NH Alliance for Healthy Aging: Creating a Collective Approach to Addressing an Aging NH

Quarterly Meeting September 18, 2025



Agenda

- Welcome, Introductions, and Housekeeping
- Emergency Preparedness for Older Adults
- Break
- Brightspot: NH Oral Health Coalition
- NHAHA Updates
- New Futures NHAHA Advocacy Update
- Wrap Up
- Adjourn and Lunch



Announcing

Sylvia von Aulock Southern New Hampshire Planning Commission

as NHAHA Steering Committee Vice Chair





SEPTEMBER IS







Community Resiliency – Keys to Being Prepared

NH Alliance for Healthy Aging September 18, 2025







Community Resilience

United We Prepare

Being NH Ready is Being NH Resilient!

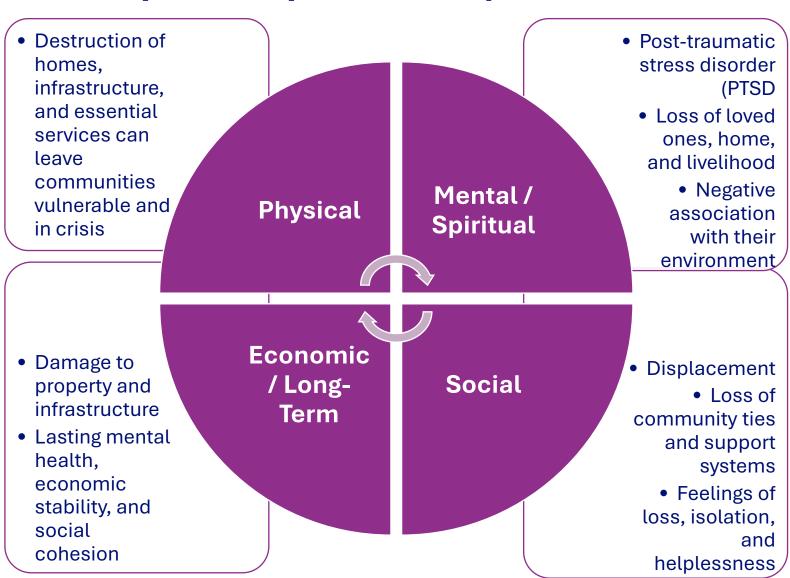
Community Resiliency? Why is it important?

Community Resiliency

A measure of the sustained ability of a community to utilize available resources to respond to, withstand, and recover from adverse situations. (Rand Corporation)

Why is it important?

People and their communities incur losses associated with natural and human-made disasters. Understanding the impacts can lead to more effective preparedness and recovery strategies.



United We **Prepare** – Resilience in Readiness

Emergency Contacts

 Identify your support networks and key emergency contacts

Get Connected

 Charge and enable your phone to get local alerts and warnings

Assess Your Needs

 Identify the key needs of you and your loved ones

Safeguard Key Documents

- Use your phone to take photos of key documents and document valuables
 - Save information in the cloud or external storage

Engage Your Support Network

- Check to see if family members / support network has their plans
- Share these tips!
- Discuss and document who is caring for who and the lifesustaining equipment





Being NH Ready is Being NH Resilient!







Part of being prepared is being informed. Sign up for NH Alerts today.



Sign up for Emergency Alerts through NH Alerts

Do you have questions? Read the FAQ.



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and start you will do in an emergency. Keep a copy of this plan in your emergency supply lot or another safe clane where you run on excess life the excet of a disaster.

Email:	Additional Contact Number:	
Secondary Out-of-town Contact Name:	Secondary Phone Number:	
Neighborhood Meeting Place:	Regional Meeting Place:	
Evacuation Location:		
Fill out the following information for each family me	mber and keep it up to date.	
Name:	Social Security Number:	
Date of Birth:	Important Medical Information:	
Name:	Social Security Number:	
Date of Birth:	Important Medical Information:	
Name:	Social Security Number:	
Date of Birth:	Important Medical Information:	
Name:	Social Security Number:	
Date of Birth:	Important Medical Information:	
Name:	Social Security Number:	

