

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

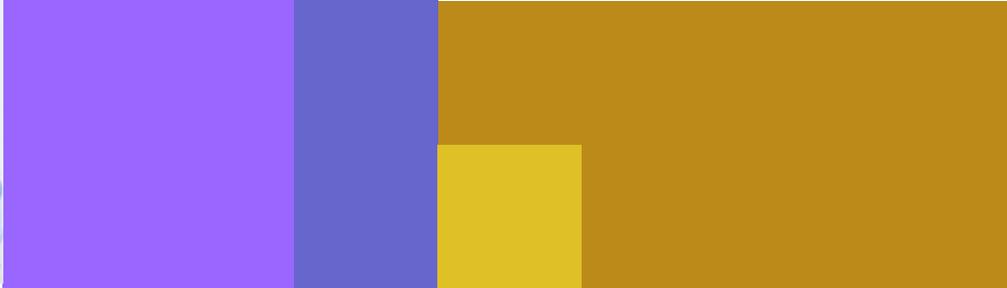
*as NHAHA Steering
Committee Vice Chair*



SEPTEMBER IS

NATIONAL PREPAREDNESS MONTH



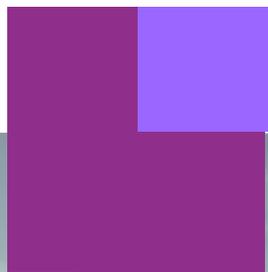
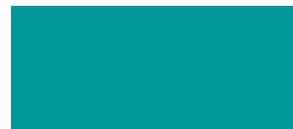
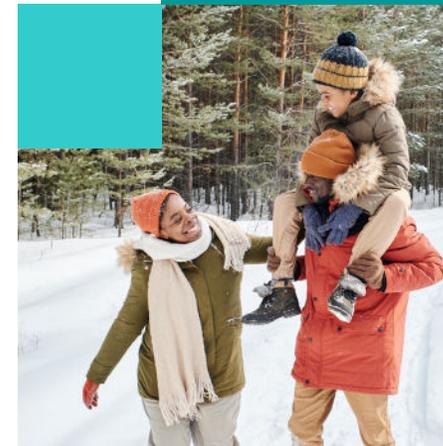


Community Resiliency – Keys to Being Prepared

NH Alliance for Healthy Aging
September 18, 2025



Department of
**HEALTH &
HUMAN SERVICES**



Agenda

- Community Resilience
- United We **Prepare**
- Being NH Ready is Being NH Resilient!



Community Resiliency? Why is it important?

Community Resiliency

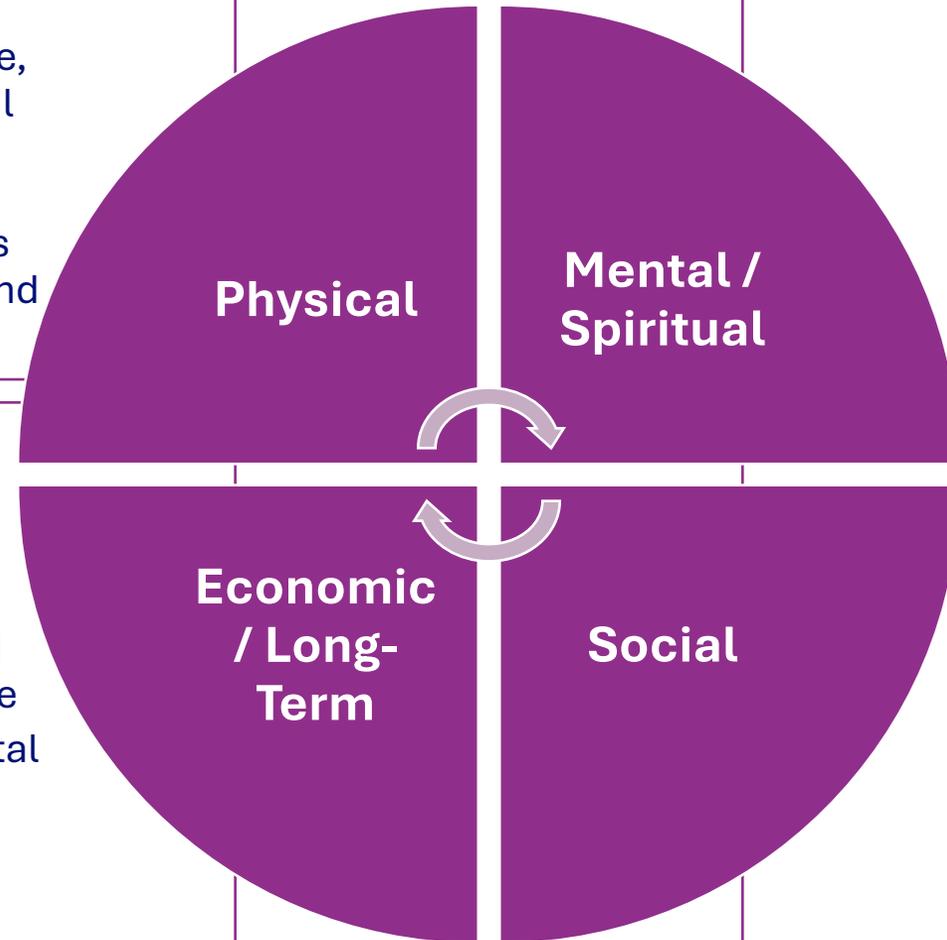
A measure of the sustained ability of a community to utilize available resources to respond to, withstand, and recover from adverse situations. ([Rand Corporation](#))

