



Aging Matters

New Hampshire State Commission on Aging

2022 Older Adult Volunteer Award Winners



HONORING OLDER ADULT VOLUNTEERS (from left): Charles Macomber, Carroll County; Camille Roy, Grafton County; Joyce Bourget, Strafford County; Robert Wilson, Merrimack County; Sandy Cornish, Sullivan County; Governor Chris Sununu; Rebecca Sky, NHCOA Executive Director; Dotty Perkins, Belknap County; Polly Campion, Chair, NHCOA; Lyman Cousins, Merrimack County; John Beham, Merrimack County; David Currier, Belknap County. **Not Pictured:** Arnold Newman, Cheshire County; Peter Higbee, Coos County; Patricia McGuigan, Hillsborough County; Gary Schmottlach, Rockingham County.

The Executive Council Chambers took on an air of celebration on Monday, May 16 as the New Hampshire State Commission on Aging and Engaging New Hampshire recognized older adult volunteers from each of the ten New Hampshire counties at the 3rd Annual Volunteer Awards ceremony. The awards are built on 59 years of Governors of the State of NH celebrating the contributions of older adults through an award for their volunteerism in the Granite State during the National Recognized Older Americans Month.

Award recipients unable to attend the Statehouse

event will be honored at special events held in their own communities.

Older adults are a resource for our communities. The people honored for their service through this award program have demonstrated that any one of us can make a difference at any point in our lives. They have shown outstanding leadership or demonstrated meritorious achievement as volunteers in NH. Through their engagement, they have woven connections that contribute to and strengthen our communities.

MORE PHOTOS, next page

Older Adult Volunteer Awards Ceremony

New Hampshire Commission on Aging

Honorable Polly Campion, Chair
 Senator Ruth Ward
 Representative James MacKay
 Representative Charles McMahon
 Wendi Aultman, Department of Health and Human Services
 Janet Weeks, Department of Labor
 Richard Lavers, Department of Employment Security
 Elizabeth Bielecki, Department of Safety
 Patrick Herlihy, Department of Transportation
 Sunny Mulligan Shea, Office of the Attorney General
 Lynn Lippitt, NH Housing Finance Authority
 Susan Buxton, Long Term Care Ombudsman
 Rebecca Sky, Commission Executive Director

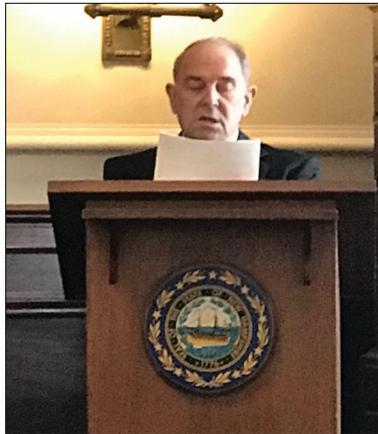
Governor Appointed Citizen Commissioners

Roberta Berner, Clerk
 Suzanne Demers
 Susan Denopoulos Abrami
 Laurie Duff
 Susan Emerson
 Ken Gordon
 Kristi St. Laurent
 Daniel Marcek
 Doug McNutt
 Susan Nolan
 Susan Ruka
 Carol Stamatakis, Vice Chair
 Beth Quarm Todgham
 Harry Viens

We welcome all points of view and invite your submissions. To send articles or to add your name to our mailing list, contact: NH-COAnews@gmail.com



Representing the Friends Program Volunteer Driver Team, Robert Wilson and Lyman Cousins (center) receive congratulations from Polly Campion and Governor Sununu.



LEFT: Roger Vachon from Engaging NH shares the history of the Older Adult Volunteer Awards program with event attendees

BELOW LEFT: Award honorees listen as the contributions made by their fellow older adults are recognized

BELOW RIGHT: Joyce Bourget of Strafford County pins a corsage on Sandy Cornish of Sullivan County.



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'Demographic Update on NH's Older Adult Population' Topic of May NHCOA Meeting

Ken Johnson, Ph.D., UNH Professor of Sociology and Senior Demographer at the Carsey School of Public Policy was the invited presenter at the May 16 meeting of the New Hampshire State Commission on Aging.

Dr. Johnson addressed the Commission's interest in understanding current and projected demographic information about New Hampshire's older population and the state's workforce. Dr. Johnson's presentation, "Demographic Trends and Aging in New Hampshire," included information from a variety of sources, among them some data from the 2020 U.S. Census. Not all Census data have been released yet, and the demographic impacts of the pandemic were not captured by the Census since the pandemic largely occurred after the data were gathered.

According to the data presented, New Hampshire's rapid growth in the 1970s and '80s slowed over the past decade. The state's population experienced a very modest natural increase (births slightly exceeded deaths from 2000-2010). The state's primary source of growth during the decade was from net migration, primarily domestic. Many of those who moved to New Hampshire in the 1970s and '80s now comprise a sizeable portion of the older population of the state. Fifty-nine percent of New Hampshire's population was born elsewhere—a big difference from other parts of New England.

At the conclusion of his presentation, Dr. Johnson said that current data show us that in New Hampshire:

- Population growth has slowed, but the state has had modest gains from in-migration.
- From 2008 on, the birth rate slowed and during the pandemic, we had fewer births than deaths.
- Demographic changes are uneven across the state.
- Our diversity is growing, but modestly.