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare provider

WORK LOCATION ONE:		SCHOOL LOCATION ONE:			
Address:		Address	Address:		
Phone Number:		Phone Number:	Phone Number:		
Evacuation Location:		Evacuation Location:	Evacuation Location:		
WORK LOCATION TWO:		SCHOOL LOCATION TWO:	SCHOOL LOCATION TWO:		
Address:		Address:	Address:		
Phone Number:		Phone Number	Phone Number		
Evacuation Location:		Evacuation Location:	Evacuation Location:		
WORK LOCATION THREE:		SCHOOL LOCATION THREE	SCHOOL LOCATION THREE:		
Address		Address:	Address		
Phone Number Evacuation Location: OTHER PLACE YOU FREQUENT: Address: Frome Number Evacuation Location:		Phone Number: Evacuation Location:			
				OTHER PLACE YOU FREQU	OTHER PLACE YOU FREQUENT:
		Address: Phone Number:			
					Evacuation Location:
		IMPORTANT INFORMATION:	NAME:	TELEPHONE NUMBER:	POLICY NUMBER:
		Doctor(s):			
Other:					
Pharmadist:		1			
Medical Insurance:					
Homeowners/Rental Insurance:	1				
Veterinarian/Kennel (for pets):			20		









September 18, 2025

FEMA Region 1 National Preparedness Division www.fema.gov/region-i-national-preparedness-0

Reference Sources

- Community Resiliency Why is it important?
 - OpenAI. (September 17, 2025). Bing search. Microsoft 365 Copilot Chat (version 2507). how do natural disasters impact human life Search
 - Rand Corporation. <u>Improving the Financial Resilience of Public Entities and Individuals for Natural Disasters: A Resource Guide for State and Local Government.</u> December 11, 2023.
- United We Prepare
 - United We Prepare | United Way Worldwide
- Being NH Ready is Being NH Resilient!
 - ReadyNH.gov Take Action Be Safe





Thank you!

Contact Information:

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Public Health Emergency Planner

Bureau of Emergency Preparedness, Response, and Recovery

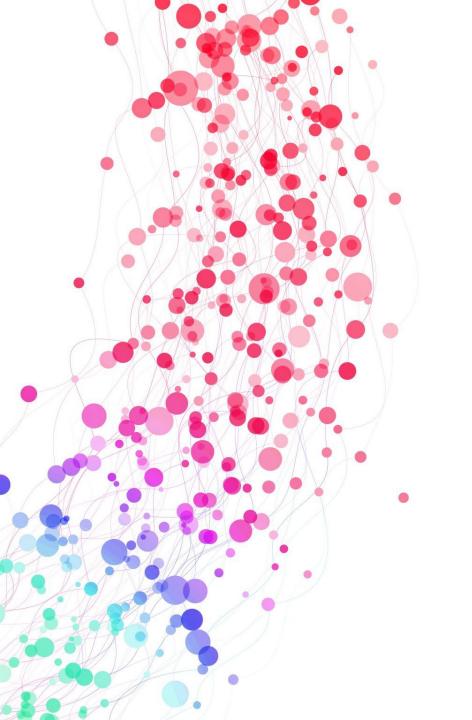
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Capital Area Public Health Network and the NH Public Health Networks

Damian Santana Public Health Emergency Preparedness Coordinator

The New Hampshire Public Health Networks and Emergency Preparedness

BDAS and DPH and the RPHNs

The Public Health Network Regions

The PHAC and The CHIP

The Work of the Public Health Networks

Public Health Emergency Preparedness

Family and Individual Emergency Preparedness

Concord Area Healthy Aging Coalition

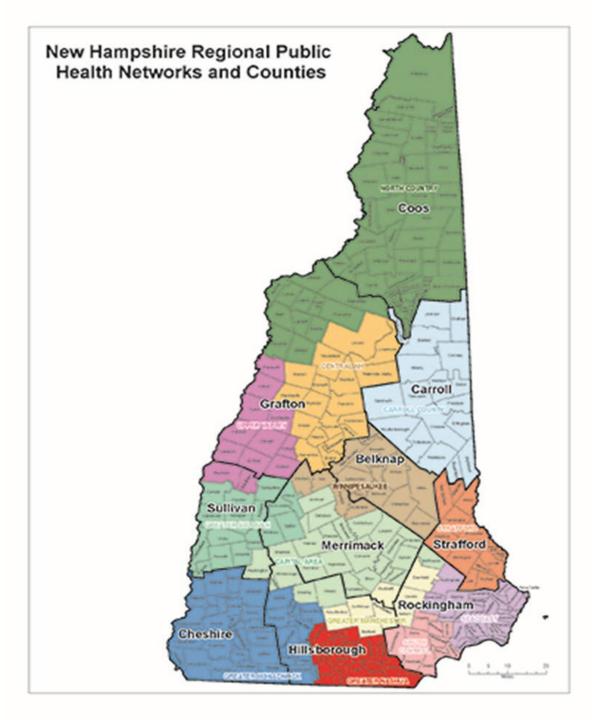
Additional Resources







13 Regional Public Health Networks



Public Health Networks and Counties

- Capital Area
- Carroll County
- Central NH
- Greater Monadnock
- Greater Nashua
- Greater Sullivan
- Manchester
- North Country
- Seacoast
- South Central
- Strafford
- Upper Valley
- Winnipesaukee

