



A Citizen Voice for the
Aging Experience

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EngAGING NH NEWS

GUEST OPINION:

**An Evolving Role:
NH Counties & the
Long Term Care System**

by Rich Crocker

NH’s long term care system is a fragmented, fragile collection of nursing homes, community services and volunteer programs. Federal, State and County governments share the authorities, responsibilities, and guidance related to the system, but lack of integration at the local community level has left NH with a system that is financially out of balance and stressed.

Seniors want to remain at home or in their communities for as long as possible, but 75-80% of funding goes to nursing homes, the most costly service available. Remaining funds are used to help family caregivers who do 75-80% of the “work” to keep a loved one at home, or to provide other types of home and community based services such as information and referral, home delivered meals, home health services, and transportation.

Despite the intent of all governmental entities to strengthen support for family caregivers, community services and volunteerism, the proportion of funds used to assist seniors has remained stagnant for the last six years. Total dollars have gone up, but NH is no further along financially in trying to rebalance its efforts to support seniors to reflect what older adults prefer.

If this imbalance continues, meeting the needs of the coming number of older adults will be a difficult challenge for our society. An economic analysis of NH’s future long term care system would demonstrate the looming financial crisis that the State will face.

NH’s Counties are now the major funders of long term care services after the Federal government. County funding comes from local property taxes, and at over \$100 million this fiscal year, is about double the State’s contribution. However, the Counties have little real

authority for how funds get spent because legislative, regulatory and management controls reside for the most part with the Federal and State governments.

Recently, the Bureau of Elderly and Adult Services recognized the need for regional decentralization to develop a community based system of long term care

services. Supporting family caregivers, the development of community services, and the deepening of volunteerism cannot be planned and coordinated from Concord. There needs to be a local entity to bring together community seniors, interested citizens, service providers, businesses, and other voluntary associations to plan and implement the steps that need to be taken to more fully develop the kind of long term care system that seniors prefer—and which also is the least costly.

NH Counties are in the best position to take on this responsibility. In many states local Area Agencies on Aging exist to help play this role—not so in NH

Supporting family caregivers, developing community services, and the deepening of volunteerism cannot be planned and coordinated from Concord.

ENH welcomes all points of view and invites your submissions.

To send articles or to add your name to our newsletter mailing list, contact:

LCAMST38@comcast.net

With enabling legislation at the State level, Counties could integrate authority, responsibility, planning, and resource allocation at the local level and better define what needs to be done and how to do it.

The Counties have a long history in NH of providing care to seniors through the County nursing homes and funding of local senior services. Under the general direction and guidance of Federal and State legislation, NH Counties could provide the leadership and innovation to move NH's long term care system forward. Change cannot happen overnight and would need to be carefully planned and implemented by the State and the Counties governments working cooperatively on behalf of NH seniors and NH communities.

Rich Crocker is a former Director of the NH Division of Elderly and Adult Services. He currently represents Grafton County on the State Committee on Aging.

From Our Readers

Thank you EngAGING NH for your newsletter. I retired a few months ago and was a little

depressed about joining the ranks of those having no answer to "What do you do?" Reading the Purposeful Living section has helped.

ER

Editor's Note: The following is a follow-up to a prior Guest Opinion.

SHE DREW INSPIRATION FROM NEAR CATASTROPHE

For some people, inspiration comes during a long walk or while listening to music.

For Doris "Rick" Sherman, inspiration came in the form of a power outage and a broken hip.

During a windstorm last winter, Sherman, 82, was getting ready to go to bed after her house lost power. Although she was carrying a flashlight, she tripped and fell, breaking her right hip.

Immobilized on the floor in excruciating pain, Sherman was unable to reach her phone to call for help. It took her five hours to crawl several feet to a stack of blankets, where she huddled for warmth until a helper discovered her two days later.

"I stayed warm and got comfortable and started thinking, and two days with no phones ringing or anything of that sort gives you some real thinking time," said Sherman, who now uses a cane to get around her Bedford home.

During those two days, Sherman -- "Rick" to her friends -- realized she needed a better way to reach

out to friends and family during emergencies. She had seen commercials on TV for emergency call buttons but knew they weren't for her.

"The idea of having anything that just says 'Push this button for emergency help' was absolutely not appropriate for me, because I didn't want a single-purpose anything," said Sherman, who has lived alone for the past 10 years.

"There's something kind of humiliating about wearing those guys that are the 'Lifeline' push-a-button kinds of things."

