medicare does and doesn't cover?**  
Medicare can be complicated. Contact your SHIP for answers.

**Confused about who pays first, Medicare or Another insurance?**  
SHIPs can explain how Medicare works with supplemental policies, retiree coverage, Medicaid, and other insurers.



**Uncertain of your Medicare rights or the Medicare rights of your loved ones?**  
Contact your SHIP for assistance.



**For Local Medicare Help**  
[shiphelp.org](http://shiphelp.org) | 1-877-839-2675



This document was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201.

Not sure what resources exist in your community to help with an age- or disability-related issue? Contact ServiceLink, NH's SHIP, at (866) 634-9412, or online at <http://servicelink.nh.gov>.



# AARP Community Challenge Grants Announced

For the eighth annual **AARP Community Challenge**, AARP received more than 3,350 applications from nonprofits and government entities, resulting in a highly competitive selection process. Some \$3.8 million is being invested across the country through 343 quick-action projects, helping urban, rural and suburban communities make immediate improvements and jump-start long-term progress to support residents of all ages.

Grants will improve public places, transportation, housing, and more — with an emphasis on the needs of adults age 50 and older — in all 50 states, Washington, D.C., Puerto Rico and the U.S. Virgin Islands.

AARP is also bolstering its investment in digital connectivity, community resilience, rural communities, and addressing disparities.

See the **2024 AARP Community Challenge** page to learn about the three grant opportunities available this year: Flagship Grants, Capacity-Building Microgrants, Demonstration Grants.

## Grants Awarded in New Hampshire are: Claremont: **Claremont Opera House**

This project will add new accessible seating areas to the Opera House to make arts and culture programming inclusive for people of all ages and abilities. Existing accessible seating is located at the rear of the theater, resulting in poor sight lines. (Flagship Grant)

## Keene: **VNA at Home Healthcare, Hospice and Community Services Inc.**

This project will improve telehealth services by providing patients with personal medical devices, along with training on recording and reporting health data. Telehealth enables patients to avoid ER visits and potential exposure to communicable diseases. (Flagship Grant)

## Lebanon: **Special Needs Support Center of the Upper Valley**

This project will provide local businesses with devices to accommodate the needs of older patrons and people with disabilities. The devices include noise-canceling headphones, weighted lap pads, timers and light-reducing glasses. (Flagship Grant)

## Ossipee: **Ossipee Concerned Citizens**

This project will provide older residents with emergency preparedness demonstrations and backpacks filled with emergency essentials. The community has experienced an increase in ice storms, severe flooding and blizzards, requiring emergency evacuations. (Flagship Grant)

## Portsmouth: **WSCA 106.1 FM Portsmouth Community Radio**

This project will upgrade an event venue with assisted listening devices and other audiovisual technology to better serve older adult patrons. This will allow the community radio station to offer more diverse programming. (Flagship Grant)

## Southwest New Hampshire: **Southwest Region Planning Commission**

This project, led by a regional commission representing 33 municipalities, will launch an accessory dwelling unit design competition focused on older adults' housing needs. (Demonstration Grant)

A complete list of organizations that received 2024 grants, as well as additional information about the program can be found at <https://www.aarp.org/livable-communities/community-challenge/>



*"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."*

**Add your name at**

**<https://agefriendly.community/anti-ageism-pledge/>**



## Let's Get Social

The NH State Commission on Aging has a Facebook page. Please follow

the NHCOA at <https://www.facebook.com/NHCommissiononAging/> to stay up-to-date on the latest Commission news, as well as insights, resources and information from across the field of aging.



# Fuel Assistance Applications Now Open for Households with Members Aged 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 NH's five Community Action Agencies (CAAs), which in turn take applications, determine benefits, and distribute FAP payments to vendors on behalf of eligible households in the state.

The Fuel Assistance Program provides benefits to qualified New Hampshire households to assist with heating costs.

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. Both renters and homeowners may qualify for the Fuel Assistance Program.

Benefits for this coming winter range from \$100 to \$2,177 depending on the household income and heating costs. New this year, the full benefit amount will be provided as a credit to the household account (oil or propane vendor, natural gas or electric company, or property manager if heat is included in rent). Funds for certified eligible households will begin to be distributed at the start of December 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.** These priority households are encouraged to take advantage of applying in the summer months.

