

# EngAGING NH NEWS



A Citizen Voice for the  
Aging Experience

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January 2011

Volume 7, Issue 1

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### GUEST OPINION:

## Affordable Housing: NH's Unmet Need For Elders

by Joanne Dodge

As children, we had parents who watched out for us, and who did what they could to provide us with a loving, healthy, active life. If needed, they fought for us too, for programs in the school, outside activities, etc.

When we had children, our parents often were there to pitch in with financial help, care giving, etc.

Now, we who may need caregivers are finding a very different world. Our children are working and busier than we ever were. Many live far away. And we are often alone. And we are living longer.

Too many of our generation have had to move out of our homes because of sickness or financial difficulties. And the options are few. If one is financially sound, there are many senior homes, assisted living facilities and even nursing homes to choose from. But for those living on a low to moderate income, the options are either stay at home or go to a nursing home.

Assisted living is not generally paid for by Medicaid. Some facilities have one or two beds set aside. The cost for an assisted living bed is generally twice the amount that Medicaid pays.

Those who do stay home often have few if any social activities in their lives. Senior Moments performed a play dealing with depression and suicide

prevention. One of skits featured two elderly women who had been best friends for year, sharing the happiness and the pain of raising a family. Now, one is in senior housing; the other is living with her daughter. The only time they can see each other, is if the daughter will drop off her mother, usually for a short time now and then.

Caregivers were once young, so they are aware of many of the needs of a younger generation. Caregivers were never old. This includes doctors, nurses, social workers—anyone who cares for seniors. Very, very few colleges offer courses in

geriatrics, let alone a major. (One college in Maine has a course where students live in a nursing home for two weeks to get a feel for what it's like.)

Caregiving doesn't take into account the individualism of every senior. We are not all alike. We do not all like to play Bingo. It's easier from a caregiver's point of view to plan group activities.

Understanding and acknowledging the fact that seniors are not all the same allows for better and more humane care. It's what we wanted and how we lived when we were young.

Alcoholism is a problem for some, depression for others. Living with the loss of home, or mate, or lifestyle isn't easy. And for those of us who cannot afford choice, true choice, there isn't much else.

*These remarks were made at a recent NH State Committee on Aging meeting held in Salem NH. Joanne Dodge represents Strafford County on this Committee.*

*Caregivers were once young, so they are aware of many of the needs of a younger generation. Caregivers were never old.*

## From Our Readers

### AGING IN PLACE: MADE EASIER BY A VILLAGE NETWORK

by Owen R Houghton

A lot has been said about aging in place in the media—I recently heard an NPR program on the growing need for geriatric care, and read a USA Today article warning of the pressures on social services from the 79 million Baby Boomers turning 65.

I found an article by Howard Gleckman, a resident fellow at the Urban Institute, author of *"Caring For Our Parents"* and a frequent writer and speaker on long-term care issues to be most interesting. Entitled *"Aging In Place Is Not So Easy"*, he indicates that while 'aging in place' is the popular rallying cry in the senior community, living at home is not so easy.

Gleckman asserts that the transition from home to assisted living facilities or nursing homes is driven more by social issues than medical concerns, citing a "lack of qualified caregivers, an absence of basic services such as

transportation, no access to appropriate housing, and loneliness" as primary reasons for leaving one's home.

However, he also suggests that while assisted living and nursing home care may still be necessary for those with no families or those suffering from severe dementia, "if we work at it, we can postpone the transition for months or even years. It is worth trying."

The AARP estimates that 95% of folks over 80 stay in place. Almost everyone could receive the care they need at home, even if they suffer from multiple chronic illnesses, but lack of knowledge and resources often lead to a "give-up" decision by elders and family.

Last fall I attended a conference in Washington, D.C. sponsored by Beacon Hill Village with assistance from the Village to Village Network. The concept being promoted was simple and designed to make aging in place more like it was "back in the day".

One of the speakers from the federal Agency on Aging (AOA) suggested that "staying where I am" is not an aging issue but a "livability issue". The grass roots village movement is at the core of our need to live life as successfully as possible. Folks have come to recognize that their options to remain at home as long as possible increase if they pool their resources and come together to personalize, customize and humanize home and community based services. This is the essence of the village movement which is

sweeping the country. May this be so for all of us.

