



Welcome to this week’s “AHA Moments,” a weekly news flash regarding key events, happenings, articles, and other relevant information for our stakeholders.

Join Us for the Next Coffee and Caregiving Conversation

The NH Alliance for Healthy Aging (NHAHA) Caregiving Workgroup invites you to the next Coffee and Caregiving Conversation on Friday, August 22, 2025, from 8:30–10:00 AM. Held at the Foundation for Healthy Communities in Concord, you’ll enjoy meaningful discussion, connection, and an opportunity for additional networking.

[Registration is now open](#) - RSVP by Thursday, August 21 at 4:30 PM to reserve your spot!

Hot Weather Safety for Older Adults

Older adults are more vulnerable to heat-related illnesses due to age-related changes, chronic conditions, and certain medications. With summer in full swing here in NH and temperatures on the rise, it's crucial to stay cool, hydrated, and protected from the sun.

[Learn key tips to prevent heat exhaustion, sunburn, and more.](#)

Fraud Watch: AARP NH Talks with Scam Expert

Fraud attempts are everywhere—whether it’s a fake text, a phishing email, or an imposter call, many of us face them daily. In a recent Senior Speak episode, AARP New Hampshire sat down with national fraud expert Amy Nofziger to talk about the latest scams and how to protect yourself and others.

[Watch Now](#)

Partner Event: Moving for Better Balance® Community Instructor Training

The NH Division of Public Health Services is hosting a Tai Ji Quan: Moving for Better Balance® instructor training on August 20-21, 2025, to expand evidence-based fall prevention programs across the state. No prior Tai Ji or fitness experience is needed to become an instructor, and the program can be delivered in any community setting.

Register for the training series [here](#) or contact Dawna Pidgeon at Dawna@dpbalance.net for more information.

How Hospitals Can Intervene in Abuse of Older Adults

A hospital visit offers a critical opportunity to detect and intervene in the mistreatment of older adults, yet such harms often go unrecognized. A new research translation brief from the National Center on Elder Abuse highlights how hospital-based programs like the Vulnerable Elder Protection Team (VEPT) can significantly reduce abuse and enhance safety for older adults post-discharge.

[Read the Full Research Translation Brief](#)

Accessible Dementia Education for Adults with Low Vision

Do you work with older adults who have low vision or blindness? The National Institute on Aging now offers audio-described videos on dementia, providing clear narration of on-screen actions to make content more accessible.

[Explore the full collection of audio-described videos on healthy aging.](#)

Technology is Transforming Care for Older Adults

Wearable devices and smart home sensors enable continuous monitoring of vital signs, activity, and emotional well-being in older adults, allowing earlier detection of health changes and reducing caregiver workload. These technologies support older adults' independence by tracking falls, providing medication reminders, and ensuring environmental safety, while AI-driven systems help prioritize alerts and coordinate timely responses.

[Learn More](#)

Do you have an “AHA Moment” you would like to share, or would like us to add a friend to the “Moments” Mailing List? Please email **Kathryn Selinga** at Kathryn.Selinga@unh.edu

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