

TEACHER'S GUIDE FOR AGING SENSITIVITY CURRICULUM



Brought to you through a partnership of
Manchester Regional Area Committee on Aging,
the Manchester School District and Seniors Count.
February 2007



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Community Partnerships for Older Adults (CPFOA) national initiative.

INTRODUCTION

Your role as a teacher is vital in improving our youth's understanding of older adults and our community's commitment to older adults.

There are three objectives for this curriculum. After participating in the Aging Sensitivity Class, students should be able to:

1. Identify commonly held myths on aging.
2. Identify the realities of the aging process.
3. Be sensitive to the needs of older adults.

Before we get specific about the Curriculum, we would like to offer several tips:

1. The curriculum follows a format for the class, and it includes suggestions for remarks and instruction. But the curriculum is not intended to be used word-for-word. Therefore, we hope you will use your own expressions and examples or experiences.
2. We've found that students especially like to have a panel of elders in the class to answer questions. If you'd like to arrange for a panel, contact *Manchester Regional Area Committee on Aging* at 624-6533.
3. The agenda provides time limits for each activity during the session (a forty-five (45) minute version and a thirty (30) minute version). The suggested times are intended to be guidelines, however you need to stay pretty close to them, since there is a lot to do. You'll also want to be somewhat flexible since the group activities or discussions may run a few minutes over the limit.
4. If there are not enough sensory kits for each student, have them share in teams.
5. Seniors Count would appreciate feedback. Please have students complete the evaluation at the end of the class, and return to the below address.

We appreciate your investment of time, talent, and energy in this most important activity. Thank you.

If you have any questions or comments, or need more materials, please contact:

Seniors Count
c/o Easter Seals NH, Inc.
555 Auburn Street
Manchester, NH 03103
603.623.8863 www.seniorscountnh.org

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AGING SENSITIVITY CURRICULUM AGENDA

	Option 1	Option 2
Welcome & Introduction	10 Minutes	8 Minutes
Facts of Aging Quiz	5 Minutes	5 Minutes
Experiencing: Empathy Building and Sharing	20 Minutes	10 Minutes
Guidelines for Interaction with Older Adults	5 Minutes	4 Minutes
Closing Remarks/Evaluation	5 Minutes	3 Minutes
Total Time	45 Minutes	30 Minutes

CURRICULUM MATERIALS

NOTE TO TEACHERS: *Before the class, make sure you have enough copies of the handouts for each student (we've included templates) and that the Sensory Kits are complete, including new cotton balls (which you will have to supply).*

Classroom Handouts: (One per student – see Addendum for templates to copy)

1. Facts on Aging Quiz
2. Guidelines for Interaction with Older Adults
3. Page copied from phone book
4. Student Evaluation Form
5. ANSWERS to Facts about Aging Quiz

Sensory Kits (Be sure to collect them at end of class)

1. Sunglasses (smear with *Vaseline*)
2. Prescription Bottle containing beans (pretend pills)
3. Pair of Gloves
4. Cotton Balls (**NOTE: at end of class, have students throw away used cotton balls and replace kit with 2 new cotton balls**)

Blackboard & chalk, or flip chart & markers, or whiteboard & markers

WELCOME & INTRODUCTIONS

(Time: 10 minutes / 8 minutes)

Option 1 Option 2

1. Opening exercise:

- a. Write on the board/flip chart: **“When you think of aging, what words come to mind?”** Encourage students to speak their thoughts and that anything is OK to say. You should expect to hear words like “grey hair”, “geezer”, “senile”, “bad driver”, “serves chicken soup” etc.
- b. Record responses. Keep adding to list until you get over 20 responses.
- c. For 30-minute version: after above list is developed, review each word and ask students if it is a positive (+), negative (-) or neutral (+/-) word. Add up all the +’s, all the -’s and all the +/-’s. You should get more negatives than any other. You can then discuss concept of *stereotypes*.
 - i. Key points: a) assumption that everyone is like the stereotype (not true),
b) in other countries, such as Japan, the list would be VERY different because they honor their elders.
- d. For 45-minute version: ask class to tell you words that an adult would use to describe students. Again, get up to 20 words, and then rate them as positive, negative or neutral. Is what adults think about teenagers true? Compare the two lists of stereotypes and discuss the similarities/differences.

2. Now, introduce the students to the purpose of the class:

- a. The purpose of today’s class is to examine what you know and think about the elderly in our society. Hopefully, you will leave today with a better understanding of the myths and realities of aging.
- b. Note that each of us who comes into contact with older adults has a preconceived idea about what it means to age. We want to be sure that we know what a myth is and what a fact is.