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.

**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.: \$59,805 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 about FAP at <https://www.energy.nh.gov/consumers/help-energy-and-utility-bills/fuel-assistance-program>

**HOUSEHOLD INCOME GUIDELINES  
PY 2024 - 2025 60% of State Medium Income**

Household Size	30 Days	365 Days
1	\$ 3,759	\$ 45,733
2	\$ 4,916	\$ 59,805
3	\$ 6,072	\$ 73,877
4	\$ 7,229	\$ 87,949
5	\$ 8,385	\$102,020
6	\$9,542	\$116,092

## 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)

(CAPBM)

Concord: (603) 225-6880

Suncook: (603) 485-7824

Warner: (603) 456-2207

### ROCKINGHAM COUNTY (SNHS)

(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



## Safeguarding your Outdoor Adventures:

# Stay Safe from Bugs and Ticks While Camping

By **REGAN THEBERGE**, Program Coordinator,  
Southern NH Area Health Education Center

Outdoor activities are great for your physical and mental well-being. Being in nature decreases your anxiety and lowers stress and anger levels. Routinely going out into nature can lower risks of depression and improve concentration.

There are many things to keep in mind as you are outdoor adventuring, including the insects in a given area and their possible harms to you or your animals.

### Understanding the Risks

New Hampshire is a hotspot for tick-borne diseases, notably Lyme. Lyme is a serious disease that can affect joints, the heart, the nervous system, and brain. Most cases of Lyme disease can be cured with antibiotics, but some people will suffer aftereffects of the disease (like pain, fatigue, or difficulty thinking) for years after treatment.

Another summertime pest is Black Flies. They are active May through June in areas near running water. They can bite humans and animals can cause itching, irritation, and swelling. Other bugs to be wary of include horseflies, deer flies, mosquitoes and gnats. These bugs can bite and spread diseases like food poison, dysentery, West Nile virus and more. While many cases can be mild, these diseases can be severe and have long lasting impacts.

Some factors that increase your risk of bug-borne illnesses, like spending time in outdoor areas, especially farms, forests, tall grassy areas, and marshy parts. Bodies of water attract all types of bugs, so be cautious when visiting these parts. Ticks are active throughout the day, but mosquitoes are

most active during dawn or dusk. Planning your outdoor activities during time when bug activity is low can reduce risk of encounters. Try to go outside when it is dry, and ticks are in shaded areas looking for moisture.

### Prevention and Responses to Bug Bites

To prevent bug bites, use EPA-registered insect repellent, applying it after sunscreen. Wear long clothing to minimize exposed skin, and use mosquito netting for strollers and carriers, crucial for infants with weak immune systems. Stick to trail centers while hiking to avoid ticks in tall grass and leaves.

Once you get back inside, check your clothing, hair, backpacks and animals for ticks. If you find any ticks, they should be removed right away. Check your full body after returning from potentially tick- infested areas- which may include your backyard. If you do get bit- use tweezers to pull the tick off. Wash your hands and the site of the bite with soap and water. Use alcohol swabs to disinfect the skin. If you aren't able to remove the tick, see a healthcare professional. For other bug bites, you can use an icepack to lower swelling and take a painkiller, like NSAIDs to relieve pain. You can also take an antihistamine to relieve any itching.

Enjoy nature this summer while staying safe from bug bites!

*The information in this article was provided by the Southern New Hampshire Health Education Center. SNHAHEC programs are crafted using the latest research to ensure participants receive effective strategies for growth and development. Learn about programs at <https://www.snhahec.org/>*

## 'My Health Checklist' Released

The Institute for Healthcare Improvement (IHI) has released a new Age-Friendly Health Systems guide for older adults and caregivers titled, **My Health Checklist**.

*My Health Checklist* is a workbook to support people 65 and older in preparing for health care appointments. It can be **downloaded** and completed on the computer or printed as physical copies.

This new guide helps older adults think through all aspects of their health — what's going well, what could be better, and their questions or concerns. Then it helps each person prioritize their top questions about what matters most to them with the aim of supporting more efficient, effective, and productive medical appointment conversations. The guide will soon be available in available in Chinese, Portuguese, and Spanish.

