

SPRING 2010  
Volume 6 Issue 2

# LivingWell



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Lincoln, NE 68508-3628  
A Promoting Area Agency on Aging  
AGING PARTNERS

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*musical  
memories*

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## On the Cover:

*Bobby Layne*  
Courtesy BobbyLayne.com



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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

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## Age Strong! Live Long!

**A**ging Partners joins communities nationwide in celebrating May as Older Americans Month — a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage of life.

This year's Older Americans Month theme—Age Strong! Live Long!—recognizes the diversity and vitality of today's older Americans, who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much.

Older Americans are living longer and are more active than ever before. And with the aging of the Baby Boomer generation — the largest in our nation's history — America's senior population is expected to number 71.5 million by 2030.

Keeping the growing population of older Americans healthy and active will increase the demand for senior services.

What is remarkable is the extent to which older Americans themselves are supporting each other. As the new generations of seniors become better educated and more financially secure than their predecessors, they are spending more time making significant contributions in their communities through civic and volunteer opportunities, such as those available through Aging Partners.

Contact Aging Partners by visiting [aging.lincoln.ne.gov](http://aging.lincoln.ne.gov) or calling 402-441-7070 to find out what you can do to strengthen services for older Americans during May and throughout the year. **Lw**



## Website under construction

**K**eeping up to date with the latest news and events from Aging Partners via the website will become more user friendly.

Information about being well, planning ahead, staying involved and living at home on the site continues to be updated and expanded.

Check it out at [aging.lincoln.ne.gov](http://aging.lincoln.ne.gov). **Lw**

# Director's Corner

**M**y husband and I went to the cell phone store last month. Our handy-dandy little cell phones just weren't holding a charge very long. Of course, you don't just get a new battery, you "upgrade" to a new phone. As many of you already know, this provides you with a bucket load of questions to answer and decisions to make.



We had a very capable customer-oriented salesman who immediately noted our "maturity" and the modest level of technology in the phones we brought with us. He wisely asked what types of things we did with our phones.

"Would you be interested in internet capabilities or GPS? Do you download movies or games," he asked? He tempted us with a thin phone that responded to his finger movements and had an ominous deep voice inside that said, "Droid" when you received a call or message.

"We are looking for a phone that will fit in our pocket and will allow us to make and receive calls," we said. We walked across the showroom to an area that was clearly designed to display phones that were, shall we say, less complex.

We gave each other the look that said this is more like it, and quickly settled on a model that made us comfortable. We added car chargers, a cover for my phone, had the information in the old phones miraculously transferred to the new ones, and went to Applebee's for dinner. We figured out how to set up the speed dial, called each other across the table and laughed.

It's that kind of experience we try to provide for the people who come to Aging Partners for help. We listen, ask thoughtful questions and try to take the complexity out of finding answers. This issue organizes what we do into four core areas; being well, planning ahead, staying involved and living at home. We identify the work done across all areas as shared services; this magazine, transportation, information and referral and our 5CityTV program, Live & Learn. As our print ad says, "Call 441-7070 for Answers on Aging." 

June Pederson, Director, Aging Partners



## QUALITY OF LIFE IS JOY, INDEPENDENCE AND SECURITY

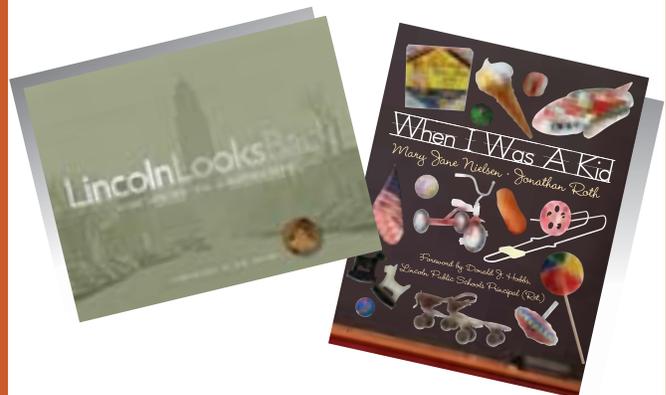
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# Lintel receives national volunteer award

Whether people recognize Delores Lintel as a host for Aging Partners Live & Learn program or from one of her other volunteer activities, she is definitely a woman of many interests, and one who has helped shape her community – literally.