FACTS ABOUT AGING: QUIZ

(Time: 5 minutes)

1. Have students complete the Facts About Aging Quiz
2. Tell them you will review correct answers at end of class. (See Answer Sheet pg. 12 & 13)

EXPERIENCING: BUILDING AWARENESS

(Time 20 minutes / 10 minutes)

Option 1 Option 2

1. Distribute Sensory Kits: (If there aren't enough for one per student, class can work in teams of 3 – 5.)
2. Introduce this section by giving a brief overview of what will occur: Students will experience what it is like to be an older adult. They will experience aspects of the aging process, including sight, touch/dexterity and hearing.
3. Give following instructions to students:
 - Put on gloves (Tell students this simulates the decreased sensation of touch and dexterity.)
 - With the gloves on, put cotton balls in ears (This simulates decreased hearing)
 - Next put on sunglasses (these have already been smeared with *Vaseline*) (This simulates vision problems such as cataracts, macular degeneration, glaucoma, etc.)
 - Now instruct students to:
 1. Open Prescription Container and take out one “pill” or button. (tell students that they should not just dump them on the table, but instead try to use gloved finger to get pill out.(Speak these directions softly while turning away from students as your finish – all while talking fast! – this will frustrate the students, but simulates the difficulty seniors have with hearing).
 2. Take out your cell phone. (If a student doesn't have one, they can share with other students). Look at the page copied from the phone book. (Do NOT take off the glasses or gloves!) Find the phone number for **Lee's Fitness Center**. Dial the number but do **NOT** press send!

DISCUSSION POINTS:

- Certainly, not every senior has impairment in every sense, but the natural aging process does bring about changes in eyesight, hearing, and dexterity.
- Ask the students how they felt doing these tasks. Did this change how they viewed elders? Explain how?
- Examples could be 1) now they understand why small writing is so frustrating to their grandparents; or 2) why it is now more understandable why an elder in line at the grocery store may struggle with getting coins out of their wallets, or 3) why students must articulate and speak clearly to their elderly next door neighbor.

GUIDELINES FOR INTERACTION WITH OLDER ADULTS

(Time: 5 minutes/ 4 minutes)

Option 1 Option 2

1. Distribute the Guidelines for Interaction with Older Adults.
2. Indicate that these guidelines will provide students with tips for interaction with older adults.
3. Briefly point out that these guidelines encompass the sensory exercises students earlier experienced.
4. Take a moment to summarize the guidelines and encourage students to review them in detail on their own.

CLOSING REMARKS

(Time: 5 minutes / 3 minutes)

Option 1 Option 2

1. Reiterate the importance of learning about older people in our community.
 - a. They are our neighbors, our grandparents, our aunts/uncles.
 - b. Our community is richer because seniors live among us.
 - c. Seniors have much to offer:
 - i. This generation put a man on the moon; invented technology leading to the computer age; lead major advances in healthcare... They did much and still are contributing!
 - ii. They offer guidance and mentoring; a sense of generations; a helping hand and kind heart.
 - iii. They have great stories of the past which provide a lessons in history
 - iv. They volunteer time in the community (hospitals, soup kitchens, etc.)
2. Review the correct answers for the Quiz (see page 12 & 13).
3. Review the objectives of the workshop:
 - a. To identify commonly held myths on aging,
 - b. To identify the realities of the aging process
 - c. To help us be sensitive to the needs of older adults throughout our community.
4. Encourage students to volunteer in our community to help the elderly. They can: shovel walkways, visit seniors, do errands, etc.
5. If students wish to learn how they can volunteer for Seniors Count, they can go to www.seniorscountnh.org
6. If students want to learn more about any senior topics, they can Google 'aging' or 'seniors'.
7. Have students complete EVALUATION before leaving class. You will collect them and send to:

Seniors Count
c/o Easter Seals NH, Inc.
555 Auburn Street
Manchester, NH 03103

Facts on Aging With ANSWERS

(TEACHER WILL REVIEW ANSWERS DURING CLOSING REMARKS. SEE PAGE 11)

- T F 1. The majority of old people (past age 65) are senile (i.e. have bad memory, are confused, or mentally ill). (False. In 70's – 2-3%, 80's – 5-10%, 90's – 20-30%. And senile is not a medical diagnosis anymore!)
- T F 2. All five senses (sight, hearing, touch, taste and smell) get worse as people get older. (True. Usually touch is the last to go.)
- T F 3. Most old people have no interest in, or capacity for, sexual relations. (False.)
- T F 4. Lung capacity tends to decline in old age. (True. It's capacity that declines.)
- T F 5. Most old people feel miserable most of the time. (False. Less than 25% reported “this is the dreariest time of my life.”)
- T F 6. Older people are not as strong as young people. (True.)
- T F 7. At least 1/10 of old people live in nursing homes, mental hospitals and old peoples' homes. (False. 5% is correct, or 1/20th).
- T F 8. Older drivers have fewer accidents than drivers under age 65. (True. Why? Because they drive less, are more cautious. But they have more fatal crashes than drivers under 65.)
- T F 9. Most older workers aren't as good as younger workers. (False. They may not have the speed of younger employees, but they make up for it in quality, experience, etc.)