*This tool was produced as part of the **Age-Friendly Health Systems** movement, an initiative of JAHF and IHI, in partnership with the American Hospital Association and the Catholic Health Association of the U.S. Older adults and family caregivers can find more resources to help them ask for and receive age-friendly care at [johnhartford.org/agefriendly](http://johnhartford.org/agefriendly).*



# Ending Veteran Homelessness Summit Brings Partners Together to Focus on Advocacy

The **N.H. Department of Military Affairs and Veterans Services** (NHDMAVS) hosted the 2024 Ending Veteran Homelessness In New Hampshire Summit on June 4, 2024. The event brought together leaders and subject matter experts from federal, regional, state, and local organizations and from across multiple sectors, including housing, human services, and Veterans services, for a day focused on level setting leaders on the Veteran homelessness situation; developing and mature approaches and solutions for mitigating some of the toughest barriers to housing stability; and shaping conditions for advocacy going forward.

NHDMAVS facilitated the Summit with support and participation from many partners and stakeholders, including N.H. state legislators, mayors, the U.S. Department of Veterans Affairs Manchester Healthcare System, the U.S. Department of Housing and Urban Development, the U.S. Department of Labor VETS, N.H. Housing, the Apartment Association of N.H., Harbor Care, Easterseals N.H., Clear Path for Veterans New England, Tamposi Brothers Holdings LLC, N.H. Department of Health and Human Services, N.H. Council on Housing Stability, Manchester Housing and Redevelopment Authority, Manchester Health Department, Concord Coalition to End Homelessness, N.H. Department of Corrections, N.H. Commission on Aging, the Ending Veteran Homelessness in N.H. Project's Veteran Steering Committee and many others.

"As New Hampshire looks to meet its legislative mandate to end Veteran homelessness by 2026, the Ending Veteran Homelessness in New Hampshire Summit provides a critical opportunity for all stakeholders to meet face to face, share our collective knowledge and align on a path forward together," said Major General David J. Mikolaities, the N.H. Adjutant General. Going further, Major General Mikolaities shared a call to action:

"George Washington made this keen observation during the Revolutionary War when he wrote to a New England governor: 'The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional as to how they perceive veterans of earlier wars were treated and appreciated by this country.' That's the why – we thank and appreciate our veterans for preserving that American Dream – our freedoms and economic prosperity - and to think of a homeless veteran, no matter the number, tugs at our moral conscience... Help us solve this problem and find a solution."

In its **2023 Annual Homelessness Assessment Report to Congress**, the U.S. Department of Housing and Urban Development (HUD) recognized New Hampshire as one of just six states to report an overall decrease in Veteran homelessness between 2022 and 2023, following a period of increasing overall homelessness and Veteran homelessness in New Hampshire and across the country. The decline was attributed in part to the state's concerted effort to place Veterans into rapid rehousing programs, thereby diverting entry into emergency shelter, safe haven,

*Veterans Homelessness, con't next page*

## You're Invited To 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 Aging Matters as your way to share those personal experiences and your personal points of view on living in New Hampshire as an older adult.

We hope that in sharing a variety of different points of view, we are able to assist our readers in forming their own opinions.

There are two ways to send articles —or to add your name to our newsletter mailing list.

1. Email it to: [NHCOAnews@gmail.com](mailto:NHCOAnews@gmail.com)

2. Mail it to: NHCOA Newsletter, NH Commission on Aging, 117 Pleasant St., Dolloff Building, 4th Floor, Concord, NH 03301

We look forward to hearing from you soon!

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

## RAISE YOUR VOICE!

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

Email us today!

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

## Veterans Homelessness, con't

and transitional housing programs and creating additional system capacity in these types of housing programs.

Many of the organizations in attendance played a critical role in New Hampshire's reduction in overall veteran homelessness in 2023, having developed a project charter for the state seeking to create a system that engages Veterans within 24 hours of being entered into Coordinated Entry, thus providing Veterans simpler, quicker, and more efficient access to permanent housing within 90 days.