He added that migration represents human capital and that the state needs both to retain population and attract newcomers. The growth of New Hampshire's older population he said was "inevitable and soon," with far-reaching implications for the state budget.

Also included on May's agenda was a review of legislation of interest to older adults that is currently being considered by state lawmakers. This session of the Legislature is coming to an end with Thursday being the last day for the committees of conference to file their reports. The Age-Friendly State Task Force provided a report of their activities and members of the Commission were invited to attend the Older Adult Volunteer Awards ceremony scheduled later that day at the Statehouse.

How to Contact the NH State Commission on Aging

Rebecca Sky,
Executive Director
Rebecca.L.Sky@nhcoa.nh.gov

Polly Campion, Chair
Pk441@outlook.com

Carol Stamatakis,
Vice Chair
carol@justicenh.org

Roberta Berner, Clerk
bernerabel@aol.com

Aging Matters Newsletter
Beth Todgham, Editor
NHCOAnews@gmail.com

NH Commission on Aging Meeting Scheduled for Monday, June 20

The general public is invited to the June meeting of the New Hampshire State Commission on Aging scheduled for Monday, June 20, 2022 from 10:00am-12:00noon.

Information on how to access the meeting - either via Zoom or in person - is available on the Commission on Aging's home page at <https://nhcoa.nh.gov>

NOTE: Minutes from previous meetings of the NH State Commission on Aging are posted on the Commission's website after they have been approved.

To read past meeting minutes, and learn more about the NH State Commission on Aging, go to: <https://nhcoa.nh.gov>

RAISE YOUR VOICE!

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

NHCOAnews@gmail.com

A Focus on Nursing Home Quality: Opportunities for Improvement

Ensuring Preparedness to Deal with Emergencies and Pandemics

Editor's Note: Few industries have had the spotlight shined on them as brightly because of the COVID-19 more than nursing homes. That focus has resulted in the release of reports on the subject and new government-led initiatives to address the issues uncovered by the pandemic. To help Granite State residents better understand the issues involved, the Emerging Issues sub-committee of the New Hampshire State Commission on Aging is making a months-long commitment to provide insight on this critical part of the state's long-term care support system. This is the second article in the series.

In February of this year, the Biden Administration announced their agenda to improve the safety and quality of care delivered in long term care facilities. The "Protecting Seniors by Improving Safety and Quality of Care in the Nation's Nursing Homes" (<https://www.whitehouse.gov/briefing-room/statements-releases/2022/02/28/fact-sheet-protecting-seniors-and-people-with-disabilities-by-improving-safety-and-quality-of-care-in-the-nations-nursing-homes/>) agenda calls out five distinct areas for improvement. This article will focus one of the five areas: *ensuring preparedness to deal with emergencies and pandemics*.

Prior to COVID-19, industrialized countries have not had to deal with a global pandemic in over a century. During COVID's first year, new information was shared daily about how the virus spreads, how to contain its spread, and how to treat those who became affected. In New Hampshire, facilities participated in weekly calls with State public health officials to keep abreast of the latest CDC and CMS guidelines and insights on how to best implement them. It was an ongoing challenge to prevent spread of infection. Social isolation and its negative health impacts became a growing concern. Some of the most pandemic-vulnerable and isolation-vulnerable people reside in nursing homes. Even as COVID-19 continues to be a concern, now is the opportunity to take the lessons learned from the past two years to ensure our communities are prepared to deal with future emergencies and pandemics from both the medical model AND social wellbeing model.

The White House agenda calls for:

- Continued COVID-19 Testing in Long-term Care Facilities.
- Continued COVID-19 Vaccinations and Boosters in Long-term Care Facilities.
- Strengthening Requirements for On-site Infection Preventionists.
- Enhancing Requirements for Pandemic and Emergency Preparedness.

- Integrating Pandemic Lessons into Nursing Home Requirements.

Chapter six of the recently published report, *The National Imperative to Improve Nursing Home Quality: Honoring Our Commitment to Residents, Families, and Staff*, (<https://www.nationalacademies.org/our-work/the-quality-of-care-in-nursing-homes>) addresses emergency planning, preparedness, and response. The report recommends, among other things, an emergency preparedness plans that keep the individual at the center and balance both the medical and social well-being of residents. Social isolation can be as dangerous as smoking fifteen cigarettes per day, (<https://jamanetwork.com/journals/jama-health-forum/fullarticle/2774708>) earning its designation as a public health priority. Isolation increases the risk of cardiovascular disease, obesity, anxiety, and depression. Loneliness can lead to depression, alcoholism, and suicidal thoughts.^[6] Some studies found that loneliness is also a factor in cognitive decline. For example, caregivers reported that 63 percent of older adults with cognitive impairment experienced cognitive decline during the COVID-19 pandemic. (<https://agsjournals.onlinelibrary.wiley.com/doi/10.1111/jgs.17035>). In New Hampshire efforts should be made so that each facilities' plans align with Regional Public Health Network Plans and State Public Health Plans. Plans should be built with staff, residents, caregivers, and community input. The public can get involved by asking for this type of planning.