- T F 10. It is almost impossible for most old people to learn new things. (False.)
- T F 11. The reaction time of most old people tends to be slower than reaction time of younger people. (True.)
- T F 12. In general, most old people are pretty much alike. (False. The differences remain the same throughout the life span. If you're grouchy when you're young, you're grouchy when you're old.)
- T F 13. Suicide is mainly a problem for teenagers and seldom happens to older adults. (False. Suicide is most prevalent among people 65 and older. The highest percentage is males over age 85.)
- T F 14. The majority of older people have incomes below the poverty level (as defined by the federal government). (False)
- T F 15. Inactivity and lack of exercise slow us down more than age. (True. "If you live an Archie Bunker lifestyle, you age at 2% per year. If you are active you age at 1/2% per year.")

ADDENDUM

The following sheets should be copied (1 per student) and distributed at the beginning of class along with the sensory kits.

Facts on Aging Quiz

- T F 1. The majority of old people (past age 65) are senile (i.e. have bad memory, are confused, or mentally ill).
- T F 2. All five senses (sight, hearing, touch, taste and smell) get worse as people get older.
- T F 3. Most old people have no interest in, or capacity for, sexual relations.
- T F 4. Lung capacity tends to decline in old age.
- T F 5. Most old people feel miserable most of the time.
- T F 6. Older people are not as strong as young people.
- T F 7. At least 1/10 of old people live in nursing homes, mental hospitals and old peoples' homes.
- T F 8. Older drivers have fewer accidents than drivers under age 65.
- T F 9. Most older workers aren't as good as younger workers.
- T F 10. It is almost impossible for most old people to learn new things.
- T F 11. The reaction time of most old people tends to be slower than reaction time of younger people.
- T F 12. In general, most old people are pretty much alike.
- T F 13. Suicide is mainly a problem for teenagers and seldom happens to older adults.
- T F 14. The majority of older people have incomes below the poverty level (as defined by the federal government).
- T F 15. Inactivity and lack of exercise slow us down more than age.

Guidelines for Interaction with Older Adults

Aging is a normal process and certain physical changes occur in everyone as they age. We need to be aware of these changes in order to treat older adults in a respectful way.

1. SIGHT

Sight may be affected as a result of decreased elasticity and increased cloudiness of the lens in the eye. These changes cause:

- ~ Increased sensitivity to glare.
- ~ Increased need for illumination and contrast.
- ~ Decreased adaptability to changes in light.
- ~ Altered color vision (decreased ability to distinguish blue and green).

Example:

Older adults may have difficulty with parking in a public parking garage and/or finding their cars because of the drastic change in light.

Approach:

A person who enters a building from the sunlight outdoors needs time for his/her eyes to adjust to the differences in light. Be sensitive to these needs and allow the older adult time to adjust.

Approach the person in a friendly and courteous manner. Smile and make eye contact with the person.

Be patient.

2. HEARING

As people age, a variety of physical changes can occur in the auditory (hearing) system which can result in hearing loss and/or inability to understand speech. There may be a decreased sensitivity to high-pitched sounds, causing distortions of what is heard.

Example:

The sounds most affected are s, t, th, ch, sh, c and k. Therefore, "The next test is a chest x-ray," may sound like- "-e ne-- I- a --e-- -ray."

Approach:

Face the person when speaking to him/her. Speak directly to the person. Speak slowly, clearly and distinctly but not necessarily louder.

If you have a high-pitched voice, lower the pitch. Give directions clearly. Have the person repeat your message, if appropriate, so that you know he/she understands. Eliminate background noise whenever possible.

3. TOUCH

Older adults may experience a loss of sensation on the palms of their hands and/or soles of their feet due to impaired circulation. Loss of sensation causes a reduced ability to perceive hot, cold, vibration and pressure. A higher threshold of a sensation is required in order to perceive hot, cold, vibration and pressure.

Example:

The lack of w\sensation on the palms of their hands may cause rec\duced satisfaction in a handshake.

Approach:

When shaking hands with the older adult, increase the degree of sensation by using both of your hands. Use one hand to grasp the older adult's hand in the usual handshake manner and the other to rest firmly on the top of his/her hand.

4. MOBILITY

Changes occur as a result of gravity. Muscles become smaller, joints begin to wear and the space between the vertebrae decreases. All of these changes and a gradual loss of calcium levels may create:

- ~ Posture changes
- ~ Height reductions
- ~ Shortened and more cautious (slow) gait

Example:

An older adult will take more time getting in and out of chairs, and on and off an elevator.

Approach:

Be sensitive to the person's feelings and/or physical needs. Offer appropriate help to persons with physical limitations.

Do not appear rushed. Take the time necessary to make sure the person is comfortable with the assistance you have offered.

If the person requires further help, seek appropriate personnel.