From that need, Solo'Nique Designs was born. Together with a quilt-designer friend, Sherman came up with the idea of designing custom-made "saques" -- attractive cell phone holders that can be worn around the neck.

On one recent morning, Sherman wore a green, patterned saque as she fed a log into her woodstove -- a task that, with a cane, took some time and effort. Inside the pouch were a bobby whistle and a pre-paid cell phone she uses for emergencies, or just to call friends.

Sherman said she had resisted purchasing a cell phone because she saw no need to be "wired" all the time. But after her accident, she said, she realized the importance of keeping a phone accessible.

Sherman said she designed the saques -- which come in quilter's cotton, silk, brocade suede cloth -- to appeal to older users who live alone and wouldn't otherwise carry a cell phone with them.

CLIP 'N SAVE

IMPORTANT NEW HAMPSHIRE PHONE NUMBERS:

Emergencies	9-1-1
Service Info	2-1-1
Adult Protection (APS), Statewide	800-852-3345 ext. 3610
Concord	271-3610
Alzheimer's & Respite Care	800-272-3900
NH Dept of Health & Human Services	800-852-3345
Governor's Citizen Services	800-52-3456
Legal Services	800-639-5290
Medicare:	
Part A	800-623-4227
Part B	800-447-1142
Part D	800-633-4227
Service Link	866-634-9412
Social Security	800-772-1213
Veterans Council	228-4100

"If you make it so attractive that people will wear it like jewelry all the time, no matter what you do solo, you'll have it with you," Sherman said.

With a Solo'Nique website, soloniquedesignsllc.com, already up and running, Sherman hopes to expand her customer base, and possibly market the product nationally this spring.

The saques range in price from \$36.95 to \$43.95, depending on the size and fabric.

Sherman said she hopes to grow her business in a way that will help people in need. A stock broker and financial planner who has seen many older women

outlive their retirement savings, Sherman hopes to hire older quilters to create the saques.

She also plans to donate 10 percent of her own profits to the National Alliance on Mental Illness, an organization in which she has been active for many years. Sherman said her recent fall gave her a new resolve to help others.

"It gives you another perspective when you've been working abstractly with someone who has difficulties physically -- and then suddenly become one of the handicapped, so to speak," Sherman said. "I had a hands-on learning operation there."

NH Sunday News 12-19-10

A TRIBUTE

The Hill's oldest resident—in terms years of living there—recently died [January 2, 2011], Arthur LaBonte.

His mother took him, a crippled infant, with her to the old nursing home attached to the county hospital, nearly a hundred years ago. He's been there ever since. He was wheelchair committed since infancy, yet he became a vital part of the élan, the spirit, the goodness of those who are sent to lifetime confinement without the hope of ever being a member of the free world, because of a physical and mental disability. Yet Arthur gave more than he got. by bushels.

I'll tell you a story: One day, maybe six or eight years ago, one of the aides told me that Arthur was a nut about airplanes. His second-floor window overlooked the downwind leg of Manchester airport, and every day he'd sit there and watch the airplanes—one after the other—making their approaches. He'd wave, unseen, and in his guttural voice, shout at them. No one understood what he was saying, but Arthur knew. He was telling them to get their gore ram wheels down!

So, the nurses and the aides, at their own expense, were going to arrange with Southwest to fly him from Manchester to Columbus, Ohio, and return (in the same aircraft, so he wouldn't have to deplane), for his 90th birthday.

"Wasn't that a great idea?" the aide asked me. "He's never even

Raise Your Voice!

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been near an airplane before!" she grinned.

"That sucks," was my reply. It was rude, but true.

"All he'll get is stuffed into an aluminum tube, given a glass of ginger ale, and told to keep his seat belt on."

I really didn't mean to put her down, so I apologized.

"Let's do it a little differently," I offered.

So, I borrowed a friend's twin-engine six-seat Cessna at Nashua Boire Field, got two male aides to volunteer their Saturday time-off, and persuaded the maintenance chief to go along as the videographer. Through a buddy at ATC, we got total air clearance over Manchester-Goffstown-Weare for 20 minutes, and we took Arthur for his very first (but not his last, by a long shot) airplane ride.

I hate to admit it, but we gave him a lot closer look at where he lived, than we should have, and we scared the scrubs off the covey of aides out on the lawn and up on the rooftop, waving at us, but Arthur was elated. After we landed, I gave him a set of gold wings, a pilot officer's cap, and a T-shirt saying "Airman Arthur LaBonte" across the chest.

