

SUMMIT BY MORRISON AND THE MORRISON ASSISTED LIVING AND SKILLED NURSING CARE

Aging and Thriving: How to Live Your Best Life



BY CHAD DINGMAN
EXECUTIVE DIRECTOR

There's no better time than National Nutrition Month to talk about nutrition for seniors. As I mentioned in my previous column, it can be challenging for seniors to maintain proper nutrition. Whether because they can't get to the grocery store, rely on convenience foods, or simply lose interest in cooking, it can be a struggle.

There are several services available in the area to help seniors get to the grocery store (and do other errands). Seniors can contact their local community or senior centers to ask for help; the centers may also share information about other community organizations that can provide transportation or meals, like Meals-on-Wheels.

Some seniors turn to family, friends and neighbors to help them get to the grocery store, or for a healthy meal. To help organize these efforts, families can set up an account on TakeThemAMeal.com; the website allows friends and family members to schedule the meal they

plan to provide, avoiding overlap. Family members and friends might also consider preparing a bit extra when they cook their own meals and freezing the extra serving for their loved ones to reheat later.

Cooking can be difficult for people who experience pain while standing, walking, gripping, and using utensils. Working with an occupational therapist to create modifications for the kitchen, cooking tools or utensils can help make cooking more enjoyable. To connect with an occupational therapist, seniors can talk to their doctor or call Granite State Independent Living, a statewide organization that pro-

vides services and supports to help people live independently, at 228-9680 or go to www.gsil.org or North Country Home Health & Hospice Agency at 444-5317 or go to <https://northcountryhomehealth-hospice.org/>.

Meal delivery services such as "Hello Fresh," "Blue Apron" and "Plated" make meal planning and grocery shopping easy, sending the ingredients and recipes needed for the week's meals directly to customers' homes in refrigerated boxes. Meals are tailored to taste preferences; serving sizes and costs per meal vary from company to company. Seniors can research the services and costs on

each company's website to make sure it fits their needs and budget.

Losing interest in cooking can also happen, especially if a person recently started cooking for one. We hope seniors can find renewed enjoyment in cooking. Perhaps friends can take turns cooking for each other once a week, or perhaps host family dinners more often. Seniors can cook for a church event or volunteer at a local soup kitchen to share the joy of cooking with others – and enjoy a healthy meal themselves, too.

If seniors have questions about nutrition and diet, I recommend they speak with their primary care physicians for recommendations about

available resources.

Seniors and their loved ones can also investigate senior living communities, where residents can enjoy three healthy meals each day prepared by culinary professionals, and what's more – they can share meals with friends. And many senior living communities have dieticians on staff, who make sure menu offerings are healthy and well-balanced.

With some extra support from the community, organizations, friends and family, seniors can continue to eat delicious meals, making sure they get the nutrients they need to stay healthy and vibrant.

LETTERS CONTINUED...

Republicans have failed in their promises to address the opioid epidemic

To the Editor:

On Monday, March 19, President Trump visited New Hampshire ("drug-infested den" in 2017; "beautiful state" in 2018) to address the opioid epidemic. There is no denying New Hampshire has been hard hit by drug misuse: we have the third highest overdose death rate and the highest overdose death rate from fentanyl in the country. Here in the North Country we see the effects of this epidemic all over our communities.

On Monday, Trump stated, "We will defeat this crisis." But, since being in office, what has Trump done to combat this epidemic? In two consecutive budget proposals, Trump included cutting funding for the Office of National Drug Control Policy by 95 percent. In addition, he appointed a 24 year old as deputy chief of staff of this essential office (who had to step down 6 months later when The Washington Post discovered he had fabricated parts of his resume). In his attempts to repeal the Affordable Care Act Trump repeatedly proposed replacement bills that would have devastated resources allocated to fight the opioid epidemic, including a proposed \$800 billion cut to Medicaid. Currently Medicaid covers almost half of all adults suffering from opioid addiction, greatly increasing the chance that they will receive addiction treatment. In addition, Trump has proposed cutting drug prevention programs by 10% and mental health programs by \$400 million.

Gov. Sununu is not much better: instead of fully funding the "alcohol fund", a tax on the sale of alcohol that goes towards drug abuse prevention, treatment, and recovery, he gave \$100 million in tax cuts to the wealthiest 3 percent of corporations; he supported turning Medicaid into block grants that would allow states to opt out of covering substance abuse treatment; and he was instrumental in drafting the failed Graham-Cassidy legislation that would have drastically cut Medicaid, end Medicaid Expansion, and end protections for those with preexisting conditions. On the other hand, Democratic Senators Shaheen and Hassan helped secure \$6 billion in additional funding to fight the opioid epidemic. At the state level, Senate Democrats introduced the RESCUE Act, which would have allocated 10 percent of the \$100 million Rainy Day Fund towards fighting the crisis and introduced a bill that would constitutionally require that the alcohol fund is fully funded.

In 2017, for the first time in state polling history, the majority of Granite Staters named a single issue as the most important issue facing the state. The issue? Drug misuse. If Granite Staters are serious about addressing the opioid epidemic in our state we need legislatures who will pass real and effective policy to defeat this crisis. I urge New Hampshire residents who want to end the opioid epidemic to vote for Democratic candidates up and down the ticket this November.

Sincerely,
Jill Brewer
Franconia

Family friendly video games could curb school violence

To the Editor:

With so many mass shootings in schools, some feel teachers should have a concealed firearm on them at all times in school, and have a military vet that will patrol the school to keep the staff and children safe. Many don't feel any new gun laws or restrictions are needed.

With this said, I would like to point out how violent movies and video games have become. Military shooting games have become so realistic, and kids are playing these games for hours at a time every day. Why aren't there more biblical videogames out there for kids to play? Christian videogames that hold true to biblical beliefs. As for movies and shows, biblical Christians can order pure flicks for their family to watch; however, there are no big options for Christians to choose for biblical video games.

I go to Littleton Bible Baptist Church at 94 Union St., Littleton, and I brought up this issue at church and found out there is a big market or these games in America among Christians that would love this as an option.

As for mental health/emotional health, I feel New Hampshire has great services for people facing these issues. New Hampshire has peer support centers located throughout the state, and peer support centers have a lot to offer people with mental health/emotional health issues. Some peer support centers even have respite crisis beds like the Conway peer support center (447-1765), where people going through a hard time can stay overnight for up to seven days.

Joseph Pineo
Littleton

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