Lecaroz Michelle 42 Hardy Rd Lon 03053..... 437-0095
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Leclair Ken & Karen
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L 27 College Rd Golf 03102..... 627-4373
L 173 Wallace Rd Bed 03110..... 472-7465
L J Lon 03053..... 434-2366
Larry W 26 Old Sandown Rd Chst 03036..... 887-4538
Leonard C Halls Vlg Rst Chst 03036..... 887-2142
Les 173 Wallace Rd Bed 03110..... 472-9286
M 4 Laconia Av Derry 03038..... 537-0446
Leclair Marc F MD 201 Riverway Pl Bed 03110..... 668-8400
Leclair Mary F 153 Halls Village Rd Chst 03036..... 887-4868
P 5 Glance Rd Wind 03087..... 889-6205
Patricia 159 Island Pond Rd Der 03038..... 216-2531
Patricia 662 Summer Man 03103..... 624-2812
LeClair Roger L & Janet
7 Lancelot Dr Hooksett 03106..... 668-7771
Leclair S 200 Alliance Wy Man 03102..... 625-8473
S 41 Dale Rd Hooksett 03106..... 485-2171
Thomas 72 Turtle Rock Rd Wind 03087..... 893-7189
LeClair Tim 383 Bedford Rd New Bos 03070..... 487-5066
Leclair Henry 209 Range Rd Windham 03087..... 898-7559
Leclair M 357 Millstone Manchester..... 622-0447
Leclair's Garage & Auto Parts Inc
400 Fremont Rd Chst 03036..... 887-5556
Leclerc A 159 Harrington Man 03103..... 622-0188
Leclerc Anatolia 158 Second Man 03102..... 232-7244
Le Clerc Amanda & Claire
10 Embassy Av Hooksett 03106..... 626-7276
Leclerc Beatrice & Raymond
6 Merin Man 03102..... 641-8145
Brenda 25 Gray Manchester 03103..... 668-9488
C 12 Hildon Golf 03102..... 641-3269
C 12 Hildon Bldg Rd Der 03038..... 434-0684
Leclerc Dan Home Improvements
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Leclerc Dan & Francine
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Leclerc Donald A 63 Boylston Man 03102..... 622-1578
Leclerc Donna Ms 4 Rusty Rd Hooksett 03106..... 232-0576
Leclerc Douglas 23-43 Elm Man 03104..... 626-6251
Duanne S Orchard Hill Bedford 03110..... 472-4379
E 124 Orange Man 03104..... 647-3098
Eric Man 03102..... 669-0099
G 6 Russell Man 03104..... 666-0563
Leclerc Gertrude 180 Woodbury Man 03102..... 665-9297
Leclerc Hervey J Sandown Rd Lon 03053..... 632-3959
Leclerc Hope 80 Garvin Av Man 03109..... 625-5945
Leclerc Jeanne D 14 Quincy Man 03102..... 622-4633
Jeannette Mrs 84 Leandre Man 03102..... 624-1022
Leclerc Karen 340 North Gate Rd Man 03104..... 625-2818
Leclerc L 122 North Gate Rd Man 03104..... 668-1288
Lillian 32 Arbutus Ln Man 03109..... 627-9365
Leclerc Lona 122 Yvette Man 03102..... 626-5998
Leclerc M Hooksett 03106..... 644-1094
Marie 586 Rimmon Manchester 03102..... 624-5279
Marilyn 13 Charleston Av Lon 03053..... 434-6020
Mario 5 Springwood Dr Hooksett 03106..... 669-0893
Maurice 54 Elmwood Av Man 03103..... 625-8019
Nicole 159 Harrington Av Man 03103..... 621-9008
Leclerc Rene C 157 Healey Rd Cand 03034..... 483-2481
Leclerc Richard 4 Dart Hooksett 03106..... 232-6140
Richard 7 Ducas Golf 03102..... 623-6182
Richard A 1000 Dunbarton Rd Man 03102..... 647-0042
Richard & JoAnn
572 Deering Cir Rd Wear 03281..... 529-3745
Richard & Sylvia
1852 Lake Shore Rd Man 03109..... 669-2862
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199 Center Trunk Road 03074..... 402-5220