Presentations addressed the Veteran demographic landscape and homelessness situation, the overarching context from the national to state to cities and towns, overviewed some of the resources and support available, and focused on developing approaches to overcome the toughest challenges facing Veteran housing stability: lack of affordable and available housing, the impact of mental health and substance use disorder (SUD), criminal backgrounds and other than honorable discharges and the increasing aged Veteran population.

Key highlights from the discussion included: the need for greater collaboration across the community of practice; treating the situation as a public health crisis; raising awareness and developing education focused on resources and services available; the need to develop targeted, business model-driven landlord incentive plans; continuing to address NIMBY attitudes through engagement; supporting planning and zoning policy changes and the need for non-traditional approaches; improving timely access to mental health care and providing more tailored approaches integrated with broader "wrap around" services addressing a "whole health" approach to wellbeing; legal assistance for Veterans and N.H.'s Veteran Treatment courts as example of success; and reframing the aging discussion, increasing partnerships with housing providers and Aging Service Organizations and developing data driven policy change considerations.

Rebecca Sky, Executive Director, N.H. State Commission on Aging highlighted that increased collaboration and partnerships between housing providers and aging services organizations will serve the increasing aged veteran population as approximately 70% of N.H. Veterans are 55 and older. NH's population is consistently cited as one of the older median aged states in the nation, even as the entire country is experiencing a permanent demographic shift to an older aged society.

This highlights the importance of availability of age-ready housing, modification funds for homeowners to ensure accessibility, and robust community based support systems (home care providers, adult day, personal care attendants, transportation services, accessible multigenerational community activities and more.

Other ideas discussed include increasing the knowledge of resources available for aging veterans among housing providers including public housing, homeless shelters, supported housing providers and others and making policy changes to support homeless shelters to provide functional supports. More accessible and affordable housing is needed.

Results from the summit will be shared with N.H. leadership and the community of practice in support of operationalizing solutions for implementation both in the near term and in building bridges to longer term strategic plans.

## Prefer a Printed Copy of Aging Matters?

The Commission on Aging has a limited ability to provide printed copies of Aging Matters 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](mailto:NHCOAnews@gmail.com) or send it to NHCOA Newsletter, NH Commission on Aging, 117 Pleasant St., Dolloff Building, 4th Floor, Concord, NH 03301.

### Check Out Past Editions of AgingMatters

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

### About N.H. Department of Military Affairs and Veterans Services

*The Department of Military Affairs and Veterans Services was established legislatively in New Hampshire in 2019. The Department of Military Affairs and Veterans Services consolidated Veterans services from across the state, including the Division of Veterans Services, the Division of Community-Based Military Programs, and the State Veterans Cemetery. The Department of Military Affairs and Veterans Services shares a mission triad with the New Hampshire National Guard—fight and win our nation's wars, secure the homeland, and build enduring partnerships. To learn more about the N.H. Department of Military Affairs and Veterans Services, visit <https://www.dmavs.NH.gov>.*



# SCAMs of the Month

## Why it's not rude to ignore "hi, how are you?" text messages from strangers

By GEMA de las HERAS

Consumer Education Specialist, FTC

A text message from an unknown number that simply says: hi, how are you? seems harmless. Your first instinct might be to respond to see if it's someone you know. Or maybe tell them they made a mistake. But it's best to ignore these type of text messages. Scammers are using this tactic as a conversation starter, so don't text back. If you do, here's what happens next.

The person (a scammer) on the other end of the text will probably apologize...and find a way to keep the conversation going to befriend you. Then, once they have your trust, they'll try to offer you advice on investing in cryptocurrency or claim they can teach you the secrets to making big money in the crypto markets. For a fee, of course. But it's all a scam and they'll just steal your money.

Even if you just reply to the text but don't engage in conversation, you've still confirmed they reached a working telephone number. Which could lead to more calls and texts from scammers.

What's the best way to avoid scams if you're getting messages from numbers you don't recognize?

**Don't reply to text messages from unknown numbers.** It could lead to a scam. Delete and report them using your phone's "report junk" option or forwarding unwanted texts to 7726 (SPAM) and unwanted emails to your email provider.

**Never click links in an unexpected message.** Some links might steal your information, or install malware that gives scammers access to your device.