During a national call last year, a resident of a long-term care facility described the early days of the pandemic as waiting for death to make its way to your room. By taking the lessons learned over the past two years to update and expand nursing home preparedness to deal with emergencies and pandemics all of us can be better assured that, when needed, long-term care facilities are safe and supportive for us and our loved ones.

Share Your Nursing Home Story

The Centers for Medicaid and Medicare (CMS) has published a **Request for Information** regarding setting minimum staffing levels in Nursing Homes. They are seeking input including stories from people about how staffing shortages have affected them or a loved one while living in a long-term care facility.

If you have a story to share, consider emailing it to the Commission on Aging at nhcoa@nh.gov by **June 6, 2022**. The Commission is compiling stories to submit as public comments to the CMS.

If you wish to comment directly to CMS, use this link or send by mail to Centers for Medicare & Medicaid Services, Department of Health and Human Services, Attention CMS-1765-P, P.O. Box 8106, Baltimore, MD 21244-8016 by **June 10th**. When commenting, you should refer to filed code CMS-1765-P.

For more information see here: https://theconsumervoice.org/issues/issue_details/staffing

‘Stereotype Threat’ Makes Older Adults Perform Worse

Stereotypes that view older adults as cognitively or physically impaired, may affect how they perform on a variety of tasks, according to a study.

Stigmatized groups—whether due to race, socioeconomic status, or age—perform more poorly when faced with negative stereotypes, says Sarah Barber, a psychology and gerontology researcher at Georgia State University. She found expectations of others can play a powerful role in how well older adults perform on cognitive tasks and motor skills such as driving.

The phenomenon is known as “stereotype threat,” Barber says. The new paper, published in the *Journal of Applied Research in Memory and Cognition*, looks at recent studies as well as those dating back to the mid-1990s, all of which show the power of this phenomenon.

“The concept was originally formulated to look at stereotypes around race,” Barber says, but the effect turned out to be much broader. It can affect older adults and affect their memory, physical performance, driving abilities, and even job satisfaction.

Older adults frequently encounter the challenge of stereotype threat at their physician’s office, where they routinely go for check-ups, Barber says, and where they may take part in cognitive tests as well.

Research shows about 17% of individuals aged 50 and older experience stereotype threat at the doctor’s office, and about 8% worry their physician is negatively evaluating them because of their age.

This can lead older people to underperform on the cognitive tests and to greater distrust of physicians, greater dissatisfaction with healthcare services, poorer self-reported mental and physical health, and even higher rates of hypertension.

Just as important in stereotypes about age, Barber says, is negative self-evaluation, which she reviewed in a 2017 paper.

“People worry that there is truth to the negatives,” she says. “When they forget, they may worry they are on a slippery slope towards dementia and decline.”

That can be detrimental and actually lead to more forgetting. “I was struck by the negative things older adults would say about themselves, and I’d wonder how much better they might be performing if they weren’t so worried,” Barber says.

These stereotype threat effects can also affect physical performance. “Older adults are often stereotyped as being slow, weak, feeble, and frail,” Barber says.

Lab studies show that stereotype threat can also lead to slower walking and weaker grip strength for older adults.

“We need to make people feel confident in their own abilities,” she says, “and feel that they will be respected no matter how they perform.”

Older adults would also benefit from looking at their own attitudes about aging, Barber says.

“Your own attitude about aging is highly predictive of your aging outcomes. “Those who have positive attitudes about aging live longer, have better memory function, and recover more easily from illnesses.”

Source: <https://www.futurity.org/aging-stereotypes-older-adults-performance-2520752/>

Must See Blooms This Season in New Hampshire

Whether it's welcoming in a new season with daffodils during the spring or celebrating summer with fields of sunflowers, there are plenty of reasons for all of us to stop and smell the roses, so to speak. Be sure to include these events on your road trip through New Hampshire this season.

Fields of Lupine Festival - Bethlehem, Franconia, Sugar Hill

Late May – Mid June

<https://www.lupinefestival.com/>

The Celebration of Lupines is an annual event paying homage to tall spiky flowers that line the landscape around Sugar Hill and surrounding White Mountain towns during the spring. When the blooms pop, local fields and pastures become awash in shades of purple, pink, blue and white. The Sugar Hill Market is historically a part of this annual event but is cancelled this year due to COVID. However, that won't stop the flowers from showing up! So visitors are still invited to take a self-guided tour to see these spectacular spires along the scenic roads and byways. Bring a camera and capture this iconic bloom at one of the many photo opps along the way.



Rhododendron State Park - Fitzwilliam

Early to Mid-July

<https://www.nhstateparks.org/visit/state-parks/rhododendron-state-park>

Explore Rhododendron State Park this summer where these big beautiful blooms are the center of attention. The 16-acre grove of Rhododendrons is the largest grove in northern New England, and if you've never seen that many in bloom at one time, you're in for a treat. Sign up for bloom reports to see how the flowers are progressing and when might be the best time to visit. There's also a wildflower trail nearby the grove with flowers blooming throughout the summer season.



