



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

Reminder: Coffee and Caregiving is Coming Up Soon!

The NH Alliance for Healthy Aging (NHAHA) Caregiving Workgroup will be holding their next Coffee and Caregiving Conversation meetup 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.

[Register by Thursday, August 21 at 4:30 PM to reserve your spot!](#)

Partner Event: An OUTstanding Life

Taking place **tonight** from 6–8pm at GoodLife in Concord, NH, *An OUTstanding Life* is a free, in-person gathering for LGBTQIA+ older adults. Led by Andrea Lucas, MS, CTRS/L, this welcoming event offers space to connect, share, and celebrate community. No registration is needed, drop-ins are welcome.

[Learn More](#)

New Review Highlights Research Gaps in Homebound Older Adult Care

A **[recent scoping review](#)** in the *Journal of the American Geriatrics Society* examined the characteristics, outcomes, and challenges faced by homebound older adults to identify critical care gaps. The study calls for more targeted research to guide future interventions and improve home-based care models for this underserved population.

Homebound seniors in NH that need support can turn to local resources like [Aging and Disability Resource Centers](#), [Meals on Wheels](#), [CareGivers](#), and more for help with care coordination, nutrition, transportation, and mental health services.

Poor Air Quality Poses Greater Risks for Older Adults

Recent wildfire smoke and rising pollution levels are a serious concern for older adults, who are more vulnerable to the health impacts of ozone and fine particulate matter. Exposure can worsen conditions like heart disease, asthma, and COPD.

[These easy-to-share fact sheets](#) offer practical tips for older adults and caregivers to reduce exposure and stay safe.

Interested in becoming a Community Health Worker?

North Country Health Consortium is offering a 9-week virtual training for individuals interested in becoming Community Health Workers (CHW) or working in related roles such as Recovery Coach, Patient Navigator, or Home Visitor. The course begins September 4 and includes virtual classroom sessions, self-paced study, a two-day Motivational Interviewing training, and more.

[Learn More and Register](#)

Shifting Language on Health Issues

Reframing Aging recently released a new video in its Frame of Mind series: *Shifting Language on Health Issues*. The video offers practical tips on how to use more effective language when talking about aging and health, helping to build broader support for essential programs and services.

[Watch the video to learn how small shifts in messaging can make a big impact.](#)

*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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