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.**

- Destruction of homes, infrastructure, and essential services can leave communities vulnerable and in crisis

- Damage to property and infrastructure
- Lasting mental health, economic stability, and social cohesion



- Post-traumatic stress disorder (PTSD)
- Loss of loved ones, home, and livelihood
 - Negative association with their environment

- Displacement
 - Loss of community ties and support systems
 - Feelings of loss, isolation, and helplessness

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

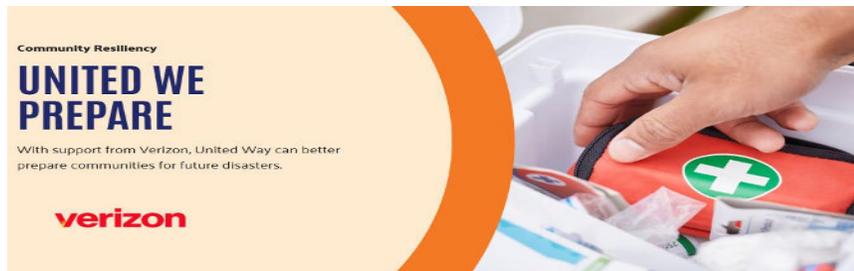
- Identify the **key needs** of you and your loved ones

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 life-sustaining equipment



Being NH Ready is Being NH Resilient!

EMERGENCY CONTACTS CARD

ReadyNH.gov
TAKE ACTION. BE SAFE.



HOMELAND SECURITY
EMERGENCY MANAGEMENT
NEW HAMPSHIRE DEPARTMENT OF SAFETY

EMERGENCY KIT SHOPPING LIST:



ReadyNH.gov
TAKE ACTION. BE SAFE.



HOMELAND SECURITY
EMERGENCY MANAGEMENT
NEW HAMPSHIRE DEPARTMENT OF SAFETY

Vital Records (Store copies in Ziplock bag)



Birth Certificate



Family photo with pets



Marriage Certificate



Medicare Card



Social Security Card



Identification Card



Guardianship/Conservatorship

Keeping New England Prepared
FEMA Region 1 National Preparedness Division
www.fema.gov/region-1-national-preparedness-0
Phone: 877-336-2734

FAMILY EMERGENCY PLAN

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 what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Primary Out-of-town Contact Name:	Primary Phone Number:
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 member 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:
Date of Birth:	Important Medical Information:

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplace and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

WORK LOCATION ONE: Address: Phone Number: Evacuation Location:	SCHOOL LOCATION ONE: Address: Phone Number: Evacuation Location:
WORK LOCATION TWO: Address: Phone Number: Evacuation Location:	SCHOOL LOCATION TWO: Address: Phone Number: Evacuation Location:
WORK LOCATION THREE: Address: Phone Number: Evacuation Location:	SCHOOL LOCATION THREE: Address: Phone Number: Evacuation Location:
OTHER PLACE YOU FREQUENT: Address: Phone Number: Evacuation Location:	OTHER PLACE YOU FREQUENT: Address: Phone Number: Evacuation Location:

IMPORTANT INFORMATION:	NAME:	TELEPHONE NUMBER:	POLICY NUMBER:
Doctor(s)			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Vehicle(s)/Marital (for pets):			

Dial 911 for Emergencies | For more information visit ReadyNH.gov

ReadyNH.gov
TAKE ACTION. BE SAFE.