Sunflower Festival – Lee

July 30 – August 7

<https://www.nhsunflower.com/>

You might say it's the perfect flower to celebrate summer: the sunflower! Coppal House Farm turns into a sea of sunflowers every July during the NH Sunflower Festival. The variety of flowers at the farm is unique because they're oilseed sunflowers. Unlike ornamental blooms, they only bloom for about 10 days so the window to witness this stunning site is short. As if big beautiful blooms weren't enough reason to visit, the farm donates 10% of proceeds to Make-A-Wish NH, an organization that grants wishes for children diagnosed with a life-threatening medical condition. It's a good idea to buy your tickets for the big flowery show in advance, especially if you're hoping to see the sunrise in the sunflowers as there is a limited number of tickets available.



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Source: <https://www.visitnh.gov/>

2022 Legislative Wrap Up

By **MARTHA McCLOUD**, Interim VP of Community Engagement, New Futures

As the legislative session wraps up, it is important to remember that this was the second session of the legislative term and the pandemic continued to be a challenge for policymakers as well as advocates. We all worked to adapt to a new way of doing things.

The House and Senate each met on May 26th to cast their final votes on the bills that passed out of Committees of Conference. The bills that survived this final legislative action will now move to the Governor's desk for his consideration.

The Governor can take one of three actions on each of the bills:

- He can sign the bill into law.
- He can veto the bill.
- He can let a bill become law without his signature.

The following bills, supported by the New Hampshire Alliance for Healthy Aging (NHAHA), are headed to the Governor's desk:

HB 103 and SB 422: Improves the health of Granite Staters by extending the state's Medicaid program to cover dental services for eligible older adults.

HB 1526: Increases access to health care by expanding income limits for participation in NH's "In & Out" Medical Assistance" program, which supports older adults whose income is marginally above the income guidelines requiring them to spend down each month to be eligible for assistance.

SB 385: This bill establishes the duties and procedures relative to the financial exploitation of vulnerable adults when a financial institution or qualified individual reasonably believes that financial exploitation of an eligible adult may have occurred, including providing immunity for the reporting individual, delaying disbursement of funds, and notification to the department of health and human services.

SB 404: establishes a supplemental nutrition assistance program (SNAP) outreach program. SNAP is the food stamp program in New Hampshire. 60% of the older adults who are eligible in NH for this program are not enrolled.

SB 450: This bill clarifies some important characteristics of the prescription drug affordability board to make it more effective.

SB 281: This bill prevents a private nursing home or assisted living facility from charging a family for a 30-day notice of vacancy in the event of a resident's death.

HB 1661: This is an omnibus bill with many sections. It includes language that directs the department to submit a Medicaid state plan amendment to allow certain family caregivers or legally responsible persons of Medicaid recipients to serve as personal care attendants and makes an appropriation for this purpose; permits consultation and follow up care via telehealth from out-of-state health care providers; and creates incentives and establishes requirements for workforce housing and affordable housing development.

FIND HELP!

Do you need help with your Social Security or VA benefits? Do you have questions about the IRS or Medicare? If so, your NH Congressional Delegation can help! Each member's office have staff equipped to help New Hampshire residents with issues, concerns or questions related to the federal government.

Reach Out When You Need Assistance!

Senator Jeanne Shaheen

Manchester: (603) 647-7500
Claremont: (603) 542-4872
Dover: (603) 750-3004
Keene: (603) 358-6604
Berlin: (603) 752-6300
Nashua: (603) 883-0196

www.shaheen.senate.gov

Senator Maggie Hassan

Manchester: (603) 622-2204
Portsmouth: (603) 433-4445
Nashua: (603) 880-3314
Berlin: (603) 752-6190
Concord: (603) 622-2204

www.hassan.senate.gov

Rep. Chris Pappas

1st Congressional District
Dover: (603) 285-4300
Manchester: (603) 935-6710

<https://pappas.house.gov>

Rep. Annie Kuster

2nd Congressional District
Concord: (603) 226-1002
Nashua: (603) 595-2006
North Country: (603) 444-7700

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

Who is My Legislator?

Use these links to find and contact your New Hampshire:

- **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.

LEGISLATIVE WRAP-UP, con't

The following bill, which was supported by NHAHA, has been signed by the Governor:

SB 414: This bill revises the definition of ADRD - Alzheimer's Disease and Related Disorders - so that respite care services are available for persons caring for these individuals

This bill, which was opposed by NHAHA, was killed:

HB1337: This bill would have limited the unemployment benefits to 16 weeks and would have adversely impacted older adults who take longer to be reemployed.

Bills that NHAHA supported that did not pass included:

HB 1014 and SB 437: These bills would have established requirements for remote access to public meetings under RSA 91-A, the right-to-know law and would have modified the physically present quorum requirement for meetings of public bodies.

You can weigh in on these bills with Governor Christopher Sununu here: <https://www.governor.nh.gov/contact-us>

It has been amazing to watch the work that was done by advocates this session on bills that impact older adults. If you are interested in getting involved in the advocacy work of NH Alliance for Health Aging and you don't currently receive our action alerts, please send an email to mmcleod@new-futures.org and we will send you our weekly action alert.

This column is a regular feature of AgingMatters. 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.

Filing Period for Running for New Hampshire Public Office is June 1-10, 2022

Do you have an interest in contributing to the civic process? How about running for elected office?

Elected office can provide you with an opportunity to advance public policy that supports the wellbeing of all of us as we age.

The filing period for all offices closes June 10th for State Senator, Representative and County Office.