The Public Health Advisory Councils and The Community Health Improvement Plans

The role of the **PHAC** is to advise the Regional Public Health Network partners by identifying regional public health priorities based on assessments of community health; guiding the implementation of programs, practices and policies that are evidence-informed to improve health outcomes; and advancing the coordination of services among partners.

Each PHAC guided the development of regional Community Health Improvement Plans (CHIP). These plans were developed through a collaborative process among many partners in each region to ensure broad support for the goals and objectives established in the plans. The activities that will be undertaken to achieve those goals and objectives is based on a collective impact approach

Regional Public Health Network Programs

CAPITAL AREA

Granite United Way 125 Airport Road, unit 3 Concord, NH 03301

Public Health Advisory Council (PHAC) Lead

Samantha Durfee 603-224-2595 x307 samantha.durfee@graniteuw.org

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Substance Misuse Continuum of Care Facilitator

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Contracting (GUW)
Shannon Swett
Marla May Zarzour

Public Health Emergency Preparedness Coordinator

Damian Santana 603-224-2595 Ext 309 Damian.santana@graniteuw.org

School-based Flu Clinic Coordinator

Damian Santana 603-224-2595 Ext 309 Damian.santana@graniteuw.org

Community Health Worker

Julie Day 603-224-2595 x315 Julie.Day@graniteuw.org.

Public Health Emergency Preparedness

The goal of PHEP is to work with local emergency responders and community partners to plan for and respond to public health emergencies and threats in the region.

PRIORITY AREAS

- Volunteer Management: The Medical Reserve Corp and Community Emergency Response Teams
- School Based Vaccination Clinics
- Emergency Shelter and Supply Management
- Health Alerts and other Emergency Communication
- Emergency Preparedness Training and Resources

Family and Individual Preparedness



Build Coalitions -The Capital Area Healthy Aging Coalition, Public Health Advisory Council, The Integrated Preparedness Work Group. 2

Provide Education –First Aide, CERT, CPR, Preparedness workshops, Narcan Training, Disseminate Health Information. 3

Establish Partnerships – MOUs with municipalities, nonprofits, schools, Connect with Senior Centers and Fire Departments 4

Identify Additional Resource –Donations, Grants, Volunteers etc. Resources to support preparedness activities.

1 Identify your support network and key emergency contacts.

Add their numbers to your mobile device (smartphone or tablet) – categorized as an emergency contact – and make sure they have yours.

2 Get connected.

Make sure your phone is enabled to get local alerts and warnings. When emergencies strike, public safety officials use these systems to alert you.

3 Assess your needs.

This includes the needs of your family and friends. Take action to meet those needs now. Add your medical information to your phone (this article tells you how). Build an emergency essentials kit for your home and a "go bag" for your car. Keep a (charged) power bank in each.

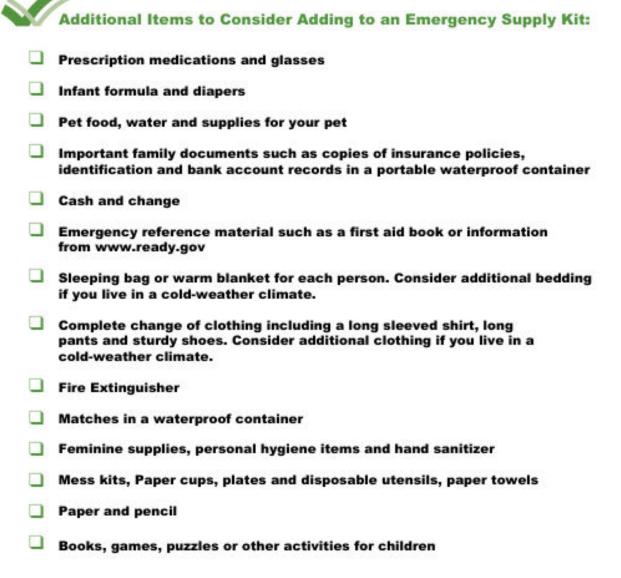
4 Safeguard key documents and document valuables.