## Northeast Radial

In the 1960s, the city planned to build a major roadway, the Northeast Radial, which would connect downtown and northeast Lincoln. The route of the proposed roadway would have sliced up five historic neighborhoods. Lintel provided the leadership for other residents in the area and in response created the first organized citizens group – The Clinton Neighborhood Organization. They let the city know they would oppose their plan and work for the eventual defeat of the project. Through meetings, letter writing campaigns and a united effort with other newly formed neighborhood groups in northeast Lincoln, the Northeast Radial was defeated in 1976.

When the project was defeated, Lintel and others from the Clinton Neighborhood Organization partnered with the city to create The Radial Reuse Plan. Its goal was to establish a positive vision for reuse of the land, including industrial development, new and rehabilitated housing, and a linear park along the length of the former Radial corridor. Lintel Park was dedicated in 1987, and is the west anchor of the park.

In recognition of this service to the community, Lintel was named a recipient of the 2009 Dorothy Richardson Resident Leadership Award from NeighborWorks America. It is an honor bestowed annually in recognition of



*Delores Lintel receives one of nine national 2009 Dorothy Richardson Resident Leadership Awards from NeighborWorks America. Photo courtesy of NeighborWorks® America.*

outstanding contributions by dedicated community leaders. She accepted the award at a Dec. 10, ceremony in Washington, D.C. The award is named in honor of Dorothy Richardson of Pittsburgh who was a driving force in the establishment of the first pioneer in the Neighborhood Housing services, a resident-led partnership, which is the forerunner of today's national NeighborWorks network. President Barack Obama thanked Lintel in a letter for her devotion to service and for doing all she could to shape a better tomorrow for our great nation.

When Lintel was informed she was one of the nine recipients of the national award, she was surprised and pleased. She knew she had good organizational skills to lead the effort, but credits countless others for their support and cooperation through those years.

“I feel good because I have helped give a voice to people who have concerns,” Lintel said. “I have helped people to be empowered and take responsibility. They now have a vehicle where they can voice their concerns. I did not do this with winning an award in mind. I just like to take something that I believe in, and apply my mind and energy, my organizational and problem-solving skills to make it better.”

Lincoln now has 50 organized neighborhood groups with input in the decision making process of the city.

## Project Linus

Lintel has committed herself to numerous other ventures as well, such as Project Linus. In 2003, she became the coordinator of Project Linus – Nebraska. It covers all of the state except the Omaha metropolitan area. She and a network of many volunteers provide the feeling of comfort, security and love to any child who is ill, hospitalized, abused, neglected or going through a traumatic situation in their life. This is



done by giving them homemade blankets, quilts and afghans to hug and comfort themselves. Since 2003, the chapter has given away 19,871 quilts to children in all 70 rural hospitals across Nebraska and to 40 local social service agencies.

### Live & Learn

Lintel has been a host on Live & Learn more than a year. She enjoys doing this because she feels the program provides much useful information about the services available to the senior population. She also thinks it provides a platform and opportunity for the many people in Lincoln who have interesting stories to tell or unusual hobbies they enjoy.

### Other Activities

When not busy with other projects, Lintel serves as a volunteer conductor on the Lincoln Children's Zoo train once a week during the zoo season. She also has a jelly business – Grama's Jellies – which she started from scratch and sells in stores nationwide.

### Lesson Learned

Lintel encourages anyone who has an interest in something to volunteer time, talents and experience.

"I hope people someday will remember me for helping make a difference and that I cared about people and the community in which I lived," she said. 

