



NHAHA Quarterly Meeting

December 11, 2025

9:00am – 11:30am

Meeting Summary

Welcome, Introductions, and Housekeeping

Presenters:

Jennifer Rabalais, Co-Director, UNH Center on Aging and Community Living & Coordinator, NH Alliance for Healthy Aging Coordinator

Dick Chevrefils, NH Alliance for Healthy Aging Steering Committee Chair

Jennifer welcomed participants to the December Quarterly Meeting and thanked attendees for traveling in challenging weather conditions. She acknowledged first-time attendees and Steering Committee members and reviewed meeting norms and values, emphasizing the importance of networking, accessibility, and creating an inclusive environment where all participants can engage fully. Standard accessibility practices, including microphone use and CART reporting, were highlighted.

Dick Chevrefils expressed appreciation for the collective work being done across New Hampshire to support older adults. He reflected on the season as a time for gratitude, hope, and renewal, and shared that the Alliance will be celebrating its 10-year anniversary in 2026. Dick noted that the Steering Committee has begun reflecting on where NHAHA has been and how to shape a renewed vision for the future.

Healthcare Decisions Coalition

Presenter: Janice McDermott, Coordinator, Healthcare Decisions Coalition Foundation for Healthy Communities, (slides 3-28)

Janice provided an overview of the Healthcare Decisions Coalition and its role in advancing education, training, and best practices related to advance care planning in New Hampshire. The Coalition convenes healthcare providers, social workers, attorneys, and community partners to promote meaningful conversations about advance directives and medical orders.

Key points of the presentation included:

- [Advance directives](#) are legal documents that only take effect if an individual is unable to speak for themselves.
- Nationally, only about one-third of adults have an advance directive.
- Common barriers to creating an advanced directive include lack of awareness, emotional discomfort, and assumptions that family members already know one's wishes.

- Naming a healthcare agent is the most important first step in advanced care planning.
- Advance directives are free to complete, do not require an attorney, and should be reviewed periodically (approximately every 10 years).

Janice also discussed Physician Orders for Life-Sustaining Treatment (POLST) forms and portable do-not resuscitate (DNR) orders, noting that these medical orders are appropriate for individuals with serious or life-limiting illness. She highlighted available trainings, community presentations, and resources, including the New Hampshire [advance directive guide](#) and [The Conversation Project](#).

Q&A

Q: How long does an advance directive remain valid? Should it be updated periodically?

A: An advance directive remains valid indefinitely. However, individuals are encouraged to review and update their advance directive approximately every 10 years or when there is a significant change in health status, diagnosis, or personal wishes. POLST forms should be reviewed annually.

Q: Who is eligible to participate in Healthcare Decisions Coalition trainings?

A: Trainings are open to healthcare providers and community professionals who engage in advance care planning conversations, including senior center staff, home care providers, social workers, and others supporting individuals and families.

Q: Who can be contacted to provide presentations for senior citizens or community groups?

A: Janice McDermott can be contacted directly to schedule presentations. She offers presentations and can also connect organizations with Coalition members for more clinical or specialized sessions.

Brightspot: Seacoast Dementia Hub

Presenter: Ashley Seinín, Director, Seacoast Dementia Hub (slides 29-37)

Ashley introduced the [Seacoast Dementia Hub](#), a grant-funded initiative launched in September 2025 to support caregivers of individuals living with dementia. She highlighted the emotional, physical, and financial burdens caregivers often face and emphasized the Hub's mission to provide a centralized, trusted source of guidance and support.

Highlights included:

- The Hub provides free, caregiver-focused services, including personalized consultations, emotional support, and connections to community resources.
- As of the meeting date, the Hub served 33 caregivers.
- Support is available via phone, email, website, or in-person meetings.
- While currently focused on Rockingham and Strafford Counties, caregivers from other regions may also receive guidance and support.

Ashley also discussed future plans, including caregiver education events and the development of volunteer mentor roles to provide peer-to-peer support.

Q&A

Q: Is the Seacoast Dementia Hub available to caregivers outside of Rockingham and Strafford Counties?

A: Yes. While the Hub's primary focus is Rockingham and Strafford Counties, caregivers from other regions are welcome to reach out. While local resource referrals are strongest in the seacoast region, a long-term goal of the Hub is to expand statewide.

Q: How does the Dementia Hub reach caregivers who may not recognize themselves as caregivers or know that support exists?

A: Outreach efforts include collaboration with [RiverWoods](#)' marketing team, social media, local newspapers, community events, and presentations to healthcare and community organizations. Bidirectional referrals with providers have also been key to increasing awareness during the pilot phase.

NHAHA Inclusion Activities

Presenter: Talmira Hill, Diversity, Equity, and Inclusion (DEI) Consultant, (slides 40-67)

Talmira provided an update on NHAHA's Diversity, Equity, and Inclusion (DEI) efforts, which focuses on ensuring that older adults of color and other historically marginalized communities are meaningfully included in aging-related systems and services across New Hampshire.

Talmira emphasized that equity work must be grounded in data, lived experience, and sustained commitment. She discussed the importance of examining systems and policies that may unintentionally create barriers for older adults of color and highlighted the need for culturally responsive engagement, outreach, and partnerships.