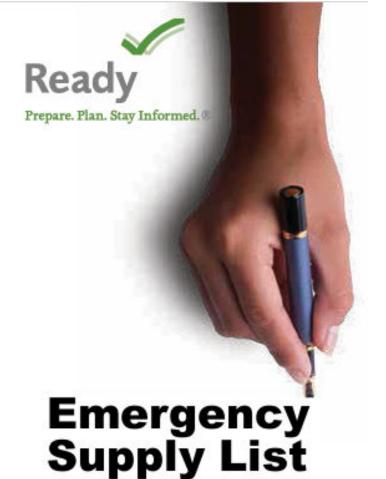
Use your phone to take photos of key documents and document valuables. Save the video and images in the cloud or external storage.

5 Engage your support network.

Now that you've taken these steps, make sure your family has done the same. Check in with your closest friends and extended family to share these tips. Discuss who will get Grandma and her oxygen tank, or make sure Dad is squared away.

5 Steps to Prepare for an Emergency







Capital Area Healthy Aging Coalition





- Capital Area Healthy Aging Coalition
- Newly formed community coalition in the Capital Area
- Convene and collaborate to accomplish goals identified in the Community Health Improvement Plan
- Build capacity to adapt and meet new challenges



VISION AND MISSION

Vision: Convene Stakeholders in the Capital Area to exchange ideas, leverage existing resources, and collaborate to strengthen opportunities for community members to age healthfully.

Mission: Partnerships and collaboration will lead to community awareness of healthy aging programs and resources that can make a positive impact on the health and well-being of individuals, families, and communities in the Capital Area.

Collee Break

TIME



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Here is what some older adults have contributed to our world in their later years:

- Sophocles was 89 when he wrote Oedipus at Colonus, one of his dramatic masterpieces.
- Benjamin Franklin only retired from public service when he was
 82.
- Susan B. Anthony was past 80 when she formed the International Woman Suffrage Alliance.
- Mary Baker Eddy was 86 when she founded the Christian Science Monitor newspaper.
- Alexander Graham Bell was 75 when he received a patent for his work on a hydrofoil boat.
- Sarah Bernhardt was 78 when she acted in her last stage performance—La Gloire by Maurice Rostand.
- George Bernard Shaw was working on his last play, Why She Would Not, when he was 94.
- Grandma Moses received her last commission as an artist when she was 99.



NHAHA Updates





Get Excited!

NHAHA Networking Event!

We heard you!

We have heard feedback from many AHA participants that would like more opportunities to connect and network.

We are working to plan something for late fall.

More information will be available soon.



Direct Care Worker Retreat







Join us for this FREE event - learn, connect, and leave feeling inspired

ALL DIRECT CARE WORKERS ARE INVITED!

- M home health aides
- Iicensed nursing assistants
- **y** personal care attendants
- direct support professionals

WHEN: WED | OCT 29, 2025

9:00 AM -3:00 PM

WHERE: MCAULIFFE-SHEPARD

DISCOVERY CENTER CONCORD, NH

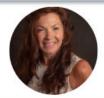
Register now! https://bit.ly/DCWRetreat



EVENT HIGHLIGHTS

- Introduction to the Direct Care
 Worker Network
- Presentations: managing challenging situations and understanding personality styles
- · Sharing and networking
- Lunch and refreshments
- · Gifts, giveaways, and raffles

KEYNOTE SPEAKER



MA, RN, HN-BC

The "I" of the Storm: Remaining Changeless in Changing Conditions

WWW.NHAHA.INFO



Funding for the NH Alliance for Healthy Aging is provided by the Endowment for Health and Point32Health Foundation

NHAHA Volunteer Driver Program Conference

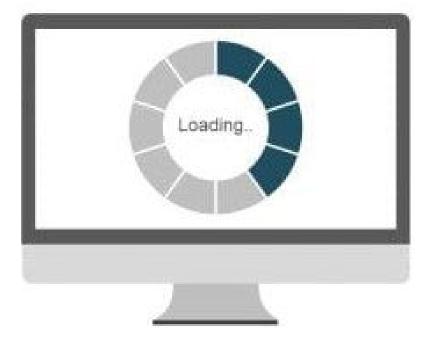
- In October, NHAHA is hosting an in-person volunteer driver program (VDP) conference.
- The conference seeks to:
 - Celebrate the work of VDPs
 - Create opportunities for VDP coordinators to develop and strengthen their peer-to-peer network
 - Discuss the successes and challenges of VDPs