Details on filing are on the NH Secretary of State website: <https://www.sos.nh.gov/elections/running-for-office/running-for-office>

In addition to many of the above-mentioned bills in the Alliance for Healthy Aging article, the Commission on Aging recommended two bills to the Governor that will bolster the Licensed Nursing Assistant (LNA) Workforce. Both received his signature: **HB 1030** and **HB 1659**.

Another bill on the Commission on Aging Age-Friendly Public Policy list still awaiting the Governor's signature is **SB 445**. It concerns the Broadband Matching Grant Initiative that through greater access to broadband, will enable increased access to telemedicine and social connection.

NH DHHS launches new website

The New Hampshire Department of Health and Human Services' has a new website. The site was created with the needs of its visitors in mind, with features to make it easier for people to find what they need.

The site offers several new features, including an enhanced Search function located at the top of each page. A "How Can I Help You" box is displayed on the home page with a list of the most popular topics to choose from. Dropdown menus featuring popular programs allow site visitors to access these programs in a single click. Enhanced accessibility options include the ability to change text size, make the cursor larger, and change the contrast, text spacing and font.

The new website allows visitors to get the information they need as easily and quickly as possible.

To take a virtual tour and learn more about the features of the new DHHS website, watch a short video at <https://www.dhhs.nh.gov/welcome-new-dhhs-website>



Reduce the Risk of Being a Victim of Elder Abuse

- No one has the right to hit you, to treat you like a child or to humiliate you.
- No one has the right to take your money or to hurt you.
- Elders have the right not to be yelled at and not to be threatened.
- Elders have the right to control their finances and property.

If you know of or have reasonable cause to suspect abuse, neglect and/or exploitation, immediately call the Elder Abuse Hotline 800-96-ABUSE ((800) 962-2873). All calls are confidential.



Home Repair Fraud

- ALWAYS compare estimates carefully; the lowest bid or price is not always the best one.
- Never agree to get your own permits; this will make you directly responsible for everything.
- Never be pressured into making hasty decisions.
- Never accept someone's offer to take you to the bank to withdraw money for any reason.
- Never fall for phone or door-to-door offers of free estimates, home inspections or "special deals" of any kind.
- Never pay cash.
- Never pay for unfinished work or jobs that have not been inspected.

Financial Exploitation

- Use direct deposit for check payments you receive.
- Don't sign blank checks allowing another person to fill in the amount.
- Don't leave money or valuables in plain view.
- Don't sign anything you don't understand.
- Protect your money. Your bank may be able to help you control access to your funds.
- Be aware of scams. If it sounds too good to be true, it probably is.
- Don't pay for any prize or send money to improve your chances to win or receive a prize.
- Don't give any caller your credit card number or any other form of personal identification.
- It is very difficult to tell if a telemarketing call is legitimate. Be cautious and do not let any caller intimidate you. Don't be afraid to hang up!
- Don't give anyone your ATM access code and cancel your ATM card immediately if it is stolen.
- Check your bank statements carefully to make sure there are no unauthorized withdrawals.
- Be cautious of joint accounts. Both parties are

- equal owners of the account, and both have equal access to the funds in the account.
- Build good relationships with the professionals who handle your money

Identity Theft

Never:

- Carry a Social Security card.
- Carry multiple credit cards.
- Give personal information over the telephone.
- Print identification numbers on checks.
- Answer unsolicited email that asks for your personal information.

Always:

- Remove mail promptly from your mailbox.
- Review statements and bills promptly.
- Shred personal mail and information with a shredder or scissors.
- Stop mail while you are on vacation.
- Make a copy of all items in your wallet and keep it with personal papers in a safe place.
- Shop online only with merchants that have secure websites. A graphic, typically a lock, should appear in the bottom right corner of your web browser.
- Have checks printed with initials only and no street address. Pick up your checks at the bank, if possible.
- Request credit reports annually from all three reporting agencies at no fee by visiting on the web at <https://www.annualcreditreport.com> or by calling toll-free (877) 322-8228.

If you are a victim of a financial crime:

- Report to local law enforcement and request a copy of the case report.
- File a complaint with the Federal Trade Commission (FTC) at (877) 438-4338.
- Immediately contact your bank and close affected accounts.
- Keep a detailed log of who you have contacted and save copies of all correspondence.
- Contact credit card companies. Place fraud alerts on all accounts by calling:
 - Equifax: (800) 525-6285
 - Experian: (888) 397-3742
 - TransUnion: (800) 680-7289

How to Report Abuse

If you suspect that you or someone you know is a victim of abuse, neglect or exploitation, call toll-free. All calls are confidential.

800-96-ABUSE / (800) 962-2873

Learn more at: <https://worldelderabuseawareness.com>

SCAM of the Month Alert

Charitable Giving for Disaster Relief

When disaster strikes, Americans can be the most generous people in the world. We want to share what we have with those facing immediate hardship. The recent war in Ukraine is a good example of people opening their hearts and their wallets. The Charitable Trusts Unit of the Attorney General's Office wants to encourage that generous impulse. But people should be careful to give wisely and avoid disaster relief scams.

Ukrainian relief is just the latest response to a major tragedy. Before that, people have stepped up to help victims of wildfires in the West, tornadoes in the Midwest, and hurricanes in the Southeast. Unfortunately, these natural and man-made disasters keep arising.