## Opportunities abound

Lincoln Parks & Recreation offers many wonderful opportunities for older adults through events and volunteering.

Check out the website at [parks.lincoln.ne.gov](http://parks.lincoln.ne.gov) and look at the volunteer or calendar of events tabs. 



## Proud Sponsor of the '2010 Senior Prom'

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# Bobby Layne builds *musical m*

**B**obby Layne & his Orchestra continue to build memories.

On a snowy Feb. 4 morning at Lincoln's Pla Mor Ballroom, their home base since 1973, they boarded a luxury Greyhound bus. Their adventure was a 21-day tour throughout Texas, Arizona and New Mexico to create more great memories for themselves and their audiences.

The orchestra performs about 200 nights every year, traveling throughout the U.S., Canada and the Caribbean.

Layne said he and his orchestra have come a long way since he started his own band in 1951 while attending high school in Waverly, Neb.

"I never thought I'd reach these goals," Layne said. "It's a thrill when it gets better than you expected."

## **Building a Band**

Layne always had a passion for music.

He joined his high school band as a freshman and played first chair trumpet.

Layne enjoyed listening to Big Band music and decided to form his own seven-piece band when he was a high school senior.

After high school, Layne served four years in the 43rd Army band playing trumpet. He purchased his first alto saxophone and clarinet in the 1960s.

The orchestra expanded to 11 pieces in the 1970s. Miss Trudy DuMay, with her dynamic vocal style, joined in 1974. Their music bridges the generations from the 1930s to the present, including swing, tangos, sambas, waltzes, show tunes and a bit of rock.

Approximately 200 musicians have played in Layne's orchestra

during the years. He has made eight recordings.

"There is a bond among musicians and the conversation is done musically," Layne said.

Joan Allen, who has played off and on as a pianist for 25 years, said Layne is an exceptional band leader.

"It's been great," said Allen, who started performing with Layne when she was in college in Nebraska and now lives in Lancaster, Pa. "We get to



*Bobby Layne's interest in music flourished while part of the Waverly High School Band.*

## **Thanks for the Memories**

It was my dream to have my own band. To travel and play the songs America grew up on. Carrying on the Big Band tradition, I have tried to reproduce the sounds of the great bands before me. Finding that, in the process, I have developed my own unique style.

Now I can look back, for a moment, and recall the people and places that added to the enjoyment of playing all those nights and traveling all those miles.

The satisfaction of knowing we played a good show is my reward. The joy of trying out new arrangements is my encouragement. Performing for people all over the U.S.A. is my love.

Thank you for this chance to reminisce with you the past 40 years of my musical career and thank you for the truly valued memories you have given me.  
*A note from Bobby Layne in a display case at Pla Mor Ballroom in Lincoln*

# emories

meet a lot of nice people. If someone can make a living and do what they love, they're pretty lucky."

Layne adds that performing is "not like you carry your lunch bucket and go to work every day."

"If you enjoy it, that's what you do," he said. "I still enjoy it."

## Accolades Accumulate

Bobby Layne & his Orchestra have played at many great venues and cities such as Las Vegas and the Lincoln Center for the Performing Arts in New York City. The band has played at the Nebraska Governor's Inaugural Ball.

They have had the pleasure of playing with many notables in the entertainment business: Bob Hope, Tony Bennett, Anita Bryant, Art Mooney, Gordon McRae, the Four Aces, Bob Newhart, Dagmar, Rusty Draper, the Ink Spots, Joe Feeney, Dave Boyer, and the Lawrence Welk cast — to name a few.

Layne has been featured in national publications, appeared on radio and television and won numerous awards, including the National Ballroom Operators Award for Outstanding Ballroom Performance and The Best of Lincoln award from KFOR radio. He even received a letter from former President Bill Clinton, a known saxophone player himself, commending Layne for

his years of musical entertainment.