NHAHA Website Updates

- Updates include
 - Improved accessibility
 - Updates to measurement page with comparison data
 - Availability for more content
 - New look and feel
- Date of launch: December 2025





NHAHA Annual Participant Survey

 The annual NHAHA Participant survey will launch in December 2025

- The survey helps NHAHA backbone team:
 - Gather feedback and hear about your experience as a NHAHA participant
 - Measure progress
 - Identifying areas of growth and improvement
- You can take the survey:
 - Online
 - Paper
 - QR Code



Advocating for Change>>>

In New Hampshire



New Futures>>>

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Michaela Safford
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Priority Legislation 2025

» PROACTIVE

Medicare Savings Programs

Caregiver Respite and Senior Volunteer Programs

DEFENSIVE

Landlord/Tenant Lease Agreements

Commission on Aging



2025 Session

- CCRC Protections
- Increase in Personal Needs Allowance
- Medicare Advantage Notice
- Protections in Real Estate Contracts
- Study Committee LTSS Managed Care
- Long Term Care Advisory Committee



2025 Session

- Processing Medicaid Applications & Application Backlog
- Anti DEI Language
- Medicaid Work Requirement
- Medicaid Cost Sharing
- Medicaid Rates
- Prescription Drug Affordability Board

2026 Legislative Session

Healthy Aging

Getting Ready







Priority Areas



Listening Sessions
Results of Focus Groups



Research



Collaboration





2026 Session

- Medicare Savings Programs
 Eliminate Resource Limit
 Streamline certain aspects of
 the application
 - >>> Why is it Important?
 - MSP pay for expenses not covered by Medicare
 - In Listening Sessions we heard deep concern about how to pay for monthly expenses
 - Older adult poverty rate in NH increased from 2019



Caregiver Support
Counseling & Training for HCBS
caregivers

Kinship Care child care scholarships- eliminate work requirement if on Social Security and eliminate cost share

Why is it Important?



2026 Session

Why is it Important?

- Caregiver Support
 - Families provide complex care and experience stress of caregiving.
 - 26 States offer training and/or counseling in HCBS programs
- Kincare Support
 - Approximately 7,000 grandparents are responsible for their grandchildren in New Hampshire

Advocating for Healthy Aging

Stay Updated >>>

https://new-futures.org/current-legislation



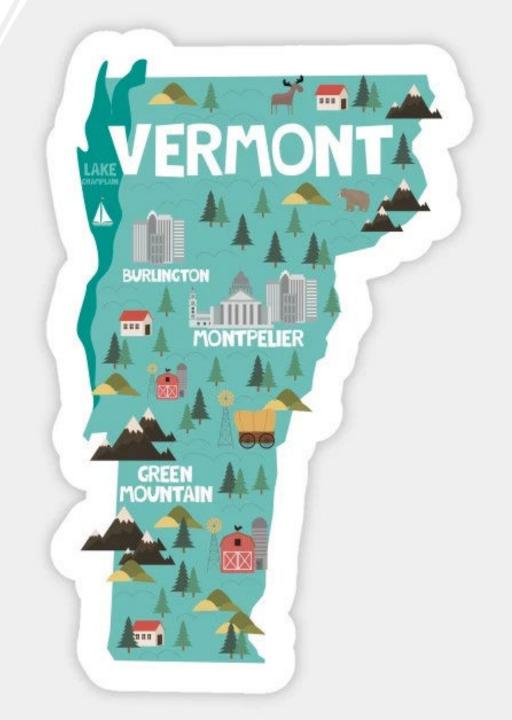
sign up for action alerts >>>



www.new-futures.org/training/sign-up

FAST FACT

As of 2024 there was an estimated 101,000 Americans over age 100, and by 2050 the number of centenarians will reach 422,000 —which equals more than half of the current population of the entire state of Vermont!





Save the Date! 2025 Quarterly Meetings

Thursday, December 11, 2025





Engage with NHAHA



NHAHA website

www.nhaha.info



Facebook

https://www.facebook.com/NHAHA603



Twitter

https://twitter.com/NHAHA603



LinkedIn

https://www.linkedin.com/company/the-new-hampshire-alliance-for-healthy-aging



Thank you for participating!

For questions or additional information, contact:

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