To the day he died, three or four times a week, he'd look at the

video disc of the journey. Although it recorded every smile and every shout of, "Whee-ee!", showing the glee with which he was baptized, it didn't show the stack of commercial flights over Portsmouth, waiting for the air to clear.

Well, now Arthur's gone. And with him, a legend.

Bob Montgomery, Professor Emeritus at Boston University, is a long-time advocate for Hillsborough County's nursing home residents.

News You Can Use

SAVE THE DATE

May 26, 2011 is the next annual New Hampshire Conference on Aging. If you did not receive a post card or have questions, call Debbie Love at 603-573-3310.

VAUGHAN AWARDS NOW SEEKING NOMINATIONS

May is Older Americans Month and each year the State Committee on Aging and EngAGING NH recognize the contributions made by NH's seniors through the Joseph D. Vaughan Awards. An outstanding volunteer from each county will be honored at a ceremony held at the State House.

Check the email that brought you this newsletter for the form and instructions to nominate a candidate.

HOME HEATING COSTS

The cost for all fuels is projected to rise in the 2011-12 winter

season. The cost of a barrel of oil has been steadily rising with the current average cost of \$3.249 a gallon for home heating oil.

Today's average Market Price for propane: 800 gallons \$3.64/gallon 151 gallons - \$4.61/gallon. NH based Our Town Energy Alliance, the largest energy purchasing cooperative in New England, in its annual report to members showed significant savings for 2010-11 for those who participated in pre-buy arrangements. If you are interested in more information or in joining this purchasing cooperative, contact them at

603-776-2500 phone, Otchoice.com web or email Info@Otchoice.com

HEALTH CARE REFORM UPDATE:

CHANGES EFFECTIVE JANUARY 1, 2011

Part D:

Seniors who reach the coverage gap will receive a 50 percent discount when buying Medicare Part D covered brand-name prescription drugs. Over the next ten years, seniors will receive additional savings on brand-name and generic drugs until the coverage gap is closed. The law provides certain free preventive services, such as annual wellness visits and personalized prevention plans, for seniors on Medicare.

Advantage Plans in 2020

Today, Medicare pays Medicare Advantage insurance companies over \$1,000 more per person on average than is spent per person in

Original Medicare. This results in increased premiums for all Medicare beneficiaries, including the 77 percent of beneficiaries who are not currently enrolled in a Medicare Advantage plan. The

new law levels the playing field by gradually eliminating this discrepancy. People enrolled in a Medicare Advantage plan will still receive all guaranteed Medicare benefits, and the law provides

bonus payments to Medicare Advantage plans that provide high quality care.

The Community Care Transitions Program will help high-risk Medicare beneficiaries who are hospitalized avoid unnecessary readmissions by coordinating care and connecting patients to services in their communities.

Effective starting October 1, 2011

The new **Community First Choice Option** allows States to offer home and community based services to disabled individuals through Medicaid rather than institutional care in nursing homes.

For further information go to: <http://www.healthcare.gov/law/timeline/index.html>

MEDICARE REMINDER

Starting in 2011, consumers who have original Medicare will no longer pay coinsurance or a deductible for certain preventive care services recommended by the U.S. Preventive Services Task Force. Services, which are 100% covered, include:

- diabetes screening
- medical nutritional therapy
- blood tests for heart disease
- bone mass measurement
- screening mammograms
- pap smears, pelvic exams and clinical breast exams
- colon cancer screening
- prostate cancer screening
- flu shot
- pneumonia vaccine
- hepatitis B vaccine
- annual wellness visit

*From Medicare Rights Center
1/27/11*

WE WANT YOU TO KNOW

EngAGING NH actively partners and works with other NH advocates. Here is a current listing of our affiliations.

Formal Partnerships

- NH Voices
- NH State Independent Living Council
- State Committee on Aging-Vaughan Awards
- Disabilities Rights Center

Active Collaborations/ & Groups where we have active representation:

- Older American's Action Partnership
- Elder Rights Coalition
- Aging and Mental Health
- Legislative LTC Caucus
- Department of Health & Human Services Stakeholders

Groups we work with:

- AARP
- NH State Committee on Aging
- NH Women's Lobby
- NH Cares
- NH College and University Council
- NAMI
- NH Alliance for Retired Americans
- DD Council
- UNH Institute on Disabilities
- NASW-NH
- Area Committees on Aging

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Dollars & Sense

LOW AND MODERATE INCOME PROPERTY TAX RELIEF

This is a state wide program, which is open to all low and moderate income homeowners subject to the state education property tax. The amount of relief varies with the taxpayer's income level, the assessed value of their home and the equalized town tax rate. To be eligible, you must have:

- An income of \$20000 or less for a single person, \$40000 or less for a couple; and
- Lived in your home on April 1st of the year for which the claim is made.