While Americans are very generous, no one wants hard-earned resources to go to waste. So before opening up your wallet, the Charitable Trusts Unit recommends taking the following steps:

- Check the experience of the charity performing the relief work. If you are giving for relief in Ukraine, what experience, contacts, and staff does the charity have to address the challenge of working in that region, let alone in a war zone? Research the charities' websites. For larger organizations, also consult the websites of watchdog organizations like Charity Watch or Charity Navigator.
- If the charity operates in New Hampshire, it should be reporting annually to the Charitable Trusts Unit. See if the organization is registered in our state, and if it is in good standing, by visiting our website: <https://www.doj.nh.gov/charitable-trusts/>.
- If someone calls over the telephone looking for donations for disaster relief, do not share credit/debit card or bank account information over the phone. Send donations directly to the charity by mail or through its website. A legitimate charity will not pressure you to make a donation immediately.
- Online giving is convenient and fast. But make sure the charity website or online giving platform directs the donation where you want it to go. If you want to give to XYZ charity for Ukraine relief, the web page should tell you that. Some platforms, like GoFundMe and GiveSendGo, offer giving opportunities either to charities or individuals. The Charitable Trusts Unit recommends you do not give to individuals over these platforms unless you know the person. So do not make an online gift to a stranger in Ukraine. Help by giving to an effective charity doing that work.

Your Local Resources

- **ServiceLink Aging & Disability Resource Center:** (866) 634-9412, servicelink.nh.gov
- **2-1-1 NH** is the connection for NH residents to the most up-to-date resources they need from specially trained Information and Referral Specialists. 211 NH is available 24 hours, 365 days a year. Multilingual assistance and TDD access are also available, <https://www.211nh.org>

Veterans Mobility & Driving Safety Class Offered

The New Hampshire Department of Military Affairs & Veterans Services has provided the following information on an upcoming workshop offered by the Parkinson's Foundation:

Veterans and Parkinson's: Mobility and Driving Safety

- Tuesday, June 21, 2022
12:00pm to 2:00pm ET
- (virtual meeting via Zoom, pre-registration required)

For many Veterans living with Parkinson's disease, one of the most common needs and challenges is maintaining their independence. We will hear from Parkinson's disease experts, including a movement disorder specialist, physical therapist, and occupational therapist, discussing common PD-related mobility challenges and the importance of recognizing and managing fall risk and driving safety. We will also explore mobility aids and home modifications, including eligibility and how to access these services through the VA Healthcare System no matter where you live.

Register at: <https://secure3.convio.net/prkorg/site/Calendar?id=108511&view=RSVP>

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.

Making a Difference

Nonprofit Driven to Solve Unmet Transportation Needs of the Monadnock Region

By RENEE SANGERMANO

Living in rural New Hampshire requires one to be car-dependent as public transportation infrastructure is non-existent in most communities. A lack of transportation is a known barrier to accessing healthcare and food resources, contributing to overall poorer health outcomes. Hospitals within the Monadnock Region, Monadnock Community Hospital, and Cheshire Medical Center cite healthcare access as a top priority in their most recent Community Health Needs Assessment (2018 and 2019 respectively).

Only one local nonprofit organization addresses the unmet transportation needs of all 34 towns of the Monadnock Region and they need your support.

Since 2008, Community Volunteer Transportation Company (CVTC) has provided no-fee transportation to residents in southwestern New Hampshire who are unable to drive due to age, ability, economic situation, or short-term circumstances through its volunteer driver program. In addition to the volunteer driver program, CVTC contracts with chair van providers to coordinate no-fee transportation for people whose mobility is dependent upon a wheelchair.

CVTC is a true neighbor helping a neighbor organization with volunteer drivers giving their time and driving ability to those without access to transportation. Volunteer drivers ensure their neighbors have access to food, healthcare, and other essential human services to enable them to maintain their health, wellbeing, and independence.

In 2021, CVTC's volunteer drivers collectively donated 4,470 hours and drove 92,677 miles. The New Hampshire Department of Transportation values a volunteer's service at \$18 per hour making the value of CVTC's volunteers equal to \$80,460. For an organization with an annual operating budget of approximately \$230,000, the contributions made by volunteers are of substantial value to the region. The people of the Monadnock Region have the dignity of remaining independent without a vehicle because of the services provided by CVTC. Residents of all ages benefit from the services CVTC provides.

CVTC's volunteer drivers positively impact the health and wellbeing of the region with each ride they give to essential non-emergency medical and social service appointments, the grocery store, food pantry, post office, bank, or pharmacy. The majority of riders reported in CVTC's 2021 Impact Survey say that their health has improved, they eat healthier, they feel happier, less anxious, and more connected to people since riding with CVTC. 90% of riders reported they were able to maintain, regain, or attain their independence. As one rider reported, "I don't like to ask family members to take the day off from work to take me to an appointment. I am very thankful for CVTC. I feel I have got back some of my independence."

CVTC Driver Program, con't next page

'Who Do You Trust with Your Life? Who Trusts You with Theirs?' Workshop

Choosing a medical power of attorney, also called a proxy, may be one of the most important decisions you'll ever make. Your proxy is the person who speaks for you when you are unable to speak for yourself.