"Bobby Layne Orchestra has become one of the premier Big Bands in America today, performing with many distinguished artists," Clinton wrote in the letter. "You can take great pride in your contribution to our nation's rich musical heritage."

Layne has received letters of commendation from various governors throughout the country and been presented honorary keys to cities.

## The Beat Goes On

Layne sees no end in sight for his days of being a band leader.

"It has been a good ride so far," he said. "It's good memories. Had I not done this, I wouldn't have all these memories." 



*Display items mark a successful and memorable career for Bobby Layne as a band leader.*

## A Senior Prom to Remember

A Senior Prom to Remember at Pla Mor Ballroom June 9 offers an opportunity for older adults to remember the past and add new memories.

The event, co-sponsored by Aging Partners, Burton Tyrell Florists, KLKN-TV and Butherus, Maser & Love, features the music of Bobby Layne and his Orchestra and is scheduled for 6:30 to 8:30 p.m. Admission is free and transportation to those without vehicles is available at no cost through Aging Partners senior centers. If people need to find a senior center near them, they can call 441-7158.

"We think it will just be a fun evening of entertainment, dancing and door prizes for everyone who attends," said Bryan Block, family services manager for Butherus, Maser & Love. "We're really looking forward to it." 



*Pla Mor Ballroom in Lincoln serves as the site of the June 9 Senior Prom sponsored by Aging Partners and Butherus, Maser & Love.*

# Aging Partners News and Events

## Start Electronically Receiving Your Copy of Living Well Magazine Today!

When you receive *Living Well* magazine by e-mail, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. Some will let you e-mail questions about the provider services.



There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print out the whole magazine or just the pages that interest you. Call Deb Baines at 402-441-6146 or e-mail her at [dbaines@lincoln.ne.gov](mailto:dbaines@lincoln.ne.gov) to sign up.

## Educational

### Community Action Partnership & Aging Partners Free Senior Computer Education Classes

Computer Classroom, 210 "O" St., Lower Level

Isn't it about time you learned how to explore the internet? Send and receive an e-mail? Become an active participant in the computer age? Now's your chance! Class size is limited to 14 students. A brief one-time 30-minute orientation is required before attending classes. Call 402-441-7158 for event information.

### Senior Class 1: Keyboarding

Learn the basics of computer typing and how to use the keyboard.  
Wednesday, April 28, 8 a.m. to noon  
Wednesday, June 2, 8 a.m. to noon

### Senior Class 2: Microsoft Windows XP

Introduction to Windows and the computer. Opening, closing, resizing and exploring windows. Creating, saving, copying, deleting and moving files and folders.

Wednesday, May 12, 8 a.m. to noon  
Wednesday, June 16, 8 a.m. to noon

### Senior Class 3: E-mail and the Internet

Learn how to search for information on the Internet, as well as how to set up and use an e-mail account.

Wednesday, May 26, 8 a.m. to noon  
Wednesday, June 30, 8 a.m. to noon

### Ever Wanted To Try Oil Painting?

Now's Your Chance To Start! Paint along with certified Bob Ross instructor Donald R. Belik, in this one-day class for painters of all abilities. This class produces sure-fire results. All materials and supplies are provided by the instructor. Cost: \$40. Classes are on Saturdays from 9 a.m. to 3:30 p.m. Call for reservations.

- April 24 — "New Day's Dawn" at the Northeast Senior Center

## Health and Wellness

### Aging Partners Fitness Center

233 S. 10th St., Suite 101  
Open 8 a.m. - 4 p.m.

Monday through Friday  
A certified personal trainer is available on Tuesdays and Thursdays or by appointment.

Cost: \$10 per month - 60+  
\$15 per month - under age 60

### Aging Partners Health and Fitness

Saline County Eldercare Office in Tabitha Nursing Center in Crete  
Wednesdays, 9:30 a.m. - 11:30 a.m.