Applications are due between May 1 and June 30. You may obtain an application form (DP-8) from your town, from the NH Dept. of Revenue's website:

www.revenue.nh.gov

or by calling the forms line at 603-271-2192, or your local town/city office.

For questions regarding property tax relief, you may call NH Legal Assistance at 1-888- 353-9944 or 603-624-6000. Or you may contact your local ServiceLink at 866/634-9412.

TAX ASSISTANCE SITES:

AARP Tax-Aide and VITA in partnership with the IRS local banks/credit unions and area non-

profits will prepare and electronically file your federal income tax return free of charge.

Call 2-1-1 to schedule an appointment and find locations near you.

H&R Block: www.hrblock.com also offers free electronic filing. Check the website for details.

TurboTax: www.TurboTax.com/Free-Tax-Prep

Free tax preparation for you by volunteers:

In addition to free tax return preparation assistance, most sites also offer tax counseling and basic income tax return preparation for **senior** citizens.

www.irs.gov/individuals/article/0,,id=107626,00.html

Help with State Taxes:

<http://www.nh.gov/revenue/>

And don't forget your receipts for Energy Star appliances or materials used for weatherization projects that could be tax deductible.

LOTTERY PLAYERS: BEWARE OF SCAMS

A recent spate of lottery scams has New Hampshire Lottery Commission officials urging state players to be aware of the schemes and to protect themselves.

People have received telephone calls, e-mails and mail using and referencing the NH Lottery, the Federal Trade Commission, Powerball and other similar organizations.

In most instances, someone poses as a lottery official trying to obtain personal and financial information in exchange for small "processing fees."

"The New Hampshire Lottery Commission is an agency that prides itself on the trust of its players and these con artists are jeopardizing our integrity," said Executive Director Charlie McIntyre.

The Lottery Commission urges players to be aware:

- You cannot win a legitimate lottery if you have not entered it.
- In almost all cases, you must purchase a ticket to enter a legitimate lottery.
- You never have to pay first to collect winnings from a legitimate lottery.
- If you hold a winning lottery ticket, you must notify the lottery; the lottery will not notify you.
- Under federal law, playing foreign lotteries from the United States is illegal.
- If a lottery isn't conducted by a government or government-authorized organization, it is not legitimate.

Anyone with questions or concerns may call the Consumer Protection and Antitrust Bureau of the Attorney General's Office at 1-888-468-4454.

*Source: Garry Rayno
NH Union Leader, 1-19-11*

Computer Tips

NH STATE COMMITTEE ON AGING (SCOA) WEBSITE

Want to know what SCOA is doing? For posted minutes, fact sheets and other resources, go to:

<http://www.dhhs.nh.gov/dcbcs/beas/aging/index.htm>

BE SAFE!

Check your email sender information before you open it. Be sure that the name is someone you know and is spelled correctly. If the sender is shown as an email address, check to see if it is complete. Even if everything looks okay, your entire address book may have been copied.

Also check the subject line to be sure the topic is what you would expect from the sender. There are plenty of scams, viruses and marketing schemes that use enough information to look legitimate. You can always fire off a quick email, not a reply, to ask if the assumed sender really did send you an email with the subject shown.

HAVE SOME FUN!

Check out a very interesting site....find your age in days! What is your life expectancy?

World Clock:

<http://www.peterussell.com/Odds/WorldClock.php>

Health & Wellness

COULD YOU BE UNDOING THE BENEFITS OF EXERCISE?

The reasons why muscles wither with age is an issue of concern. Recent research indicates that there is a link between the types of exercise and what and when we eat in muscle health! Fast muscle fibers enable you to be strong and fast. *You need them when you climb stairs, carry heavy grocery bags, chop wood or move furniture. And if you lose that physical capacity, you lose your ability to live independently.*

A sedentary life style and poor diet are known factors in the deterioration of muscles leading to other complications such as diabetes. But the some types of exercise or exercise combined with certain eating habits can also affect the benefit to your body. Cardio vascular exercise, or raising your heart rate, can be of benefit, but must be done correctly.