Learn about this often misunderstood role in "Who Do You Trust with Your Life? Who Trusts You with Theirs?" on June 8 starting at 6:30pm.

This free/open to all workshop is sponsored by the NH Alliance for End of Life Options, Brookhaven Hospice of NH, and the Portsmouth Public Library. It is offered via Zoom and in person at the library. The workshop focuses on choosing a health care proxy for ourselves and what it means to be a proxy for others.

Choosing the right proxy is part of completing your advance directive, the legal document spelling out your medical preferences if you are incapacitated. Because we can never imagine all of the scenarios that may befall us, it may be up to our proxy to interpret what we want. You're entrusting that person to represent you and your wishes, whether or not they agree with them.

Registration is required. Register online or in person at Portsmouth Public Library, through their website: <https://www.cityofportsmouth.com/library/death> or by calling the NH Alliance for End of Life Options at (603) 728-5557.

The workshop is second in a 4-part series, "Talking About Death Won't Kill You . . . and May Help You Live More Joyfully."

For information visit <https://www.nhendoflifeoptions.org/>

CVTC Driver Program, con't

Volunteer drivers also benefit from CVTC. They report having an increased sense of belonging to the community, are happier, are more satisfied with life, feel more connected to others, and feel valued for their service. As one volunteer driver reported, "It's really rewarding to be able to help people that lack transportation or cannot drive. I've met some very nice and very interesting people. Riders are very appreciative of the service. It gives me an opportunity to do something good for people and the community on an ongoing basis."

Drivers are needed in every community within Cheshire County and by joining CVTC's volunteer driver team you would be helping the organization reach its 2022 goal of having 75 active volunteer drivers. Since the Covid-19 pandemic began, the total number of active volunteer drivers has decreased from 88 volunteer drivers in 2019 to today's current level of 48 drivers. The number of riders during this same timeframe increased by 30%. Approximately 8.5% of ride requests made from 2019 to 2021 were not met due to a lack of driver availability. Currently, only 12 of the 34 service area towns have volunteers.

Support CVTC by becoming a volunteer driver. Once the screening process and training are completed, volunteer drivers select the trips that best fit their schedule and only drive when it is convenient for them.

You can also support CVTC with a direct financial donation or by casting your vote for CVTC funding at your local town meeting. As a nonprofit organization, CVTC depends on the generosity of patrons, donors, and grants for financial support, as well as funding from the 34 towns served by CVTC. Town funding demonstrates community support of CVTC and allows CVTC to successfully apply for grants, CVTC's largest funding source.

With a lack of public transportation in the region, local support keeps CVTC ready to serve all residents needing access to food, healthcare, and basic social services. Volunteer your time, make a donation, or cast your vote to support CVTC and its vision: Transportation for Everyone. Learn more about CVTC at: <https://www.cvtc-nh.org/>.

Renee Sangermano is a Human Services Major at Franklin Pierce University (Class of 2022), Advancement Assistant for Community Volunteer Transportation Company.

Affordable Connectivity Program Lowers Cost of Broadband

The Affordable Connectivity Program is a new long-term benefit that will help to lower the cost of broadband service for eligible households struggling to afford internet service.

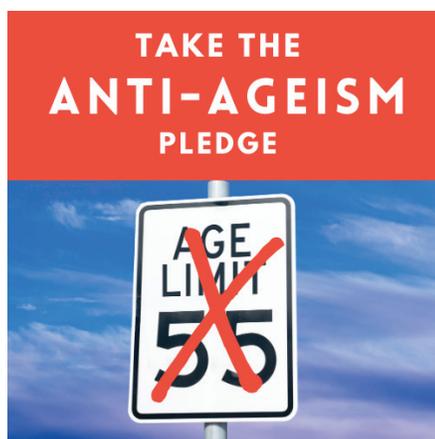
The program provides:

- Up to \$30/month discount for broadband service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.
- The program is limited to one monthly service discount and one device discount per household.

A household is eligible for the program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least *one* of the criteria outlined at <https://www.fcc.gov/acp>.

To enroll, go to <https://www.affordableconnectivity.gov/> to submit an application or print out a mail-in application; and contact your preferred participating provider to select a plan and have the discount applied to your bill. Some providers may have an alternative application that they will ask you to complete. Eligible households must **both apply for the program and contact a participating provider to select a service plan.**

Visit the website or call (877) 384-2575 for details.



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

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

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 for the complete story.

New Rules in Estate Planning

Although May marked Older Americans Month, older adults would be well advised to consider the Younger Americans in their estate planning.

The Secure Act changed the rules for non-spousal inherited retirement accounts – and in the process may change the way to bestow benefits on your children and grandchildren as part of their estate plan.

Prior to passage of the Secure Act, beneficiaries of a non-spousal inherited retirement account could stretch out distributions from that account based on their own life expectancy. Now, non-spouse beneficiaries have 10 years to take the distributions after the original owner's death.