**Don't trust anyone who says you can quickly and easily make money.** Every investment has risks. Only scammers guarantee you'll make lots of money in a short time with zero risk.

Source: <https://consumer.ftc.gov/consumer-alerts/2024/05/why-its-not-rude-ignore-hi-how-are-you-text-messages-strangers>

## What to do if your online love interest offers to teach you how to invest money

By COLLEEN TRESSLER

Division of Consumer and Business Education, FTC

No one thinks their online love interest is going to scam them, but scammers are good at what they

do. They establish an emotional connection with you so you're more likely to believe that they're an expert in **cryptocurrency** investing, for example. But that online love interest is a scammer. People have lost tens of thousands — sometimes millions — of dollars to **romance scammers**.

This all starts with someone contacting you — seemingly at random — on social media. But they've done their homework, checking out your profile and other information on the platform. That helps them say the right things to build a relationship...and before you know it, your new friend is talking money. They want to help you invest your money in the crypto markets, or they say they can teach you how to do it. You might think they have your financial well-being in mind, but they don't. They only care about their own financial well-being.

No matter what they say, if someone you meet online says they want to help you invest in **cryptocurrency**, it's an **investment scam**. Know this:

**Scammers promise big profits.** They might say they've made money this way before and that you will too, but it's a lie. No one can guarantee profits in any investment.

**Scammers say there's no risk.** But all investments have risks, including investments in the crypto markets.

**Scammers say they can help you learn to invest.** They'll say they can teach you investment tricks, but they're really leading you to a scam investment opportunity. You will lose the money you "invest."

**Scammers tell you how to send the money.** Scammers want your money quickly, so they'll steer you to **gift cards**, **payment apps** like Apple Pay, CashApp, PayPal, and Zelle, **money wiring** companies, or even **cryptocurrency**. But only scammers insist you send money this way.

If you think someone you met on social media is a scammer, cut off contact. Tell the social media platform.

Source: <https://consumer.ftc.gov/consumer-alerts/2024/06/what-do-if-your-online-love-interest-offers-teach-you-how-invest-your-money>

**Have you lost money to either of these scams? Tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov).**

# Advocacy Update by the New Hampshire Alliance for Healthy Aging

By **MARTHA McLEOD** and **JUDITH JONES**  
New Futures

**Advocacy is still important as we approach the end of the legislative session.** Some of the bills the Alliance for Healthy Aging followed during this session have been passed by both houses of the General Court and now require the Governor's signature. There is still time to weigh in and let the Governor know whether you support or oppose these measures.

Article 44 of the New Hampshire Constitution states that after a bill passes both houses of the general court, it must be presented to the Governor for an official signature.

If the Governor signs the bill, it becomes law, but the Governor has the option of returning the bill to the body of origin (i.e. the House or the Senate) with an objection.

The objection is entered into the body's journal for reconsideration and for the bill to become law, it must pass the body of origin, and then the other body by two thirds of the members.

The procedures under Article 44 provide advocates with another opportunity to voice an opinion and promote a point of view. Consider taking the time to ask the Governor to sign / object to some of the bills being followed by the New Hampshire Alliance for Healthy Aging.

## **The NH Alliance for Healthy Aging Encourages You to Ask the Governor to Sign the Following Bills into Law:**

**SB 499 - Hunger Free NH:** This bill directs the Department of Health and Human Services to simplify the SNAP application process for older adults and includes an appropriation to fund EBT, which is a federal program that feeds children during the summer months. Many older adults struggle with the complex SNAP application process and forego benefits. Supporting these two programs will provide access to food and reduce hunger experienced by so many Granite Staters.

**Learn More about the Bill:** [gencourt.state.nh.us/bill\\_Status/billinfo.aspx?id=1998&inflect=2](http://gencourt.state.nh.us/bill_Status/billinfo.aspx?id=1998&inflect=2)

**SB 403 - Health Care Workforce:** SB 403 provides a voluntary certification process for Community Health Workers. These frontline workers connect community members to the health care system and provide services and support to otherwise isolated individuals. The voluntary certification process provides a clear career path for these essential workers and

supporting this legislation is an important step in addressing New Hampshire's health care workforce shortage.