Muscle building occurs *after* exercise. Drinking coffee after exercise, since caffeine inhibits the key muscle building process, can decrease the benefit, while proteins containing leucine can assist. Some sources of leucine are Whey Protein Concentrate, Raw Cheddar Cheese, Lean Beef, Salmon, Almonds, Chicken, Chic Peas, Raw Eggs, Egg Yoke, Sheep Milk, Pork, and Cow Milk.

If you are participating in an exercise program, have a discussion with the instructor; if you are exercising on your own, talk to your doctor. But the simple advice is skip the coffee and donut

after exercise and try one of the proteins listed above. And if you buy a whey powder, watch the sugar content.

VITAMIN LABELS

Consumer Reports most recent tests showed that store brands did just as well as national brands but at a lower price. It was also suggested that you ignore benefits claims such as increased energy or weight loss.

Johns Hopkins Health Alerts provides valuable free information on healthy living after 50 in an easy-to-read format. The goal of this interactive site is to help our readers and editors communicate and share factual information and personal experiences in an open community forum. Visitors to the website can read free health alerts and special reports in 15 different topic areas, including arthritis, prostate disorders, heart health, high blood pressure, nutrition and weight control, and diabetes.

Johns Hopkins Health Alerts is a free public service of University Health Publishing that provides information and products for healthy living after 50. They launched their highly-acclaimed monthly print newsletter, *The Johns Hopkins Medical Letter: Health After 50* in 1988, and now publish 2 quarterly bulletins and 15 annual White Papers on the major health disorders that can affect healthy aging.

http://www.johnshopkinshealthalerts.com/health_after_50/

Purposeful Living

Langdon Place of Keene nominated Carroll Allen for the 2010 Joseph D. Vaughan Award:

"Carroll, one of our resident



volunteers, has been a lifelong volunteer and continues to be an advocate for many worthwhile causes and charities.

At eighty-five years old, he still exhibits an outstanding dedication for helping others, both in the community and here at Langdon Place of Keene."

Carroll has been very active in the American Red Cross for many years and recently received a very auspicious award from the New Hampshire West Chapter of The American Red Cross for having donated his thirtieth gallon of blood in December. Carroll continues to donate every eight weeks and is currently one of only a few donors in New Hampshire that has reached this distinctive milestone. Carroll has also volunteered at the blood drives in many different capacities throughout the years and continues to do so when he is needed.

Carroll started donating blood in the 1940's and received his first one gallon pin in 1951. Over the past fifty-eight years he has donated enough blood to help over two hundred and forty recipients in need. He keeps giving and giving this vital gift of life

As a volunteer at Langdon Place, Carroll has many interests,

including the Library Committee and the LPK Garden Club. He helps the Activity Department with setting up activities such as poker and bingo, meanwhile escorting residents to their meals and daily activities. He is also very active in the Resident Council at Langdon Place, which helps in the decision making regarding policies at Langdon Place.

Together, with his wife Elinor, Carroll takes part in the Twilight Wish Program, Seniors Feed NH Food Bank Drive, The Keene Community Kitchen fundraiser and the NH West Chapter of The Red Cross Operation Appreciation to Veterans."

Carroll Allen lives his life with a purpose and we are pleased and honored to recognize him for his purposeful life.

Board Notes

The word "abracadabra" is derived from the old phrase avra keh-dabra in Aramaic, which translates as 'I will create as I speak'

We have spoken with our votes, but we can't afford to end the communication there.

Some interesting facts:

House of Representatives:

- 212 Returning Members
- 158 New Members
- 30 Former Members

Senate

- 14 Returning Members
- 8 New Members
- 2 Former Members

Executive Council

- 2 Returning Members
- 2 New Members
- 1 Former Member

No matter how you voted, our NH political leaders are faced with a huge problem, have minimal research support and will need to make major decisions in a very short time.

The current estimates show between a \$500 and \$800 M dollar gap in funding for the State Fiscal Year that ends June 30, 2011, which is only five months away!

Major cuts will need to be made and those decisions will be painful in ways that are not immediately felt or understood.

Now more than ever it is critical that you continue to support those who represent you by being known to them. Help them understand the larger perspective than the one they get from lobbyists. Be involved; speak up, listen mindfully and always hold a vision of the future we want to build.