April 5, 12, 19, 26  
\$10 fee. Scholarships available.

### Senior Health Promotion Center

Services for adults 60+ include: Comprehensive foot care, ear care, blood pressure and blood glucose checks, Sahara bone density testing and health education. Lower level of the Aging Partners Downtown Senior Center on most Tuesdays and Thursdays. Call 402-441-7575 for information. Contributions accepted. Full services: April 6, 8, 13, 15, 20, 22  
Foot care only: May 6, 13, 20, 27, June 1, 15

### Memorial Health Care Systems Annual Health Fair

Wednesday, April 7  
5:30 a.m. - 1:30 p.m.  
Seward County Ag Pavilion

### Introduction to Tai Chi - Moving for Better Balance

Lake Street Senior Center  
2400 S. 11th St.  
Wednesdays, 9:30 a.m. - 10:30 a.m.  
Six week session, April 14 - May 19  
Cost: \$20  
Scholarships available.

### Wahoo Health Fair

Thursday, April 15, 9 a.m. - 1 p.m.  
Eagles Club, 140 W. 5th St., Wahoo.  
Free health screenings and lunch.  
Sponsored by Saunders Senior Coalition

### Living Well with Chronic Conditions:

A six week self management program designed for people living with long term health conditions and their family members. Learn better ways of coping and managing your health by setting goals that are do-able, finding support and solutions to problems, relaxing

Call 402-441-7158 for event information.



and managing stress and working in partnership with your healthcare team.  
Lake Street Senior Center  
2400 S. 11th St.  
Fridays, 9:30 a.m. - 11:30 a.m.  
May 7, 14, 21, 28 and June 4, 11  
Suggested contribution: \$10

### National Senior Health and Fitness Day 2010 - May 26

Open House - Aging Partners Health and Fitness Center, 233 S. 10th St., Suite 101—10 a.m. - 2 p.m.  
Gentle Yoga Demonstration: 10 - 10:30 a.m.  
Tai Chi - Moving for Better Balance Demonstration: 1 p.m. - 1:30 p.m.  
**Dinner and a Show is Back!**

### Senior Centers

Cotner Center Condominiums  
Dinner: 5:30 p.m., Show: 6:30 p.m.  
1540 N. Cotner Blvd.  
\$7 for those 55 and over, \$8 for those under 55. Van transportation an additional \$2. Show only tickets \$4.  
Enjoy a catered meal and a great show, co-sponsored with Butherus, Maser, & Love. Reservations and cancellations are due by 10 a.m. on the Tuesday before the week's show. Reservations and payment are due prior to the event. Sorry, no refunds.

- April 8 - The Terry & Lydia Edwards Show
- May 20 - The Jimmy Mack Show
- June 17 - Kim Eames "A Country Night"

### Annual All City Senior Center Picnic

Celebrate Older Americans Month, Thursday, May 20, 10 a.m. - 1 p.m., Antelope Park Master Tables, (rain location, Auld Center). Live music, outdoor games and grilled hot dogs with all the fixin's. \$3 suggested contribution.

### Leisure Events

#### Annual Spring

#### 10 Point Pitch Tournament

Saturday, April 24, 9 a.m. - noon  
Lincoln Bridge Club, 237 S. 70th St.  
Sign up now for our Annual Spring 10 Point Pitch Tournament. There will be refreshments and prizes. Space is limited. \$5 entry fee per person payable by April 19. Please register as teams or singles.

#### Day Tripper Tours:

Day trips featuring entertaining places and activities. A minimum of 20 riders are necessary to confirm these tours. Call for trip details and reservations.