As one of the founders of an Eastern Monadnock answer to the aging in place trend, I participated in the celebration of the opening of Monadnock at Home in September, remarking that it was very appropriate to be celebrating at the Peterborough Historical Society since Monadnock at Home is part of a village movement which is sweeping the country.

Under the direction of a non-profit Board and Executive Director, the cooperative provides access to a wide range of prescreened providers, transportation to appointments and once-a-week grocery trips, help with simple maintenance or basic technical problems, social and educational opportunities, safety review of the home, telephone check-ins, and volunteer opportunities.

Monadnock at Home members now have another form of long term care insurance which gives confidence and peace of mind to combat the fears and struggles of remaining at home as long as possible. The opportunities to "share the caring" in the member volunteer network adds value to this aging wellness model. More information may be found at [www.monadnockathome.org](http://www.monadnockathome.org)

*Owen R. Houghton is a geriatric consultant, a member of Monadnock Senior Advocates and Past Chair of the State Committee on Aging. His focus is aging well. Readers may contact him at [nohoughton@myfairpoint.net](mailto:nohoughton@myfairpoint.net)*

**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**

## News You Can Use

### OLDER AND HAPPIER

“As people age, they’re more emotionally balanced and better able to solve highly emotional problems. We may be seeing a larger group of people who can get along with a greater number of people. They care more and are more compassionate about problems, and that may lead to a more stable world. Our findings suggest that it doesn’t matter when you were born. In general, people get happier as they get older.”

“As people get older, they’re more aware of mortality. So when they see or experience moments of wonderful things, that often comes with the realization that life is fragile and will come to an end. But that’s a good thing. It’s a signal of strong emotional health and balance.”

“What this study tells me, aged 30-something, is that being aware of my own mortality now can add value and happiness to my everyday life, that I don’t have to grow old before happiness levels can improve, I merely need to remain mindful that life is fragile. That, of course, may be easier said than done, but it’s a goal worth striving for”, says [Laura Carsensen](#), a psychology professor and director of the Stanford Center

### Raise Your Voice!

[LCAMST38@comcast.net](mailto:LCAMST38@comcast.net)  
[engagingnh@yahoo.com](mailto:engagingnh@yahoo.com)

on Longevity.

### AGING NH POPULATION PART OF SOLUTION TO SHRINKING BUDGETS

Age 65 is the new 35. Ask almost any Baby Boomer about age and that is what he will tell you.

There are over 170,000 New Hampshire residents over the age of 65, and according to state statistics, that number will double by the year 2030 as Boomers retire. These numbers are cause for concern for some groups that associate an aging population with an increase in need for community services, but Doug McNutt, associate director for advocacy with AARP in New Hampshire, sees seniors as part of the solution for communities, through volunteerism.

"People over 65 are an enormous resource because the population is growing; they have a lot of skills, and they have the desire to help people in their communities, and we have to use them as a resource, and we have to stop thinking of them as a negative and think of them as a positive."

McNutt says 70 percent of New Hampshire's AARP members have expressed the desire to volunteer in their communities and see volunteering as a way to help solve problems.

Libby Hanna is the state program specialist for the Corporation for National and Community Service in Concord; her group oversees three programs that utilize over 3,300 senior volunteers in a number of capacities.

"The amount of work that they

### CAN YOU HELP?

As you do your year end planning, please remember ENH. Our not-for-profit group has online donation capability, thanks to the NH Disabilities Rights Center. Your donation can help support the Vaughan Award program or help ENH to grow and to expand your influence. To donate, click and follow this link:

<https://co.clickandpledge.com/s/p/1/default.aspx?wid=23851>

do, and the impact on the communities they have, are just huge, just touching countless lives though mentoring and working with people in their homes, to volunteering in hundreds of different community agencies across the state."

Hanna says volunteers through the Foster Grandparent Program, Senior Companions, and Retired and Senior Volunteer Program (RSVP) collectively log over 600,000 hours per year.