To find the name and contact information of those who represent you, go to www.nh.gov

Emails help but are less effective than a phone call, and personal contact is best. Our representatives rarely get more than a couple of calls on any particular bill, so they will take note of what you have to say.

Whether you agree or disagree with the ideology of your representative, senator or councilman, to be effective:

- Remember the challenges these folks face and be courteous.
- Know that the focus is more on meeting needs rather than wants. Also important is efficiency, accountability and personal responsibility.
- If your political point of view is different, try finding common ground before you offer your position.
- In keeping with the national trend, let's tone down the rhetoric, and let's also dial up understanding and pragmatic approaches.

Abracadabra

We will do our best to keep you informed of actions we think are important without filling your e-mail boxes and you can track bills of interest to you at the same website listed above.

Resource Guide

ENH is NOT the source of this important information. If you have suggestions to add resources, please contact the NH Statewide Independent Living Council (SILC) directly using the link provided at the end of these listings.

New Hampshire Statewide Independent Living Council (SILC)
www.silcnh.org

Editor-Paula Ninivaggi
Date: January 2011

Please feel free to pass this newsletter on.

February 16, 2011 Free seminar on Disaster Preparedness by the Red Cross, see attached flyer. Concord, NH (Rescheduled from January)

Interested in possibly joining a SILC Task Force on: benefits, health care, or housing?
Please contact: Paula Ninivaggi, Statewide Independent Living Council (SILC), 603-271-0476; 1-800-852-3405 ext. 0476, paula.ninivaggi@nh.gov

Assistive Technology
Assistive Technology Trainings (Free)
http://www.crotchedmountain.org/crotchedmountain/html/nhat_eccoffee.htm **Various dates. Concord, NH.** Contact: ATECH Services; (603) 226-2900

Assistive Technology 101
http://www.ldonline.org/article/Assistive_Technology_101 and http://www.ldonline.org/article/On_the_Go:_What_Consumer_Products_Can_Do_For_You_%28If_You_Know_Where_to_Look%21%29 **for teachers and students with disabilities**
<http://www.ldonline.org/experts/techexpert/current#1>

Attention Deficit Hyperactivity Disorder (ADHD)
Tips on getting a child with ADHD and/or dyslexia to love reading
<http://www.greatschools.org/sp>

pecial-education/LD-ADHD/rick-riordan-essay.gs?content=3245&cpn=20101216LD

Benefits/Financial Assistance/Community Resources

Medicare Guide to Preventive Services -2011
<http://www.medicare.gov/Publications/Pubs/pdf/10110.pdf>

Blind (February is Age Related Macular Degeneration and Low Vision Awareness Month)
Information on Age Related Macular Degeneration (AMD) including living with AMD, financial assistance, and vision care resources
<http://www.preventblindness.org/amd>

Bullying
Tips for Dealing with Cyberbullying
http://kidshealth.org/parent/positive/issues_2011/2011_cyberbullying.html

Free Bullying Resources Available From the NH State Library's Family Resource Connection for teachers, professionals, parents etc.
<http://catalognhsl.nh.gov> click on the "Family Resource" tab. All Family Resource Connection services are free to anyone in New Hampshire.
Contact: Family Resource Connection 1-800-298-4321; frc@dcr.nh.gov.

"Connections" a Newsletter: focusing on issues and

information important to caregivers. (Also in Spanish & Chinese)
<http://www.caregiver.org/caregiver/jsp/home.jsp>

Tip Sheet-Caring for someone who is Sick
<http://www.flu.gov/individualfamily/caregivers/index.html>

A Roadmap for Caregivers
http://sonoranucedd.fcm.arizona.edu/sites/sonoranucedd.fcm.arizona.edu/files/CAREGIVING_Roadmap_021010.pdf

Children, Families, Youth, Teens

Internet Safety Training, February 3, Manchester NH Health Department. This is for adults and agencies. RSVP by February 1.
Registration/RSVP/Contact: Tracy Degges; 603-628-6003; tdegges@manchesternh.gov.