- Strategic Air & Space Museum - Omaha, "Leonardo da Vinci: Machines In Motion" and The Holy Family Shrine Tour.  
Saturday, April 17, Cost: \$40.  
Join us as we experience an exhibit of 40 machines, constructed from the designs, and materials specified by Leonardo himself. See the Bicycle Powered Ornithopter, the Oil Press and Robot, the Armored Vehicle and many others. Lunch (on your own) at the Mahoney Park Lodge and on the way home a quick tour of the Holy Family Shrine and grounds.
- MONA: The Museum of Nebraska Art - Kearney  
"Nebraska's Heritage"  
Tuesday, May 4, Cost: \$45  
First we'll stop off at Kearney's beautiful new Peterson Senior Center, where we'll be entertained by The Country Jammers and will enjoy lunch for a suggested donation of \$3 (on your own). Then, it's off to see the MONA, and a guided tour of their exhibit, "Nebraska's Heritage."

- Joslyn Art Museum - Omaha  
"Landscapes From The Age of Impressionism"  
Saturday, June 12, Cost: \$30  
This exquisite exhibition features 40 paintings that are among the Brooklyn Museum's finest impressionist works of art. Next, it's lunch at Old Country Buffet (on your own).

### A Senior Prom to Remember featuring The Bobby Layne Orchestra

Wednesday, June 9, 6:30 - 8:30 p.m.  
Pla Mor Ballroom, 6600 West "O" St.  
Free. Dance to the music of Bobby Layne and his Orchestra, in a place that holds more than 80 years of musical memories! Door prizes, refreshments and even prom pictures! Sponsored by Aging Partners, Burton Tyrell Florists, KLNK-TV and Butherus, Maser & Love 

[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)

### Antique Appraisal Fair

with

**Tom Bassett**

**April 10, 2010**

**10:30 a.m. - 12:30 p.m.**

**Savannah Pines**

**3900 Pine Lake Road, Lincoln**

- Entrance fee: \$3
- Appraisal of one item and entrance: \$5
- Appraisal of up to three items and entrance: \$10

*Proceeds to benefit Foster Grandparent Program. Donations will be accepted.*



**Questions? Call 402-441-7026**

*Public Service Announcement*

# Engagement is key to a full life

Some may assume that “activities” in an assisted living community are simply designed to pass the time. But, at The Seasons at Eastmont Towers, the staff have always embraced a progressive, resident-focused approach.

Program and Events Associates Frankie Butler and Kay Rider strive to provide diverse programming for assisted living residents. They can maintain their individuality while taking advantage of a variety of stimulating events, creative fellowship opportunities, educational programs or just an evening outing for pie and coffee. At Eastmont, the staff listens carefully and endeavors to think outside the box.

## Exploring Together

That philosophy was behind the recently organized Open Forum sessions. The residents took charge and began their own six-week course of study. Selected topics include, history, the military, current events, religion and philosophy.

February’s Open Forum topic was, “What is the Islamic religion and does it encourage warfare?”

Copies of the Koran were ordered and knowledgeable speakers, who could share their expertise, were invited.

The Seasons Men’s Group is another example of active learning and fellowship. Men are usually the minority in an assisted living environment. The program and events staff recognized that they appreciate a chance to share some “guy time.” One recent Men’s Group guest presented a PowerPoint program on the USS Chancellorsville, a guided missile cruiser, assigned to the Navy’s Ronald Reagan Strike group.

## Keeping Brains Healthy

Another thread that runs through all the activities is engagement. Studies have shown that engagement is critical to quality of life, especially as we age.

Seasons residents have many opportunities to be actively engaged in the Lincoln community. They have participated in the Food Bank of Lincoln’s Backpack program. They have a partnership program with Eastridge Elementary School and have done service projects for many other organizations throughout the city. Each year Eastmont residents and staff donate items to make Easter baskets for every child at The City Mission. This year, residents will create Easter cards to include in each basket.

Being firm believers in keeping their brains active and continually learning, residents participate in a weekly Friday Coffee Hour, where they discuss many topics. They enjoy a good game of Hangman or Concentration and the occasional brainteaser or trivia quiz. There is a poetry and literary group that meets once a month and the library at The Seasons has been expanded due to popular demand. Staff also assist residents with basic Internet searches and e-mail communication in the computer center.