HOMELAND SECURITY
EMERGENCY MANAGEMENT
NEW HAMPSHIRE DEPARTMENT OF SAFETY

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](#).



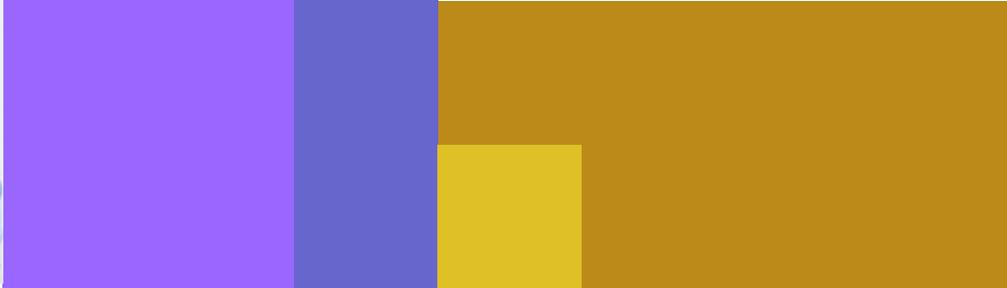
NH Department of Health & Human Services

September 18, 2025

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. [Improving the Financial Resilience of Public Entities and Individuals for Natural Disasters: A Resource Guide for State and Local Government](#). 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!

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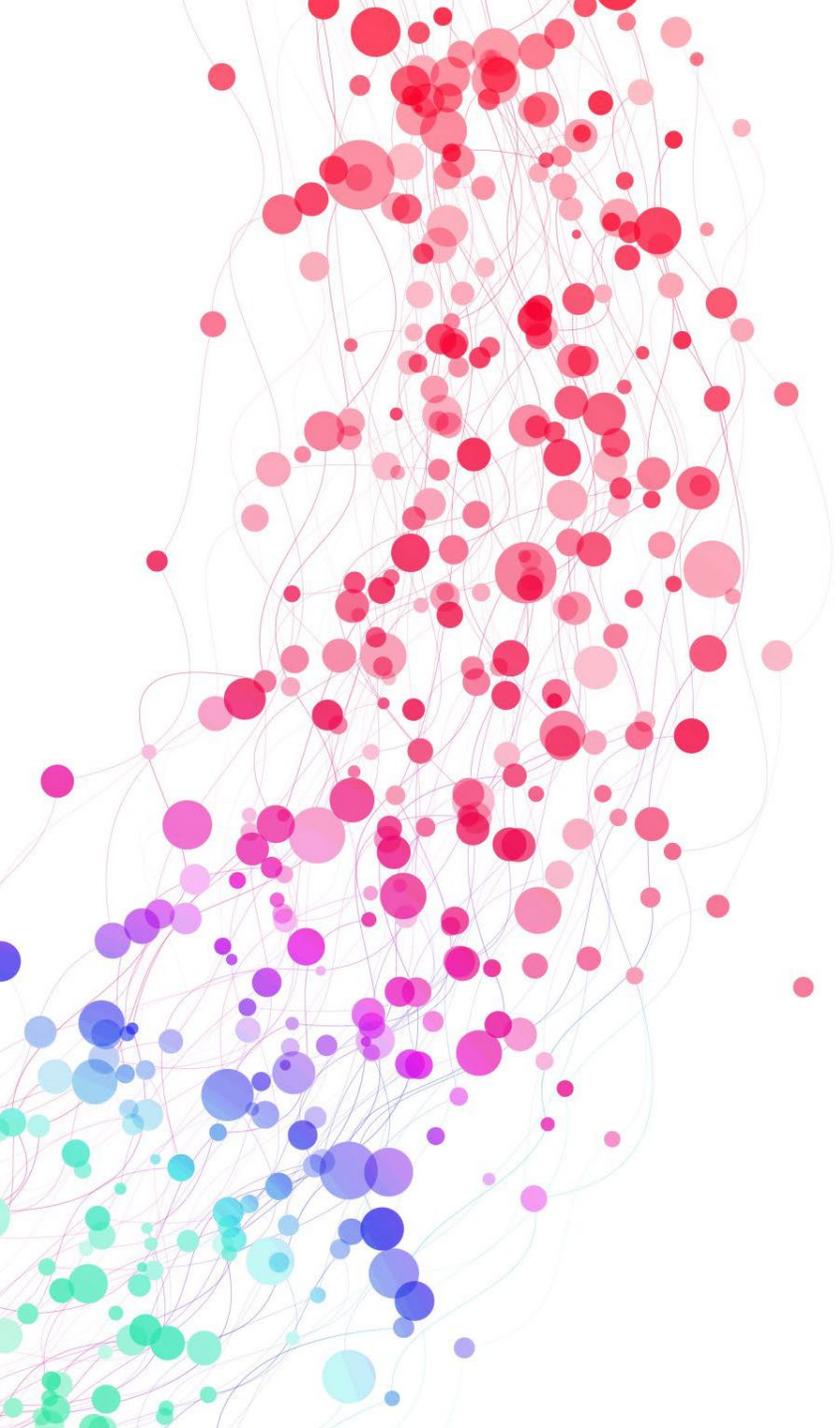
Mobile: (603) 419-0133