LeCompte Richard E
13 Mont Vernon Dr Lon 03053..... 434-0087
Lecomte Robert 22 Westown Rd Bed 03110..... 472-8706
LeComte Robt A & Lee
20 Hillcrest Rd Golf 03045..... 497-4619
T 22 A Dender Der 03038..... 432-5126
LeCour Steven & Terrie
369 Old Coach Rd New Bos 03070..... 487-2310
Lecours Shelley 20 Elk Dr Bed 03110..... 472-3473
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Lecuyer David & Lauren
10 Circle Dr Golf 03045..... 647-0197
Dorothy L 22 Mammoth Rd Hooksett 03106..... 627-2013
L'Ecuyer Fay 211 Tarrytown Rd Man 03103..... 669-9843
L'Ecuyer Michael 17 Chester Rd Der 03038..... 437-8917
L'Ecuyer Michael & Debra
14 McAfee Farm Rd Bed 03110..... 472-4792
Michael & Debra
14 McAfee Farm Rd Bed 03110..... 488-1085
Lecza John & Adeline
1 Bowdoin Rd Bed 03110..... 471-6017
Ledbetter A 30 Colby Ct Bed 03110..... 624-2281
C Man..... 623-2616
Robert 9 Hanover Ln Der 03038..... 437-3858
Ledydy Group 116 S River Rd Bed 03110..... 666-4051
Ledydy Major 144 W Webster Man 03104..... 622-0683
Ledger Activated Business Systems Inc
11 Peabody Dr Der 03038..... 425-1235
Ledgewood Commons
17 Old Fremont Rd Ray 03077..... 895-0389
Ledgewood Retirement Community
18 Ledgewood Wy Man 03104..... 641-8877
LeDonne Robt 66 Old Center Rd Dld 03037..... 463-7759
Ledoux Chad 245 Edward J Roy Dr Man 03104..... 627-4854
Dea 877 Mammoth Rd Man 03104..... 634-6236
Goo T 74 Pennacook Man 03104..... 622-7750
Harold 9 Chester Derry 03038..... 216-2778
Jennifer 535 Douglas Manchester 03102..... 627-1257
M H 185 Whitney Av Man 03104..... 627-2923
Norman W 29 Old Lamora Rd Bed 03110..... 472-3821
Paul F 19 Franklin Ct Bed 03110..... 624-0270
Priscilla 163 Apollonist Rd Man 03104..... 887-4417
Robert 16 Sawmill Rd Sandown 03087..... 627-0953
Robt A 1225 Smyth Rd Hooksett 03106..... 895-6259
Robin L 46 Route 27 Ray 03077..... 623-6825
Roland 232 Hall Man 03109..... 895-4208
Theresa 72 A Main Ray 03077..... 244-2050
Todd 15 Langford Rd Ray 03077..... 497-2765
E & L 85 Frost Rd Der 03038..... 434-8762
Edward 319 S Hall Man 03103..... 669-1533
Fax 68 Frost Rd Der 03038..... 216-2214
Nancy 78 Blossom Rd Wind 03087..... 434-6119
Philippe & Michelle
136 Glendale Av Man 03103..... 627-3997
LeDuc Robt Palmer Rd Cand 03034..... 483-0858
Robt & Sherri 27 Parkside Ln Lon 03053..... 434-8105
Violette 213 Taylor Man 03103..... 625-5568
Leduke Constance 16 Ulac Dr Ray 03077..... 244-1528
Lee A 10 Colby Ct Bed 03110..... 627-7531
A 21 Riverside Dr Raymond 03077..... 244-2074
Alice Zheng 22 Donahue Dr Man 03103..... 668-3714
April..... 232-3680
April 349 Wilson Man 03103..... 232-6950
Archie 315 Conas Av Man 03109..... 669-3059
B 2 Clyde Rd Der 03038..... 434-9221
Benjamin R 58 School Man 03102..... 641-3829
Bernard 301 Hooksett Rd Aus 03032..... 647-4576
Caroline 121 Country Club Manchester..... 206-5952
Chan 12 Hazen Rd Bed 03110..... 668-2989
Lee Charles Associates
350 Londonderry Trunk Hooksett 03106..... 641-2032
Lee Chris 3 Tsienneto Rd Der 03038..... 437-9214
Chung S 12 Hazen Rd Bed 03110..... 488-1132
Crystal 14 Everett Man 03104..... 232-3157
Cynthia 33 Fowler Man 03103..... 232-5114
David D 12 Lancaster Dr Lon 03053..... 434-1402
Di 63 Treford Rd Bed 03110..... 472-3707
Edw H & Judith A
15 Country Club Dr Man 03102..... 625-1583
Francis 791 Union Man 03104..... 622-4218
Francis 791 Union Man 03104..... 623-6044
Frank L 3 Albert Av Hooksett 03106..... 485-5121
G Man..... 624-1154
G Man 03102..... 624-8426
Gary 330 Riverdale Rd New Bos 03070..... 529-4984
Goring 400 Chestnut Man 03101..... 627-2113
Lee Hecht Harrison Inc
835 Hanover Man 03104..... 644-7200
Lee Hugh 260 Fremont Rd Sandown 03087..... 887-2036
Hugh T Featherbed Ln Der 03038..... 434-4073
Hye Y 28 Grandview Rd Wind 03087..... 432-0837
J 29 Stenshege Rd Londonderry 03053..... 421-0567
J & C 423 Concord Man 03104..... 668-7364
Jas & Cathy 51 Heckory Man 03103..... 647-9110
Jeff 33 Seabee Bed 03110..... 488-1070
Jay & Laura 11 Birchwood Cr Bed 03110..... 471-0134
Joe Hong 25 Hancock Dr Bed 03110..... 472-3701
Joe 38 Hawthorne Dr Bed 03110..... 641-6660
John 11 Fairway Dr Der 03038..... 434-2973
John R 19 S Parish Dr Lon 03053..... 437-0439
John T 15 Bristol Hill Rd Wind 03067..... 898-9632
J 28 Cove Dr Der 03038..... 432-6325
Lee Kathryn MD 4 Orchard View Dr Lon 03053..... 537-2100
Lee Karoly 37 Nottingham Raymond 03077..... 244-2824
Kenneth & Alice
120 Londonderry Rd Wind 03087..... 421-2838
Kevin R. Bishop 15 Central Ex 03087..... 427-6762