Aging statistics can be found at: [www.aarp.org](http://www.aarp.org)

*Source: Public News Service RSS site. To access an audio version of this and other stories go to: <http://www.publicnewsservice.org/index.php?/content/article/17403-1>*

### Legislative Update

FROM NH’S STATE HOUSE:

**HEALTH, HUMAN SERVICES  
& ELDERLY AFFAIRS  
MEMBER APPOINTED FOR  
2011-12**

**Republican Members**

Reagan, John M., Chairman

Kotowski, Frank R., Vice  
Chairman

Pilliod, James P

Emerson, Susan

McMahon, Charles E

Barry, J. Gail

Millham, Alida I.

Case, Frank G.

Cusson-Cail, Kathleen J.

Donovan, Daniel A.

Fredette, Robert A.

Lebrun, Donald L.

Schmidt, Stephen J.

**Democrat Members**

MacKay, James.

DiPentima, Rich T.

Harding, Laurie

Deloge, Helen M.

Merrick, Evalyn S.

Meeting are generally held in  
Room 205, LOB \* 271-3589

**Health Care Reform Act**

What's happening in NH? Several provisions of the Affordable Health Care Act, known as Health Care Reform, impact seniors. NH Voices, a network of consumer and advocacy organizations allied in their commitment to securing quality, affordable health care for

**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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all in New Hampshire, has taken the lead on organizing work groups, and ENH is involved in the group working on elder issues. As reported previously, the NH Dept. of Health & Human Services announced it was one of only four states to be awarded all

four grants to help people navigate health and long-term care options to support community living for seniors and individuals with disabilities. Look for updates in future newsletters. Looking for a simple and accurate presentation on Health Care Reform? Go to:

<http://healthreform.kff.org/the-animation.aspx>.

## Computer Tips

### MAIL MERGE?

Many people today have more than one email account, usually to separate personal from business activities. There are several different services that offer to transfer your address book information from one account to another.

**BE AWARE** and read the fine print in the AGREEMENT; be sure that you are not allowing your information to be sold or shared.

## Health & Wellness

### Expiration Dates on Medications

Have you wondered if medications are useless or dangerous after the expiration dates stamped on the bottles? William McCloskey, interim chair of the Department of Pharmacy Practice at the Massachusetts College of Pharmacy and Health Sciences, says that drug manufacturers don't study what happens to drugs over long periods of time, so there's no way for consumers to know how long a specific drug will last.

For that reason, he recommends a conservative approach. Using a drug a few weeks after the expiration is probably fine, but after a year or more it makes sense to replace it.

If you do choose to take that expired pill, the main risk you're taking is that it won't work. For a headache remedy or cold medicine it may be worth that risk, but for a medication that's critical for your health, "you want to make sure it's potent," McCloskey says.

It should be noted that antibiotic tetracycline, can become dangerous after the expiration date. Other medications are not likely to become toxic or dangerous. Liquids and liquid capsules tend to be less stable than solid tablets.

Storing medications properly can help extend their life. Be sure to follow the instructions on the label.

*Source Boston Globe*

## Purposeful Living

Never a stranger to volunteerism, Mary Perry volunteered when her children were of school age. Upon her second graduation from college, Mary rekindled her lifelong interest that included involvement with the Clamshell Alliance, her church, the first soup kitchen in the state, working tirelessly

with the homeless and with the elderly population of Manchester. When she retired, her volunteerism increased.

At eighty-four, Mary continues to volunteer twice a week at the blood center. As a volunteer there

for more than twelve years, Mary is recognized as a long-time friend and calming influence as she meets old and new donors upon their arrival. She has been described as a caring, helpful, and accommodating volunteer whom everyone loves. She has been recognized by the Red Cross as an outstanding volunteer.

Mary for a time was a regular volunteer for the Elliot Hospital where she annually knitted dozens of tiny knit caps for infants in the neonatal units and prayer shawls for persons suffering from cancer and dealing with end of life issues.

Mary routinely volunteered as a parish nurse, screening elders for evidence of illnesses such as heart disease, high blood pressure, diabetes, and arthritis.

Mary's volunteerism continues as she collects medical supplies to give to groups going to missions in third world countries such as the Dominican Republic and Haiti. She also routinely visits local nursing homes comforting long-time ill friends.