At The Seasons, residents have many opportunities to stay fit with classes ranging from strength training to chair aerobics. Residents understand that a healthy body supports a healthy brain and a positive attitude.

## Enjoying Mother Nature

Staff also listened when residents reminisced about the gardens they had cultivated earlier in life. Knowing the joy of gardening herself, Rider, with the assistance of her husband and Eastmont volunteer Ray, decided to share vegetable and flower seeds with residents to start seedlings in their apartments. In the meantime, a large garden area was prepared. By spring, all kinds of seedlings were ready to plant. The garden flourished thanks to Ray’s hard work and loving care. Throughout the summer and into early fall, residents enjoyed the bountiful harvest of home-grown tomatoes, squash, eggplant, pumpkins and fresh-cut flowers.

Betsy Sheets, director of community relations & marketing and the management resource for the Programs & Events team, said her creative and compassionate staff is “always seeking new ways to make The Eastmont Towers Community an innovative and stimulating place to live.” 



# Ombudsmen: people who care

When Bob Johnson retired from teaching at a Lincoln junior high school and wanted to find a way to continue giving back, he heard about the ombudsman program for the elderly. He signed up, took the training and enjoyed it.

That was 20 years ago and he has been volunteering as an ombudsman at Tabitha Health Care Services ever since.

“I probably do more socializing than problem solving,” he said. “I’m here to listen and make people comfortable. I’m simply an advocate for the residents.”

## Ombudsman Role

The problems he listens to run the gamut from dirty bathrooms to more personal ones such as missing teeth. He serves as an educator for the residents to inform them

of residents’ rights and talk to them about empowerment.

The ombudsman program was established under the Older

Americans’ Act. An ombudsman is an advocate for the rights and well-being of nursing home and assisted-living facility residents. They educate and inform residents, families, facility staff and others on a variety of issues relating to aging, long-term care and residents’ rights.

Tami Barrett, elder rights coordinator for Aging Partners, covers about 100 facilities throughout an eight-county area. She said there is a need for ombudsmen because people know who they can contact on site. Residents at Tabitha may not recognize her, but they recognize Johnson. And the residents know, after talking to him, that their concerns are being heard and will be addressed.

Volunteers have the same responsibilities as paid staff, and because of this, they must be professionals and have a good way of working with people. Barrett said volunteers are not there to solve issues, they are there to be a voice.

Barrett has 24 volunteers who make calls weekly. There is a waiting list of facilities where ombudsmen are needed and wanted in Lancaster County.

“We don’t try to tell the staff



Bob Johnson, volunteer ombudsman, left, visits with Ed Herstein at Tabitha Health Care Services.

what to do,” she said. “We just try to make the problems known and work with the staff. Our main purpose is to bring people together and resolve any potential issues.”

The next annual training for volunteer ombudsmen will be in July. Anyone interested in becoming an ombudsmen, can call Tami Barrett at 402-441-7070. 



Bob Johnson, left, not only serves as an ombudsman for potential issues but also is available to lend a friendly ear to residents such as Marlin Larson.

# Dinner and a Show series is back

Looking for an entertainment value?

The Dinner and a Show series may be your answer. This monthly series, co-sponsored with Butherus, Maser & Love, runs from April 8 through Sept. 16.

Entertainment and a delicious meal is offered for only \$7 (55+

price). Transportation is available for \$2. Call 402-441-7158 for reservations.