Lee King 4 Dow Man 03101..... 666-7121
Kwok Hing 37 Granite Hooksett 03106..... 485-8758
L 27 Mountain Rd Dld 03037..... 463-8383
Lee LeBlanc Investigations Inc
Londonderry NH 03053..... 421-9521
Lee M 31 Hancock Dr Bed 03110..... 471-0932
M 80 Harrington Av Man 03103..... 623-7363
M & R 80 Goodhue Rd Der 03038..... 437-6115
M W 575 Kimball Man 03102..... 668-8634
Matthew 26 Scott Bedford 03110..... 488-5092
Michael 12 Hunter Ct Golf 03045..... 497-4678
Michael 27 Pennacook Man 03104..... 624-4202
Michael & Allison
98 Dane Rd New Bos 03070..... 487-3534
Michael H & Leah P
276 Pulbit Rd Bed 03110..... 471-0846
Michael & Kathryn
Glen Ridge Rd Ray 03077..... 895-3695
P K 187 Stanton Man 03101..... 624-1096
Quintin & Sabrina
37 Carlander Wy Golf 03045..... 497-4844
R 121 Union Man 03103..... 647-1695
Randall 111 Rockingham Rd Lon 03053..... 434-0169
Lee Realty 696 Hanover Man 03104..... 668-5240
Lee Richard 41 Nottingham Rd Ray 03077..... 895-1395
Richard 26 Phasant Ln Man 03109..... 627-6722
Richard C 5 Chester Man 03104..... 668-4367
Lee Richard H MD
130 Tarrytown Rd Man 03103..... 669-0831
Lee Rick & Doreen 225 Barrett Man 03104..... 624-6950
Robert 27 Isabella Dr Lon 03053..... 425-1328
Robert 224 Silver Man 03103..... 669-6355
Robt E 172 Beaver Man 03104..... 624-0326
Robert E 242 Middle Rd Dld 03037..... 643-7912
Robin 30 Amherst Man 03104..... 669-2496
Romno 3 Eather Dr Bedford 03110..... 472-8078
Samuel 355 Circle Rd Man 03103..... 622-4781
Lee Scott 185 Roxbury Keene 03431
Toll Free-Dial '1' & Then..... 800 750-0296
Lee Shinchin & Christina
17 Bedros Wy 03087..... 421-9152
Shuchang 15 Village Circle Wy Man 03102..... 668-2126
Sook 76 Drew Rd Der 03038..... 434-3225
Stephen 10 Darrow Way Lon 03053..... 437-8033
Steven 39 Cimarron Golf 03045..... 384-2007
Steven 30 Magazine Bed 03110..... 472-7855
Steven 36 Magazine Bedford 03110..... 472-5533
Steven 6 Royal Oaks Dr Hooksett 03106..... 625-4404
Tamara 36 Whitehall Hooksett 03106..... 206-5459
Ted & Deb Chamberland
117 Powder Hill Rd Bedford 03110..... 472-2563
Thos F 51 W Union Golf 03045..... 497-2630
Thos & Sharyn 6 Partridge Ln Lon 03053..... 437-2636
Warren & Phyllis
1025 Hanover Man 03104..... 622-0288
Won K 525 Calef Rd Man 03103..... 621-7090
Leeds Daniel 247 Glen Forest Dr Man 03109..... 668-0280
Norman Jr 217 Hockett Hill Rd Hooksett 03106..... 624-5576
Tyler 48 English Range Rd Der 03038..... 216-6556
Leeming Simon City
57 N Main Concord 03011..... 410-1500
Leeming Title 27 Bay Man 03104..... 668-3886
Leemon Tony & Tammy
107 Golfston Dr Hooksett 03106..... 485-1004
Leenhouts Mark & Sally
57 Summit Dr New Bos 03070..... 487-2250
Leeper P & S 86 Litchfield Rd Lon 03053..... 432-2941
Lee-Price Els 164 Union Man 03103..... 232-7833
Leer Cathy & Jon 5 Duke's Ln Dld 03037..... 463-7191
John & Cathy
45 McQuade Brook Rd Bed 03110..... 472-3903
Lees Chris & Bob 21 Kiri Ln Lon 03063..... 437-1918
Dan & Linda 54 Clare Mill Rd Wear 03281..... 529-3021
Lee's Fitness Center 167 Elm Man 03101..... 623-1022
Lees Jean 25 Lennox Dr Der 03038..... 432-4209
Lees Jeffrey D 451 High Candia 03034..... 483-5535
Fax Number 451 High Candia 03034..... 483-0463
Lee's Martial Arts Center
5 Driving Pk Rd Man 03103..... 623-1022
Lees Scott & Nancy 13 Fox Den Rd Der 03038..... 432-7691
LeFaiver Robt S 13 Bristol Hill Rd Wind 03087..... 893-5589
LeFave D R 23 Essex Dr Ray 03077..... 895-8568
Lefave Martin 130 Violet Man 03102..... 206-5589
Richard 10 Power Ray 03077..... 895-1359
Lefavor D & N 112 Byam Rd New Bos 03070..... 487-2527
Erik & Sharon 67 West Shore Dr Ray 03077..... 895-1547
Lefavour Ellen & Robert
S Pond Rd Der 03038..... 437-0915
Lefchak D 105 W River Dr Manchester 03104..... 669-1076
Lefeb Evigie 3 Timberwood Dr Golf 03045..... 668-4410
Lefebvre E 219 Lake Av Man 03103..... 668-3236
Lefebvre B 131 Fox Hollow Wy Man 03104..... 641-8149
Berchmans 52 S Mast Golf 03045..... 497-4639
Lefebvre C..... 645-1079
Lefebvre C 80 Kilby Man 03103..... 232-7679
C & S 65 Carriage Ln Bed 03110..... 471-0218
Carl & Cathryn 80 Gerard Dr Man 03104..... 623-4593
Celeste 66 Blaine Man 03102..... 669-8962
Chas & Lisa 53 Diamond Ln Golf 03045..... 497-2325
E 121 Country Club Dr Man 03102..... 623-5983
Lefebvre 219 Lake Av Man 03103..... 622-4631
Lefebvre E SR Little John Ct Der 03038..... 432-0040
Ernest & Pamela 105 Jane Dr Cand 03034..... 483-5514
Frank J 4 Elmwood Av Man 03102..... 623-6724
G 29 Third St Manchester 03102..... 625-1969
Gervaise 17 Orchard Golf 03102..... 669-5080
J 17 Orchard Man 03102..... 627-7561
J & J 34 S Anselm's Dr Golf 03045..... 622-4440
Joe Hooksett 03106..... 268-0753
Keith 1591 Front Manchester 03102..... 232-6043
Keith & Meagan 1591 Front Man 03102..... 644-0748
Kevin 300 03070..... 407-2722