Mary's willingness to give back to the community is an example of dedication and commitment all can learn from. Her allegiance to the

values she learned as a young woman has been passed on to hundreds of others. She has created a legacy that will be hard for those that follow to emulate.



Mary Perry

Mary Perry was a recipient of the 2010 Joseph D. Vaughan Award and she continues to live every day with a purpose.

## Laugh & Live Longer

### TEXTING FOR SENIORS

Since more and more Seniors are texting and tweeting there appears to be a need for a STC (Senior

#### *Clip 'n Save: Easy Recipes*

#### **Upside-down Blueberry Pancake**

Preheat oven to 350°

Combine and set aside:

- 1 cup Bisquick
- ½ c. milk
- 1 egg
- ½ t. cinnamon

In the oven, melt 2 T butter in a 9" pie pan. Remove from oven.

In the melted butter, spread:

- 1 c. blueberries (fresh or frozen)

Top with batter.

Bake 18 minutes or until springy on top. Serve with your favorite syrup.

Can be doubled and baked in a quiche pan.

Other fruits (raspberries, peaches) can be substituted. (If using apples, sauté 2 sliced, for 10 minutes prior to placing in pan)

Texting Code). If you qualify for Senior Discounts these are the codes for you.

- ATD: At The Doctor's
- BTW: Bring The Wheelchair
- CBM: Covered By Medicare
- CUATSC: See You At The Senior Center
- FWB: Friend With Beta Blockers
- FWIW: Forgot Where I Was
- FYI: Found Your Insulin
- IMHAO: Is My Hearing Aid On?
- LMDO: Laughing My Dentures Out
- LOL: Living On Lipitor
- OMMR: On My Massage Recliner
- ROTFL – ACGU: Rolling On The Floor Laughing... And Can't Get Up
- TTYL: Talk To You Louder
- WAITT: Who Am I Talking To?
- WTP: Where's The Prunes?
- WWNO: Walker Wheels Need Oil
- WMDP: Where's My Damn Phone?
- YMIH: Why Am I Here?

## Board Notes

We hope you have all recovered from the 2010 blizzard, the activities of the holidays, and are ready for the New Year.

Since Election Day, there have been many discussions about the next session of Congress, pondering over our new NH Legislature, and concerns over what will happen now that there has been a shift in the balance of

power. It's interesting that we have come to think that governing is about one side winning and one side losing rather than about assessing the needs of the people and how to best address them.

Have we settled too comfortably into "group think" wanting to surround ourselves with the opinions of only those who think like we do?

Have we forgotten that what makes this country and our State, with the largest legislative body, unique is the capacity for diverse points of view and the freedom to express them?

ENH encourages you to not only speak up, but to listen; great diversity demands great creativity and the best possible solutions.

Happy New Year 2011!

## Resource Guide

To add resources to these guides, please directly contact the NH Statewide Independent Living Council (SILC)

New Hampshire Statewide Independent Living Council (SILC)

[www.silcnh.org](http://www.silcnh.org)

Editor-Paula Ninivaggi

Date: January 2011

Please feel free to pass this newsletter on.

January 12, 2011 Free seminar on Disaster Preparedness by the Red Cross

<http://www.silcnh.org/index.php>

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](mailto:paula.ninivaggi@nh.gov)

Interested in possibly joining the SILC? Go to [http://www.silcnh.org/mod.php?mod=userpage&menu=33&page\\_id=28](http://www.silcnh.org/mod.php?mod=userpage&menu=33&page_id=28) for more information or email the SILC at [paula.ninivaggi@nh.gov](mailto:paula.ninivaggi@nh.gov)

### **Autism/Asperger's**

Events and trainings from the Asperger's Association of New England [http://www.aane.org/upcoming\\_events/aane\\_event\\_list.html](http://www.aane.org/upcoming_events/aane_event_list.html)

Asperger's Disclosure card for First Responders and Law Enforcement [http://www.aane.org/docs/resources\\_aane\\_wallet\\_card.pdf](http://www.aane.org/docs/resources_aane_wallet_card.pdf)