**Learn More about the Bill:** [gencourt.state.nh.us/bill\\_Status/billinfo.aspx?id=2054&inflect=2](http://gencourt.state.nh.us/bill_Status/billinfo.aspx?id=2054&inflect=2)

**HB 1191 – Eliminate Meals and Rooms Tax for Certain Meals on Wheels Programs:** HB 1191 will eliminate the state rooms and meals tax that is currently imposed on the Meals on Wheels restaurant voucher program. This program should be exempted from the room and meals tax because the existing system taxes funds dedicated to the Meal on Wheels program. The Meals on Wheels restaurant voucher program is funded with Older Americans Act dollars and this measure will save approximately \$1 for every meal served and allow more people to benefit from this innovative program.

**Learn More about the Bill:** [gencourt.state.nh.us/bill\\_Status/billinfo.aspx?id=1110&inflect=2](http://gencourt.state.nh.us/bill_Status/billinfo.aspx?id=1110&inflect=2)

## **Take Action:**

- Email Governor Sununu at [governorsununu@nh.gov](mailto:governorsununu@nh.gov)
- Call Governor Sununu at (603) 271-2121 any day or time, let him know you live in NH, and ask him to support SB 499, SB 403 and HB 1191

## **The NH Alliance for Healthy Aging Encourages You to Ask the Governor to Object to the Following Bills:**

**HB 1569 - Relative to Eliminating Voter Identification Exceptions:** HB 1569 removes any exceptions for proving voter identification including voter affidavits and the procedures for affidavit ballots. This bill creates additional hurdles for voters and could negatively impact individuals including older adults who may not have a passport or easy access to their birth certificate.

**Learn More about the Bill:** [gencourt.state.nh.us/bill\\_status/results.aspx?adv=2&txtbillno=HB%201569](http://gencourt.state.nh.us/bill_status/results.aspx?adv=2&txtbillno=HB%201569)

**HB 1098 – Requiring Votes to be Delivered to Long Term Care Facilities:** This legislation allows clerks to deliver absentee ballots to long term care facilities by amending an existing absentee voter statute, NH RSA 657:17-a. The existing statute has been effective, and the proposed change treats long term care facility residents differently than individuals residing in more traditional community settings. The bill does not recognize that the home of some individuals is a long term care facility.

## Advocacy Update, con't

Learn More about the Bill: [gencourt.state.nh.us/bill\\_status/billinfo.aspx?id=1128&inflect=2](https://gencourt.state.nh.us/bill_status/billinfo.aspx?id=1128&inflect=2)

### Take Action:

- Email Governor Sununu at [governorsununu@nh.gov](mailto:governorsununu@nh.gov)
- Call Governor Sununu at (603) 271-2121 any day or time, let him know you live in NH, and ask him to VETO HB 1569 and HB 1098.

*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. New Futures and the Alliance for Healthy Aging welcomes Judith Jones to the Healthy Aging Advocacy team. Martha can be reached at [mmcleod@new-futures.org](mailto:mmcleod@new-futures.org); Judy can be reached at [jjones@new-futures.org](mailto:jjones@new-futures.org)*

**EDITOR'S NOTE:** The NH State Commission on Aging's State House Team is the NH COA's working committee providing direct guidance to the Governor and General Court according to its charge to advise the governor and the general court on policy and planning related to aging.

Using the Commission's Annual report and ongoing input from the Commission's Task Forces and full Commission meetings, this team responds to proposed policies as they align with the needs and interests of older adults in New Hampshire. The Team seeks to inform state leaders about current systems, innovations, and opportunities to advance policies that meet the needs of a growing aging population. The Team's work is done through effective communication, relationship building, education and collaboration.

The State House Team has been monitoring the bills mentioned above – and many others – throughout the current legislative session. A detailed list of those bills can be found under the **What We Do/Legislative Priorities** tab on the NH State Commission on Aging's website at <https://www.nhcoa.nh.gov/index.aspx>

# NEW HAMPSHIRE'S ORIGINAL ICE CREAM TRAIL

## YOUR 2024 PASSPORT and Guide to 50 Must-Visit Ice Cream Shops



FAMILY FUN FOR KIDS OF ALL AGES!