Lefebvre L 27 College Rd Golf 03102..... 669-2935
Leo 519 Bridge Man 03104..... 626-7656
Louis J 55 S Main Man 03102..... 623-5255
M Man 03103..... 625-2349
M 2 Durette Ct Man 03102..... 623-4667
M 312 Spruce Man 03103..... 232-6847
Mark 88 By-Pass 28 Der 03038..... 432-4338
Lefebvre Mark P & Doris
393 Candia Rd Chst 03036..... 887-3647
Lefebvre Mary B Mrs 55 S Main Man 03102..... 623-0052
Michael R 514 Amherst Man 03104..... 647-7021
P Chst 03036..... 887-0855
P 20 Rosegate Farm Dr Man 03109..... 232-5137
P K 13 Swanson Rd New Boston 03070..... 487-2622
Pat & Jacques 17 Orchard Man 03102..... 627-4558
Paul 20 Rosegate Farm Dr Man 03109..... 232-5136
Paulette 901 Mammoth Rd Man 03104..... 641-3284
Randy 516 E High Man 03104..... 626-3418
Richard & Mary P Hooksett 03106..... 623-5400
Richard R & Mary P Hooksett 03106..... 623-4200
Rita 46 Center Golf 03045..... 497-2392
Robt 325 Bedford Rd New Bos 03070..... 487-2860
Robt T 610 Green Man 03103..... 627-2342
Ronald 222 Lake Man 03103..... 206-5514
Sherry 65 Strling Hooksett 03106..... 641-3243
Trixie Auburn Rd Lon 03053..... 432-4274
Troy 9 Mavencik Dr Aus 03037..... 483-8311
Troy 9 Mavencik Dr Aus 03032..... 587-0335
Victoria & Gerard
3 A Misty Morning Der 03038..... 432-5477
Wendy 53 Redfield Cr Der 03038..... 437-2346
William
22 Flanders Memorial Rd Wear 03281..... 529-2159
Wm J & Shelley
22 Flanders Memorial Rd Wear 03281..... 529-1520
Lefebvre's Tire & Auto
202 Rockingham Rd Lon 03053..... 432-9791
Lefebvre's Towing
109 Rockingham Rd Der 03038..... 432-4869
Lefebvre Richard 80 Lowell Man 03101..... 622-0721
Lefebvre David E atty 40 Hanover Man 03104..... 668-2222
Lefebvre David E atty 41 Warner Man 03102..... 232-7217
Lefebvre J 512 W River Rd Hooksett 03106..... 268-0319
Lefort Christopher & Jodi
138 Anthony Man 03103..... 642-3894
Daniel M 44 Spring Garden Man 03103..... 641-8059
Roger 32 Spring Garden Man 03103..... 623-0657
Lefrancois Brian
29 Pleasant Hill Rd Dld 03037..... 463-5460
Lefrancois David & Lane Rd Der 03038..... 434-7054
Lefrancois David G atty & Lane Rd Der 03038..... 432-9539
Lefrancois Jas L & Marion
42 Medford Man 03109..... 623-2759
LeFrancois Karl & Oakwood Ln Golf 03045..... 647-2944
LeFrancois T M 44 Hillcrest Av Man 03103..... 644-0287
Left-Tees Designs Bayou LLC
53 E Broadway Der 03038..... 437-6630
Legacy Chris & Christine
45 Normand Cr Bed 03110..... 472-3793
Christopher 45 Normand Cr Bed 03110..... 471-1097
Legacy Financial Solutions Inc
1361 Elm Man 03101..... 647-7166
Legacy Homes Inc
Man 03104..... Manchester TelNo 668-9696
Legacy J M 7 Bourbon Bed 03110..... 472-6128
Legacy Law Firm atty
Man..... Manchester TelNo 625-4200
Legacy Salon 165 Pine Man 03103..... 625-1121