### **Benefits/Financial Assistance/Community Resources**

NH Medication Bridge Program <http://www.healthynh.com>

[/fhc/initiatives/access/medicationbridge.php](http://fhc/initiatives/access/medicationbridge.php)

Understanding Prescription Assistance Programs (PAPs) with links to programs <http://www.talkaboutrx.org/paps.jsp>

Medicare Resource Directory <http://www.medicareadvocacy.org/> (with Spanish link)

New Hampshire Insurance Department information for consumers (with spanish links) <http://www.nh.gov/insurance/consumers/>

**Blind** (January 4 is World Braille Day) "Going Blind"-Movie and discussion about blindness [http://www.redrivertheatres.org/box\\_films.php#going\\_blind](http://www.redrivertheatres.org/box_films.php#going_blind) January 24, 2011, Red River Theatre. Concord. Free limited admission seating. Reservations: 603-224-4697 extension 13

"Directions For Me; a website featuring preparation directions, nutrition facts, warnings, ingredients and other important information in an easy to use and accessible format."

[www.directionsforme.org/index.php/home](http://www.directionsforme.org/index.php/home)

### **Bullying**

NH Bullywatch <http://www.nhbullywatch.org/>

Protecting Yourself from Online Harassment and Bullying <http://www.autism-society.org/site/News2?page=NewsArticle&id=16595>

Information for Teens, Kids, and Parents on Bullying and Cliques [http://kidshealth.org/parent/positive/issues\\_2011/2011\\_cyberbullying.html](http://kidshealth.org/parent/positive/issues_2011/2011_cyberbullying.html)

### **Caregiving**

Exercise Tips for Caregivers [http://www.extension.org/pages/Take\\_10\\_-\\_A\\_Caregiver\\_Exercise\\_Program](http://www.extension.org/pages/Take_10_-_A_Caregiver_Exercise_Program)

### **Children, Families, Youth, Teens**

Families First Health and Support Center Program schedule, Portsmouth, NH <http://www.familiesfirstseacoast.org/calendar.html>

Maternal and Child Health Library: Directory for Finding Community Services for Children and Families (General) <http://www.mchlibrary.info/AZresources.html#D>

### **Deaf/Hard of Hearing**

Tip Sheet Getting Used to a Hearing Aid

[http://www.nlm.nih.gov/melineplus/news/fullstory\\_105120.html](http://www.nlm.nih.gov/melineplus/news/fullstory_105120.html)

Financing Your Education: Options for Students who are Deaf or Hard of Hearing

[http://projects.pepnet.org/publication/financing\\_your\\_education/](http://projects.pepnet.org/publication/financing_your_education/)

### **Disability Awareness/ Success Stories**

“Lost in Laconia” film about the Laconia NH State School

<http://csni.org/LaconiaStateSchool/index.htm>

Disability Awareness and Communication Tips

<http://askjan.org/ENews/2010/ENews-V8-I4.htm#1>

“The Flip Side of Disability” Disability as seen by Society

<http://www.flipsideofdisability.org/FSOD/Welcome.html>

### **Disability General/Other**

Information Sheets on different Disabilities including: Autism, Cerebral Palsy, Down’s Syndrome, Epilepsy, Hearing Loss, Muscular Dystrophy, Rhett Syndrome, Spina Bifida, Vision Loss, etc.

<http://www.mychildwithoutlimits.org/?page=understand>

Health, Disability, Aging Organizations Online Directory

<http://www.nia.nih.gov/HealthInformation/ResourceDirectory.htm>

“Connecting Consumers to Community Life”

[http://www.tucollaborative.org/pdfs/COMPENDIUM\\_of\\_Innovative\\_CI\\_Projects\\_11-29\\_10.pdf](http://www.tucollaborative.org/pdfs/COMPENDIUM_of_Innovative_CI_Projects_11-29_10.pdf)

Inclusive Education Webinars

<http://iod.unh.edu/Projects/niei/Webinars.aspx> (free)

### **Disaster Preparedness**

List of Basic Emergency Supplies

<http://www.redcross.org/portal/site/en/menuitem.1a019a978f421296e81ec89e43181aa0/?vgnnextoid=5222213587e72210VgnVCM1000089f0870aRCRD>