Department of
**HEALTH &
HUMAN SERVICES**

September 18, 2025





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

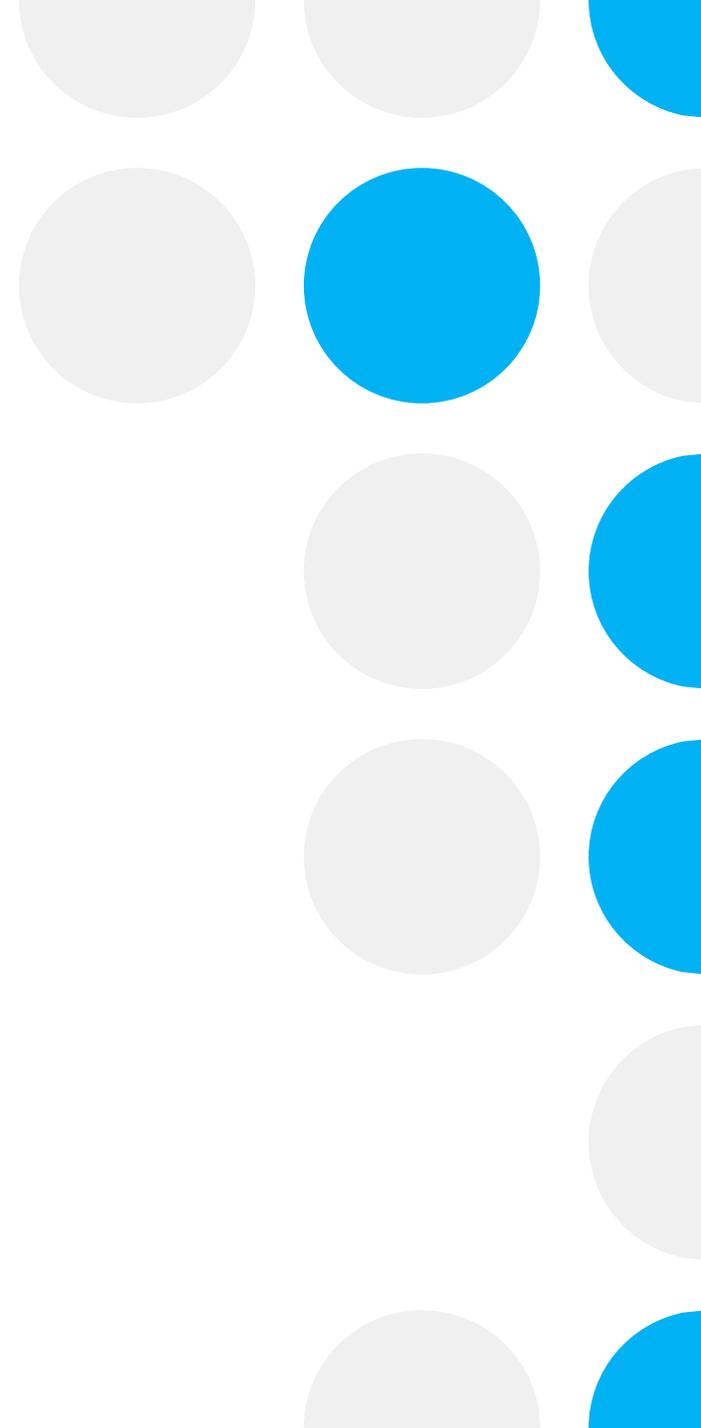
The Work of the Public Health Networks

Public Health Emergency Preparedness

Family and Individual Emergency Preparedness

Concord Area Healthy Aging Coalition

Additional Resources





13 Regional Public Health Networks

New Hampshire Regional Public Health Networks and Counties



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
- Winnepesaukee

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 <u>Contracting (GUW)</u> Shannon Swett Marla May Zarzour	Public Health Advisory Council (PHAC) Lead Samantha Durfee 603-224-2595 x307 samantha.durfee@graniteuw.org	Substance Misuse Prevention Coordinator Cailynn Aumock 603-224-2595 x312 Cailynn.aumock@graniteuw.org	Substance Misuse Continuum of Care Facilitator Ashley Sullivan 603-224-2595 x308 ashley.sullivan@graniteuw.org
	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

1

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



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
- Cash and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies, personal hygiene items and hand sanitizer