Follow this link for the complete story: <https://seniorplanet.org/new-rules-in-estate-planning/>

Medicare Unveils More User-Friendly Website

The Centers for Medicare & Medicaid Services (CMS) has unveiled several updates to the Medicare website (<https://www.medicare.gov/>) that make it easier, for millions of people who use it, to navigate and access information to compare and select health and drug coverage and find providers. The updated website, based on consumer feedback, prominently features timely initiatives and messages on the homepage and highlights key tasks and information most frequently sought by people with Medicare, people nearing Medicare eligibility, and their families.

Is a Clinical Trial Right for You?

Are you thinking about joining a clinical trial? Clinical research has led to the discovery of every disease treatment prescribed today. Learn more about clinical trials and studies: <https://go.usa.gov/xuuDD>

Opening Doors to Aging Services

“Americans have never needed aging services more, but our sector is not well understood by the general public. Now is the time for us to reset the narrative, proactively telling the story of aging services.” So says LeadingAge, a member of the Leaders of Aging Organizations, the collaborative that created the Reframing Aging Initiative, and host of the LeadingAge Leadership Summit. At the 2022 Summit, March 28-30, 2022, RAI Facilitator Donna Satterthwaite took part in a panel to discuss the importance of using well-framed language in messages about aging. LeadingAge understands the

power of communication, and its initiative Opening Doors (<https://openingdoors.org/>) uses evidence-based strategies to introduce aging services to the public.

Is It Really FDA Approved?

Maybe you saw the words “FDA Approved” on a company’s website or in a commercial promoting a product or treatment. Some marketers may say their products are “FDA approved.” But how can you know for sure what the U.S. Food and Drug Administration has approved?

The FDA is responsible for protecting public health by regulating human drugs and biological products, animal drugs, medical devices, tobacco products, food (including animal food), cosmetics, and electronic products that emit radiation.

But not all those products undergo premarket approval — that is, a review of safety, quality, and effectiveness by FDA experts and agency approval before a product can be sold to consumers. In some cases, the FDA’s enforcement efforts focus on products after they are already for sale. That is determined by Congress in establishing the FDA’s authorities. Even when FDA approval is not required before a product is sold, the agency has legal regulatory authority to act when safety issues arise.

Follow this link (<https://www.fda.gov/consumers/consumer-updates/it-really-fda-approved>) for a guide to how the FDA regulates products for people — and what the agency does (and doesn’t) approve.

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.

June Topic: Medicare Coverage of Hospice

• Thursday, June 16th, 2022 • 3:00 - 3:30 PM (EST)

Hospice is a program of end-of-life pain management and comfort care for those with terminal illness. Medicare’s hospice benefit offers end-of-life palliative treatment, including support for your physical, emotional, and other needs. During this Medicare Minute, you’ll learn more about Medicare’s costs and coverage of hospice care.

Register at <https://www.medicareinteractive.org/register> Medicare Minute Login - Medicare Interactive

Staying Safe in Hot Weather

As we age, our ability to adequately respond to summer heat can become a serious problem. Older people are at significant increased risk of heat-related illnesses, known collectively as hyperthermia, during the summer months. Hyperthermia can include heat stroke, heat edema (swelling in your ankles and feet when you get hot), heat syncope (sudden dizziness after exercising in the heat), heat cramps, and heat exhaustion.

Experts at the National Institute on Aging, part of the National Institutes of Health, say knowing which health-related factors may increase risk could save a life. Those factors include:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands
- Heart, lung, and kidney diseases, as well as any illness that causes general weakness or fever
- High blood pressure or other conditions that require changes in diet, such as salt-restricted diets
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs
- Taking several drugs for various conditions (It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.)
- Being substantially overweight or underweight
- Drinking alcoholic beverages
- Being dehydrated

Lifestyle factors can also increase risk, including extremely hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions.

Older people, particularly those at special risk, should stay indoors on particularly hot and humid days, especially when there is an air pollution alert in effect. To stay cool, drink plenty of fluids and wear light-colored, loose-fitting clothes in natural fabrics. People without fans or air conditioners should keep their homes as cool as possible or go someplace cool. Senior centers, religious groups, and social service organizations in many communities provide cooling

centers when the temperatures rise. Or visit public air-conditioned places such as shopping malls, movie theaters, or libraries.

Heat stroke is a severe form of hyperthermia that occurs when the body is overwhelmed by heat and unable to control its temperature. Someone with a body temperature above 104 degrees Fahrenheit is likely suffering from heat stroke. Symptoms

Staying Safe in Hot Weather NIH National Institute on Aging

Watch for these signs of hyperthermia:

- Dizziness
- Muscle cramps
- Swelling in your ankles and feet
- Nausea and weakness
- Rapid pulse

Tips to prevent hot-weather illness:

- Drink liquids
- Limit caffeine and alcohol
- Wear light-colored, loose fitting clothes
- If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

include fainting; a change in behavior (confusion, combativeness, staggering, possible delirium or coma); dry, flushed skin and a strong, rapid pulse; and lack of sweating. Seek immediate medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- Call 911 if you suspect heat stroke.
- Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.
- If the person can swallow safely, offer fluids such as water and fruit or vegetable juices, but not alcohol or caffeine.
- Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and a cold cloth can help cool the blood.
- Encourage the person to shower, bathe, or sponge off with cool water if it is safe to do so.

The National Institute on Aging offers additional information on how to stay safe during hot weather at <https://www.nia.nih.gov/health/hot-weather-safety-older-adults>