Talmira welcomed Jennifer Rabalais to briefly share related updates, including ongoing work to better engage and support LGBTQIA+ older adults, building on prior NHAHA initiatives and partnerships. Jennifer noted that this work continues alongside broader inclusion efforts led by the DEI Committee.

Key themes included:

- The need to better understand the experiences of older adults of color in New Hampshire through data, listening sessions, and community partnerships.
- The importance of building trust and relationships with communities that have historically been underserved or excluded.
- Moving beyond one-time trainings to embed equity into organizational practices, decision-making, and leadership.

- The role of collaboration and accountability in creating lasting, meaningful change.

Q&A

Q: How can organizations begin DEI work if they feel overwhelmed or unsure where to start?

A: Talmira emphasized the importance of starting small and being intentional. Beginning with self-assessment, listening, and learning can help organizations build a strong foundation. Progress does not require perfection, but rather a commitment to growth and continuous improvement.

Q: How can organizations ensure that DEI efforts are not performative and lead to meaningful impact?

A: Meaningful DEI work must be embedded into organizational culture and operations, rather than treated as a one-time initiative. This includes setting clear goals, measuring progress, building accountability, and engaging the communities being served through authentic partnerships.

Q: How does the Alliance determine which populations to focus on within its inclusion work?

A: Focus areas are informed by data, member feedback, statewide assessments, and identified gaps in services. NHAHA prioritizes populations that have been historically underrepresented or underserved and seeks to collaborate with existing coalitions and partners rather than duplicating efforts.

NHAHA Updates

Presenter: Jennifer Rabalais, Co-Director, UNH Center on Aging and Community Living & Coordinator, NHAHA, (slides 68-74)

Jennifer shared several NHAHA updates and upcoming opportunities for engagement:

- **Direct Care Worker Retreat:** Recently held in October, NHAHA brought together more than 35 direct care workers. The retreat focused on connection, reflection, and support for the direct care workforce. Jennifer expressed appreciation for partners and participants who contributed to the retreat's success.
- **Volunteer Driver Conference:** Also hosted in October, NHAHA hosted an in-person volunteer driver program (VDP) conference. This conference celebrated the work of VDPs, created opportunities for VDP coordinators to develop and strengthen their peer-to-peer network, and discuss the successes and challenges of VDPs.
- **New Alliance Website:** A redesigned website is in development to improve accessibility, navigation, and resource sharing. The updated site will better reflect the scope of NHAHA's work and serve as a central hub for members and partners.
- **NHAHA Annual Participant Survey.** The NHAHA Annual participant survey helps gather feedback about your experience as a NHAHA participant. It helps to measure progress

across the initiative and identify areas of growth and improvement. The annual survey will be coming soon in early 2026.

- **Networking-Only Event:** An upcoming networking-only gathering is being planned to provide space for relationship-building and peer connection without a formal program or presentations.

New Futures NHAHA Advocacy Updates

Presenter: *Judith Jones, Policy Coordinator of Healthy Aging, New Futures*

Judith provided an update on the Alliance's advocacy work, highlighting key policy areas and legislative issues impacting older adults in New Hampshire. She emphasized the importance of member awareness and engagement as the legislative session approaches.

Priority areas highlighted included:

- **Healthcare Access:** Monitoring legislation related to access to healthcare services for older adults, including affordability and continuity of care.
- **Long-Term Services and Supports (LTSS):** Ongoing focus on policies that support home- and community-based services and reduce reliance on institutional care.
- **Workforce Issues:** Attention to legislation affecting the direct care workforce, including recruitment, retention, and working conditions.
- **Caregiver Support:** Tracking bills and initiatives aimed at supporting family caregivers.
- **Housing and Transportation:** Continued monitoring of legislation related to affordable housing options and transportation access for older adults, including volunteer driver programs.

Judith noted that advocacy efforts are nonpartisan and education-focused and encouraged members to stay informed through NHAHA Advocacy communications and to participate in advocacy efforts in ways that feel accessible to them.

Q&A

Q: How can NHAHA members get involved in advocacy if they are new to the process or uncomfortable with legislative work?

A: Judith emphasized that advocacy can take many forms. Members can start by staying informed, attending advocacy briefings, sharing information within their organizations, or participating in coalition conversations. Formal testimony is not required to make an impact, and support is available for those who want to learn more.

Q: Does NHAHA take positions on specific bills?

A: Judith explained that the Alliance's advocacy work focuses on education and alignment around shared priorities. When positions are taken, they are informed by Policy Committee guidance, member input, and collaboration with partner organizations.

Q: How does NHAHA decide which advocacy issues to prioritize?

A: Priorities are shaped by member feedback, data, emerging needs, and legislative developments. The Alliance seeks to focus on issues with broad impact on older adults and where collective advocacy can make a meaningful difference.

To sign up for the New Futures Health Aging Policy e-newsletter visit: <https://new-futures.org/sign-up>

Looking Ahead

The Alliance for Healthy Aging will continue to build on the work shared at the December meeting through ongoing collaboration, learning, and partnership. Attendees are encouraged to stay engaged with NHAHA workgroups, share resources with colleagues and communities, and participate in future meetings as the Alliance looks ahead to its 10-year anniversary in 2026.

NH Alliance for Healthy Aging 2025 Quarterly Meeting Schedule:

March 18, 2026

Held in-person at Northeast Delta Dental, 2 Delta Drive (Building Two), Concord, NH