- Mess kits, Paper cups, plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Ready

Prepare. Plan. Stay Informed. ®



Emergency Supply List



FEMA

www.ready.gov

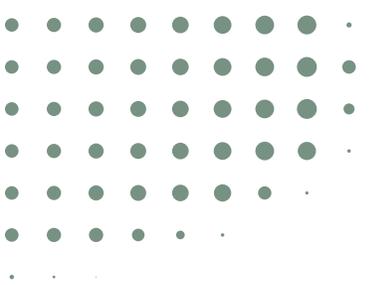
Capital Area Healthy Aging Coalition





WHO AND WHAT IS CAHAC?

- 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.

the
Coffee
Break

TIME





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



Direct Care Worker Retreat

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

ALL DIRECT CARE WORKERS ARE INVITED!

- home health aides
- licensed nursing assistants
- 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/DCW-Retreat>



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



GINA MCGUIRE
MA, RN, HN-BC

The “I” of the Storm: Remaining Changeless in Changing Conditions

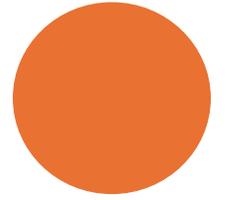
WWW.NHAHA.INFO



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

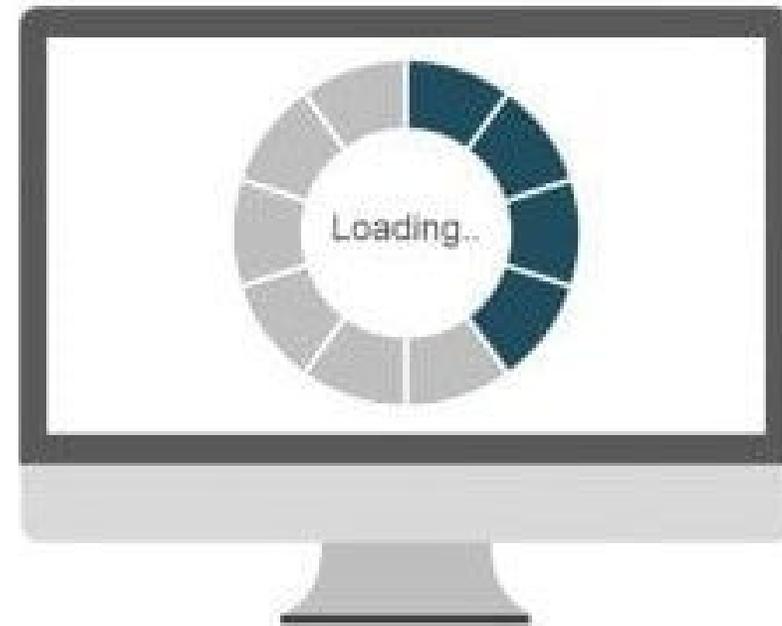
NHAHA Volunteer Driver Program Conference

- 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

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Michaela Safford
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New Futures»»

