



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

How Is New Hampshire’s Health System Performing?

According to the [2025 Commonwealth Fund Scorecard](#), New Hampshire ranks among the top five states nationwide for health system performance, with particular strengths in access to care, affordability, prevention & treatment, healthy lives, and equity.

Despite this strong showing, the state faces challenges in areas like avoidable hospital use and income disparity.

[Explore New Hampshire’s full profile and detailed performance data.](#)

Partner Event: A Caregiver's Guide to Finances

On August 20, 2025, at 12:00 PM, attend a free online event designed to help caregivers navigate the financial aspects of supporting someone with Alzheimer’s, dementia, or another chronic illness. Attendees will learn practical strategies for managing another person's finances, planning for future care expenses, and the importance of early financial planning.

[Register Now](#)

Share Your Age-Friendly Health Center Programs

The [National Center for Equitable Care for Elders](#) is seeking examples of health centers that offer outstanding age-friendly programs and services for older adult patients. If your

organization is making a difference, consider submitting your work to be featured in their *Health Center Highlights*.

Email submissions to ece@hsdm.harvard.edu.

Learning to Live Well with Diabetes

Join the UNH Extension for a free *Living Well with Diabetes* workshop series starting September 9 in Concord, NH. Held Tuesdays from 12:00–2:30 PM, this six-week in-person program offers practical tools for managing diabetes symptoms, healthy eating, glucose monitoring, and more, all led by trained facilitators.

[Space is limited—register by September 2!](#)

The Risks of Hospital Stays: A Guide to Safe Recovery for Older Adults

Hospital stays can be lifesaving, but they also come with hidden risks for older adults like loss of mobility and post-discharge complications. In the latest *Aging Forward* podcast by Mayo Clinic, hospitalist Dr. Allyson Palmer offers practical advice for safer hospital experiences and smoother recoveries.

[Listen Now](#)

Partner Event: 6th Annual Arts & Humanities in Medicine Symposium

Dartmouth Health is holding its 6th Annual Arts & Humanities in Medicine Symposium, focused on the powerful intersection of creativity and healthcare, on September 26 starting at 10:00 AM via Zoom. The event brings together professionals to explore how arts and humanities can support both patient care and provider well-being.

[Register here](#) or contact Gillian.M.Cook@Hitchcock.org with questions.

*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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