Winter Storm Preparedness

<http://www.redcross.org/www-files/Documents/pdf/Preparedness/WinterStorms.pdf>

(with Spanish link) and for Older Adults and People with Disabilities

<http://www.fema.gov/news/newsrelease.fema?id=53310> AND Frostbite and Hypothermia

<http://www.redcross.org/www-files/Documents/Preparing/>

[Frostbite and Hypothermia.pdf](#)

Emergency Preparedness Steps for People with Disabilities

<http://www.livingwellwithadisability.org/2010/06/are-you-prepared-for-an-emergency>

Dealing with Power Outages

<http://www.redcross.org/www-files/Documents/pdf/Preparedness/PowerOutage.pdf>

**Glaucoma** (January is Glaucoma Awareness Month)

Information and Resources on Glaucoma  
[www.geteyesmart.org/eyesmart/diseases/glaucoma.cfm](http://www.geteyesmart.org/eyesmart/diseases/glaucoma.cfm) AND

[www.geteyesmart.org/eyesmart/diseases/glaucoma.cfm](http://www.geteyesmart.org/eyesmart/diseases/glaucoma.cfm) (with Spanish link) And Pediatric Glaucoma

[www.geteyesmart.org/eyesmart/diseases/glaucoma.cfm](http://www.geteyesmart.org/eyesmart/diseases/glaucoma.cfm) And Living with Glaucoma

[www.geteyesmart.org/eyesmart/diseases/glaucoma.cfm](http://www.geteyesmart.org/eyesmart/diseases/glaucoma.cfm) free books, financial resources, support.

### **Health and Wellness/Health Care**

Webinar-The Affordable Care Act and People with Disabilities

<http://www.bmc.org/spinal>

[cordinjurycenter.htm](http://cordinjurycenter.htm)

January 12, 2011. Free.

Registration:

<http://development.bmc.org/nerscicwebcast>

Affordable Care Act  
Information for People with  
Disabilities

[http://www.healthcare.gov/news/factsheets/affordable\\_care\\_act\\_americans\\_disabilities.html](http://www.healthcare.gov/news/factsheets/affordable_care_act_americans_disabilities.html)

Making New Year's  
Resolutions Stick-Creating  
Healthy Habits

<http://newsinhealth.nih.gov/issue/Dec2010/Feature1>

AND

<http://www.medicinenet.com/script/main/art.asp?articlekey=57195>

Information on various  
health topics like:  
prevention, wellness,  
illness

[www.healthfinder.gov](http://www.healthfinder.gov) and  
Guide to Health Living from  
the U.S. Department of  
Health and Human Services  
<http://www.healthfinder.gov/prevention>

### **Mental Health**

Seasonal Affective Disorder  
(SAD)

<http://www.mentalhealthamerica.net/index.cfm?objectid=C7DF957C-1372-4D20-C870C55B099C85EA> AND  
<http://www.noah-health.org/en/mental/disorders/depression/types/seas>

[onal.html](http://www.noah-health.org/en/mental/disorders/depression/living.html) (with links in  
Spanish)

Dealing with Depression  
[http://www.helpguide.org/mental/depression\\_tips.htm](http://www.helpguide.org/mental/depression_tips.htm) AND <http://www.noah-health.org/en/mental/disorders/depression/living.html>

Workshops for families of  
people with mental illness.  
FREE Topics include: future  
planning, employment,  
benefits, Asking for and  
getting help

<http://www.dhhs.nh.gov/dcbcs/bbh/documents/ocfatraining.pdf>

Registration/contact

Michael Bilson: 603-271-  
5045; 1-800-852-3345  
ext.5045; [mbilson@dhhs.state.nh.us](mailto:mbilson@dhhs.state.nh.us)

### **Older Adults**

Older Adults Share Tips for  
Physical Activity

<http://nihseniorhealth.gov/stories/stories.html>

Tips on Preventing Falls in  
Older Adults

<http://www.cdc.gov/features/OlderAmericans/>. Has

free posters in English,  
Spanish, and Chinese. Also  
has podcasts.