2025- 26 Legislation



2025 Session



Priority Legislation 2025



PROACTIVE

Medicare Savings Programs

Caregiver Respite and Senior
Volunteer Programs



DEFENSIVE

Landlord/Tenant Lease Agreements

Commission on Aging

2025 Session



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



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

new**future**s 

2026 Session



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**

2026 Session



2026 Session



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



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>



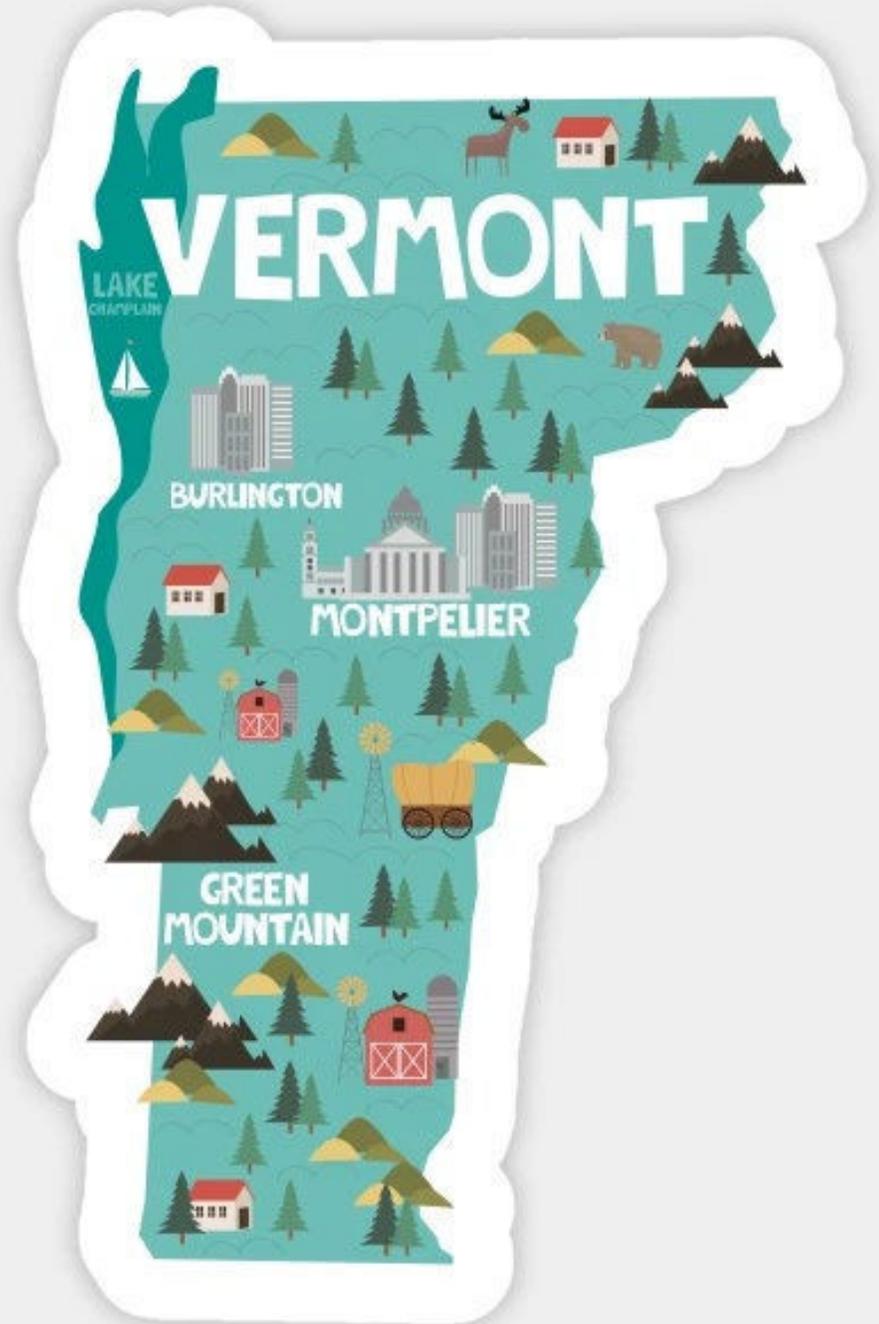
sign up for action alerts >>>



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



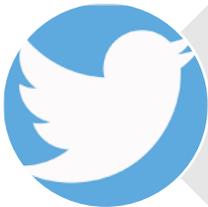
Engage with NHAHA



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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