[visitnh.gov](https://www.visitnh.gov)

  
New Hampshire  
LIVE FREE



### Coming to an Ice Cream Shop Near You!

Over 50 ice cream shops located throughout New Hampshire are looking forward to seeing you as you travel the 2024 Ice Cream Trail starting this July. Find complete details at <http://www.visitnh.gov>.

## Who is My Elected Official?

Senator Jeanne Shaheen  
[www.shaheen.senate.gov](http://www.shaheen.senate.gov)

Senator Maggie Hassan  
[www.hassan.senate.gov](http://www.hassan.senate.gov)

Representative Chris Pappas  
1st Congressional District  
<https://pappas.house.gov>

Representative Annie Kuster  
2nd Congressional District  
<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.

## Medications That Don't Mix Well with the Sun or Heat

Surviving the sweltering summer months is tough for us all, but it can be particularly challenging if you're on medication that makes you more vulnerable to heat or sunlight according to Katie McCallum writing for Houston Methodist Hospital.

Perhaps surprisingly, several common medications — including certain pain relievers, weight loss drugs and ADHD medications — can cause heat intolerance and sun sensitivity.

Learn more about how medications and heat don't always mix at <https://www.houstonmethodist.org/blog/articles/2024/jun/medications-that-dont-mix-well-with-the-sun-or-heat/>

## Salem Special Services Unit Presents Weekly Walking Program

Come enjoy the summer air while we walk on selected routes. Meet some Salem Police Officers & Elder Affairs Officer Spencer while getting some exercise. All age groups are invited to the 2024 walks.

The walks will leave from various places on the following Wednesdays at 9:00am. We look forward to seeing everyone there.

- July 10th - Departing from the Windham Rail Trail Parking lot (Next to Glen's Kream and Kone)
- July 17th - Tuscan Village by Drive Fitness
- July 24th - Departing from the Rail Trail at the Salem Depot
- August 7th - Departing from the Windham Rail Trail Parking lot
- August 21st - Tuscan Village by Drive Fitness
- Aug 28th - Departing from the Rail Trail at the Salem Depot

Questions? Please reach out to Elder Affairs Officer Spencer at [sspencer@salemnh.gov](mailto:sspencer@salemnh.gov) or call 603-893-1911 EXT: 2309

## Where's My Tax Refund?

You've filed your 2023 federal tax return and now you're wondering, "when will I get my refund?" A refund will take longer if you filed by mail, didn't select direct deposit, or your return is more complex.

The best way to check the status of your refund is through the IRS Where's My Refund tool. Submit your Social Security or individual taxpayer ID number (ITIN), filing status, and the exact refund amount.

Check the status of your refund at <https://www.irs.gov/wheres-my-refund>

## NIA Announces Launch of Alzheimers Virtual Assistant

The National Institute on Aging (NIA) has announced the launch of the **Alzheimers.gov Virtual Assistant**. Visitors to [Alzheimers.gov](https://www.alzheimers.gov) can get connected to the answers they need on a range of topics, such as the signs of dementia, planning after a diagnosis, finding care and local services, and more. The virtual assistant is available 24/7.

Click on the chat icon in the lower right corner on [Alzheimers.gov](https://www.alzheimers.gov) (<https://www.alzheimers.gov/>) to give it a try today.

## 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: Cost Savings Programs

- Thursday, July 18, 2024 • 3:00 - 3:30 PM (EST)

From premiums to copays and deductibles, it can feel so difficult to afford health insurance—especially with rising costs all around us. In this Medicare Minute, we'll tell you about programs that can help you save on your Medicare costs. Expect to hear about programs like the Medicare Savings Program, Extra Help, and more.

Visit <https://www.medicareinteractive.org/medicare-minute-login> to register.

## NAC Releases "Together in Care" Issue Brief

We're excited to announce the release of Together in Care, a comprehensive issue brief on the need to empower the partnership between direct care workers and family caregivers.

This research, a collaboration between PHI and The National Alliance for Caregiving, was made possible by the generous support of The John A. Hartford Foundation.

Access the full brief and join in strengthening our nation's care infrastructure: <https://www.togetherincare.org/>