Legal Clinics The 708 Pine Man 03104..... 625-6641
Legal Clinics The Professional Association
c/ See Brofsky Lewis & Amodeo-Vickery PA
641-0010
Legal Media Services 50 Bridge Man 03101..... 641-2826
Legal Practice The 146 Lowell Man 03104..... 647-2832
Legallo Daniel Jr 64 Ashley Dr Man 03103..... 644-2038
Melissa 33 Auburn Rd Lon 03053..... 434-5075
Legare Thomas 47 North Shore Rd Der 03038..... 434-2278
Wm 7 North Shore Rd Der 03038..... 537-9616
Legasse David & Lorraine
128 Theresa Ct Man 03103..... 623-1282
Robt J 64 Dunbarton Rd Man 03102..... 641-1826
Legault Barbara & Jeffrey Chst 03036..... 887-7875
J 1 Charleston Av Lon 03053..... 437-6296
Legay Jos A & Madeleine
1776 River Rd Man 03104..... 623-4083
Legenc Frank 298 Sewall Man 03103..... 623-3027
J 340 Shasta Man 03103..... 627-6272
John 428 Boynton Bed 03110..... 623-9848
Peter 81 High Der 03038..... 432-2868
Legendary Wine Company Wind 03087..... 437-1100
Legendre Krissy L
864 Belmont Manchester 03104..... 621-0353
M 144 Taylor Man 03103..... 623-7884
Robt 144 Taylor Man 03103..... 623-7884
Sandra Ms 99 Harriman Hill Rd Ray 03077..... 244-1686
Travis 25 Randall Man 03103..... 232-5584
Legends 4 Essex Dr Ray 03077..... 895-4474
Legends Golf & Family Recreation
18 Legends Dr Hooksett 03106..... 627-0099
Legends Golf School
18 Legends Dr Hooksett 03106..... 626-1818
Leger C & L 4 Westgate Rd Der 03038..... 437-5609
Dennis 125 Pine Man 03103..... 622-5344
J 491 Mammoth Rd Lon 03053..... 434-3661
Joe & Mary 32 S Bow Rd Hooksett 03106..... 485-5455
L 6 First Av Golf 03045..... 497-8526
L B Laraway Ct Der 03038..... 434-1346
Maria 9 Trent Rd Hooksett 03106..... 268-0113
Robt E 59 Redfield Cr Der 03038..... 432-1791
Scott & Jennifer
65 Linsay Rd Hooksett 03106..... 641-2565
Scott & Michelle
166 Ocean Road Dr Man 03103..... 626-5491

Student Evaluation Form for Aging Sensitivity Curriculum

(Please complete and return to your teacher)

Now that you have completed the Aging Sensitivity Curriculum, please rate the following:

	Strongly Agree		Agree		Strongly Disagree
1. I learned new facts about the elderly.	1	2	3	4	5
2. I have a better understanding about how the sense of touch, vision and hearing change as one grows old.	1	2	3	4	5
3. I am now more aware of the needs of the elderly.	1	2	3	4	5
4. I am now more likely to help an elderly neighbor or relative.	1	2	3	4	5
5. The class material was presented in a way that kept my interest for the whole class.	1	2	3	4	5

6. What I liked best about the class:

7. What I would change about the class:

THANK YOU!



If you have any questions or comments, or need more materials, please contact:

Seniors Count

c/o Easter Seals NH, Inc.

555 Auburn Street

Manchester, NH 03103

603.623.8863 www.seniorscountnh.org