Parent Information Group Hollis/Brookline

<https://sites.google.com/site/sau41special/home>

Community Resources Possible “financial assistance for low-income pet owners and people adopting pets from animal shelters to neuter their cat or dog.” New Hampshire

http://agriculture.nh.gov/divisions/animal_industry/documents/apcpapplicationpdf.pdf .
Contact: Animal Population Control Program; 603-271-3697

New Hampshire Animal Shelters and Pet Resources www.rescueleague.org/links.cfm

Deaf/Hearing Loss Possible Financial Assistance Resources For Hearing Aids and Personal Assistive Technology (includes possible resources for adults and children).
<http://www.hearingloss.org/support/financial.asp> **AND**
<http://www.hknc.org/images/hearingaidsUS2.htm> (note this is from 2006)

Diabetes

Living with Diabetes for teens
http://kidshealth.org/teen/centers/diabetes_center.html (with Spanish link) **Parents**
http://kidshealth.org/parent/centers/diabetes_center.html and **Kids**
http://kidshealth.org/kid/centers/diabetes_center.html

Disability Awareness/ Success Stories/Other Legislative Educational Session at Crotched Mountain Specialty Hospital, Greenfield New Hampshire, February 25, 2011 sponsored by the Governor’s Commission on Disability and the Brain Injury Association of NH.
Registration/Contact: Karen Geary; 1/800/852-3405 or 271-2773; karen.geary@nh.gov
Legislative Leadership Workshops, February 26, March 12, Concord, NH;
Contact: Brain Injury Association of New Hampshire;

Community Organizer; (603) 332-9891

Latinos talk about Living with a Disability
<http://www.proyectovision.net/english/news/42/tarricone.html>

“Blind to Failure” How a Person who is Blind hiked Mount Washington
<http://www.2020visionquest.com/NewVideoPage.html>

Profiles of “Wounded Warriors”
http://www.defense.gov/home/features/2008/1108_warriorcare/main.html

“Andrew’s journal: Growing up with dyslexia and AD/HD”
<http://www.greatschools.org/special-education/LD-ADHD/andrews-story-dyslexia-ADHD.gs?content=800&cpn=20101216LD>

The Jonas Brother who has Diabetes
http://kidshealth.org/kid/diabetes_basics/what/nick_madi.html

Profile of a Photographer with Macular Degeneration
<http://www.ahaf.org/macular/livingwith/mike-despot.html>

A Governor with a Learning Disability
<http://www.ctpost.com/local/article/The-impact-of-Malloy-s-inaugural-revelation-about-942245.php>

Disaster Preparedness
Tips and Resources on Dealing with Winter Emergencies and

Extreme Cold

<http://www.ready.gov/america/beinformed/winter.html> AND
Hypothermia
<http://emergency.cdc.gov/disasters/winter/staysafe/hypothermia.asp?source=govdelivery>

Emergency Preparedness for Animals (NH)

<http://newhampshiredart.org/home.html> **and**
http://newhampshiredart.org/images/DisasterPrepBrochure_20REVISED_201Aug05.pdf

Safe Sheltering in your Home during a Disaster

http://www.extension.org/pages/Safe_Sheltering_In_Your_Home

Financial (February 20-27 is America Saves Week)

Tips and Resources on Saving Money
<http://www.americasavesweek.org/individuals/action.asp>

Health and Wellness/Health Care

Free nutrition courses
http://extension.unh.edu/resources/files/Resource000343_Rep365.pdf . Contact/Registration: UNH Cooperative Extension; 1-877-398-4769 or
http://extension.unh.edu/staffbios/index.cfm?fuseaction=display.list&programarea_id=9

Healthy, quick, easy recipes
<http://www.smallstep.gov/eb/recipes.html#corn> AND
<http://www.myeatsmartmovement.com/Recipes.html> And

Healthy and Appealing Lunches

<http://getinvolved.nih.gov/newsbulletins/Rsingle.asp?id=891&issue=December2010> AND
<http://food.unl.edu/web/fnh/ciq-january-2011> AND
http://www.ncpad.org/nutrition/fact_sheet.php?sheet=863

Tip Sheet-Heart Healthy Foods
http://www.nlm.nih.gov/medlineplus/news/fullstory_106362.html And Shopping List
<http://healthfinder.gov/prevention/ViewTool.aspx?toolId=2>

Tip Sheet-“Making Small Changes to Cut Calories”
http://www.nlm.nih.gov/medlineplus/news/fullstory_106624.html

Healthy Behavior Posters in Spanish

<http://getinvolved.nih.gov/newsbulletins/Rsingle.asp?id=892&issue=December2010>

Tip Sheet-Healthy Eating over 50
<http://www.nia.nih.gov/HealthInformation/Publications/healthyeating.htm> (in Spanish too) can be ordered at
<http://newcart.niapublications.org/order/order.aspx?id=AP017>