### **Recreation/Leisure**

Adaptive Sports Partners of  
the North Country

Rooted in the community,  
reaching out to all-all

disabilities, all sports, all  
seasons

<http://www.adaptivesportspartners.org/> AND

Hit the Slops; NH ski areas  
now have adaptive ski  
programs where you can  
learn to alpine ski,  
snowboard, snowshoe and  
cross-country ski.

<http://www.abilityplus.org/>  
or [www.nehsa.org](http://www.nehsa.org)

### **Recreation NH general, indoor and outdoors**

<http://www.visitnh.gov/what-to-do/event-calendar.aspx>

### **Safety**

Home Fires Safety  
information

<http://www.cdc.gov/Features/FirePrevention/> and  
<http://www.cdc.gov/HomeandRecreationalSafety/Fire>

[Prevention/fireprevention.htm](http://www.cdc.gov/HomeandRecreationalSafety/FirePrevention/fireprevention.htm) (not just for people  
with disabilities) (with  
Spanish information)

"A Home Fall Prevention  
Checklist

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/CheckListForSafety.html>

### **Substance Abuse**

New Hampshire Substance  
Abuse information

<http://drugfreenh.org/>.  
Includes links to programs,  
how to pay for treatment,

how to prevent substance abuse. Has information for adults, families, providers, teens, etc.

### **Transition/Youth/Teens**

Project Search-A NH employment and training program for 19-25 year olds with disabilities  
<http://www.projectsearchnh.org>

Independent Living Checklist  
[http://www.ncwd-youth.info/sites/default/files/IndependentChecklist\\_PAS.pdf](http://www.ncwd-youth.info/sites/default/files/IndependentChecklist_PAS.pdf)

Transition Resources, modules, and organizations for youth with disabilities, families, VR counselors, educators, agencies, etc.  
<http://www.pathwaysrtc.pdx.edu/vr.shtml>

Checklist for college and career exploration goals  
[http://www.pathwaysrtc.pdx.edu/pdf/presR2\\_CollegeisforEveryone2010.pdf](http://www.pathwaysrtc.pdx.edu/pdf/presR2_CollegeisforEveryone2010.pdf)  
(pages 10 and 11)

College Tips for Students with Intellectual Disabilities  
[www.thinkcollege.net/for-students/helpful-hints](http://www.thinkcollege.net/for-students/helpful-hints)

The source of knowledge for everything college  
[http://www.nhheaf.org/index.asp?page=stu\\_hs](http://www.nhheaf.org/index.asp?page=stu_hs) And free trainings, college

counseling etc  
[http://www.nhheaf.org/index.asp?page=stu\\_hs](http://www.nhheaf.org/index.asp?page=stu_hs)  
(including for people with disabilities and adult learners)

Common Application  
<https://www.commonapp.org/CommonApp/FAQ.aspx>

**Transportation**  
Nashua NH Senior and Paratransit Services  
<http://www.gonashua.com/NTSParatransitandSeniorServices/NTSParatransitServices/tabid/940/Default.aspx>

Carroll County Transit  
<http://www.carrollcountyttransit.info/>

**Veterans/Service Members**  
Handbook for Family and Friends of Service Members (Free )  
<http://www.realwarriors.net/materials/order/PBSHandbook.php%20>

Toolkit for Employers to Help in Hiring Veterans  
<http://www.americasheroesatwork.gov/forEmployers/HiringToolkit>

“Translating Military Experience to Civilian Employment”  
<http://www.realwarriors.net/veterans/treatment/civilianresume.php>

Navy Support Services and Resources for: Active Duty, Retirees, Veterans, Wounded, Families, etc  
<http://www.npc.navy.mil/CommandSupport>

“How Parents of Warriors Can Support Reintegration”  
[www.realwarriors.net/family/support/parents.php](http://www.realwarriors.net/family/support/parents.php) AND  
“Reconnecting with Your Teen After Deployment”  
<http://www.realwarriors.net/guardreserve/reintegration/familyreintegration.php>

Domestic Violence Resources for Military Families  
<http://www.realwarriors.net/family/support/domesticviolence.php>

Please see the SILC website at [www.silcnh.org](http://www.silcnh.org) for more information and links.

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**Please note:**

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