Tip Sheet-Sticking to Healthy Resolutions
http://www.nlm.nih.gov/medlineplus/news/fullstory_107059.html

2011 Bone Health Pocket Planner

<http://catalog.niams.nih.gov/detail.cfm?pubid=2339> (order for free)

Heart Conditions (February is Heart Month)

Living with Heart Disease Information Page
<http://www.noah-health.org/en/blood/disease/care/living.html>

Heart Failure-Congestive Heart Failure (CHF)

Resource page
http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart_Failure_UCM_002019_SubHomePage.jsp

Heart Disease fact sheet, resource & publication page
<http://www.nhlbi.nih.gov/health/public/heart/index.htm#hbp>
Has information on heart diseases, vascular diseases, living with heart disease, nutrition, recipes. Information in Spanish and other languages.

Mended Hearts
<http://mendedhearts.org/resources/dealing-with-heart-disease>

Covers: dealing with heart disease, coping, depression, lifestyle changes, nutrition, etc.

Mental Health

Workshops for families of people with mental illness. FREE Topics include: future planning, employment, benefits, asking for and getting help, etc
<http://www.dhhs.nh.gov/dcbcs/bbh/ocfa.htm>. February, Concord, NH.
Registration/contact Michael Bilson: 603-271-5045; 1-800-852-3345xt.5045; mbilson@dhhs.state.nh.us

Free 8-session Educational Series for parents/primary caregivers of children and adolescents with serious emotional disorders. For information or to register go to <http://www.naminh.org/pmc>. February, New Hampshire. Contact: NAMI-NH, 603.225.5359 or 1.800.242.6264; info@naminh.org

Free 12-session Educational Series for adults who are impacted by an adult loved one with mental illness. February, New Hampshire. For information or register, go to <http://www.naminh.org/family-to-family>. Contact: NAMI-NH, 603.225.5359 or 1.800.242.6264; info@naminh.org

Tip Sheet-Finding Affordable Mental Health Services for Adults and Teens http://kidshealth.org/teen/your_mind/mental_health/mhealth_care.html

Multiple Sclerosis (MS)

Sweet Socials- Share information and learn more about the National MS Society programs and services available to people with MS, family, friends, etc. (Limit is 2 adult guests). PRE-REGISTRATION is REQUIRED. FREE! , February 19, 2011, Portsmouth, NH <http://mammain.nationalmssociety.org/site/Calendar?id=241932&view=Detail>. Contact: Multiple Sclerosis Society of

Greater New England; 1-800-344-4867

Recreation/Leisure

Indoor cycling ride www.nepassage.org February 5, Durham, NH. Contact: Northeast Passage, 603-862-0070; David.Lee@unh.edu

Wheelchair Curling http://www.ncpad.org/competitive/fact_sheet.php?sheet=815

Service Dogs

Tip Sheet-Considering a Service Dog http://www.ncwd-youth.info/sites/default/files/outsidetheBox_PAS.pdf

Spina Bifida

National Spina Bifida Association www.spinabifidaassociation.org . (with Spanish link) Contact: 4590 MacArthur Boulevard, NW Suite 250, Washington , DC 20007; 202-944-3285; 800-621-3141; sbaa@sbaa.org

Transition/Youth/Teens

New Hampshire Vocational Rehabilitation: Who Are We and What Can We Do in Schools http://www.education.nh.gov/career/vocational/school_trans.htm

Tips for Students with Learning Disabilities who want to go to College <http://www.ldonline.org/experts/techexpert/current#1> AND Students with Disabilities Preparing for College <http://www.nclد.org/college-aamp-work/post-high-school-options/transitioning-to-college/preparing-for-college> AND Going to College- A

Resource for Teens with Disabilities <http://www.going-to-college.org>

COUNSELORS AND MENTORS HANDBOOK ON FEDERAL STUDENT AID 2011/2012

<http://www.fsa4counselors.ed.gov/clcf/attachments/CMH11-12.pdf>

Veterans/Service Members

Resources for members of the Air Force and their Families <http://www.acc.af.mil/library/acccomprehensiveairmanfitness/index.asp>

“PTSD-The Invisible Wound” http://www.acc.af.mil/news/story_print.asp?id=123177563

Please see the SILC website at www.silcnh.org for more information and links.

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Please note:

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