- April 8: The Terry & Lydia Edwards Show
- May 20: The Jimmy Mack Show
- June 17: Kim Eames “A Country Night”
- July 15: Tim Javorsky

“Satchmo: A Louis Armstrong Tribute”

- Aug. 19: Paul Siebert “Poems, Prayers & Promises: A John Denver Tribute”
- Sept. 16: The Joe Taylor Show 

## AGING PARTNERS

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938  
<http://aging.lincoln.ne.gov>

Key for Services: ▲ = Lancaster only

## MISSION

Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

## Being Well

### NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

### HEALTH & FITNESS

- **Aging Partners Health Club** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575
- **Fit to Care** - Tips from a registered nurse, dietician and certified personal trainer to help decrease the effects of chronic tension. Free.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5-CITY TV, Channel 5. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938
- **Widowed Person Service** - Support for people who are widowed. ▲ 402-441-7026

## Planning Ahead

### FINANCIAL

- 402-441-7070 or 800-247-0938
- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
  - **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid programs.

### SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit [www.seniorsfoundation.org](http://www.seniorsfoundation.org).

## Staying Involved

### VOLUNTEER!

- **RSVP/Retired & Senior Volunteer Program** - Volunteer experiences for those ages 55+. Coordination between community needs and the talents of volunteers. ▲ 402-441-7026
- **Foster Grandparent Program** ▲ 402-441-7026
- **Guardian and Conservatorship** ▲ 402-441-7070
- **Long-Term Care Ombudsman** 402-441-7070
- **Senior Companion Program** 402-441-7026
- **Widowed Persons Service** ▲ 402-441-7026

### SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and five in Lancaster County. ▲ 402-441-7158

### EMPLOYMENT

402-441-7064 or 800-247-0938

- **OperationABLE** - Job searching for persons 50+. Works with employers who have job listings.



# AGING PARTNERS SERVICES



## Living at Home

### CAREGIVER SUPPORT

402-441-7070 or 800-247-0938

- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Home-bound older adults receive companionship.  
▲ 402-441-7070

### LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Care Management Services**
- **SentryCare/Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Resident Services** - Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor and Crossroads House in Lincoln and in Geneva, Fillmore and Lancaster counties only.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services and adult day care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Harvest Project** - Mental health and substance abuse services for older adults.  
▲ 402-441-7070

### HOUSING & HOME REPAIRS

- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting and broken light fixtures.  
▲ 402-441-7030
- **Assisted Living and Nursing Facilities** - Listings are available at 402-441-7070 or 800-247-0938 or at <http://aging.lincoln.ne.gov>.
- **Subsidized and Independent Housing**

## Shared Services

### INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area. Call 402-441-7070 or 800-247-0938

### TRANSPORTATION

- **Transportation to the Senior Centers**  
▲ 402-441-7158
- **Lancaster County Rural Transit** - Fixed schedule transportation from rural Lancaster communities into Lincoln.  
▲ 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070

### LIVING WELL MAGAZINE

402-441-6156

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To receive *Living Well* by e-mail instead of in the mail, call 402-441-6146 or e-mail [dbaines@lincoln.ne.gov](mailto:dbaines@lincoln.ne.gov).

### LIVE AND LEARN

A monthly TV show for and about older adults on 5-CITY TV, Channel 5 and video-on-demand at [lincoln.ne.gov](http://lincoln.ne.gov) website.

### MULTI-COUNTY PROGRAMS

- Butler County Senior Services, Linda Vandenberg, 402-367-6131
- Fillmore County Senior Services, Brenda Motis, 402-759-4922
- Polk County Senior Services, Maureen Stearns, 402-764-8227
- Saline Eldercare, Kim Buser, 402-821-3330
- Saunders County Senior Services 402-443-4896
- Seward County Aging Services, Kathy Ruzicka, 402-761-3593
- York County Aging Services, Lori Byers, 402-362-7626

### MULTI-COUNTY CARE MANAGEMENT

**All Counties: 800-247-0938**

- Butler County: Becky Romshek 402-367-4537
- Fillmore County: Brenda Motis and Rhonda Stokebrand, 402-759-4922
- Polk County: Amy Theis 402-747-5731
- Saline County: Trudy Kubicek 402-826-2463
- Saunders County: Mary Dailey 402-443-1097
- Seward County: 800-247-0938
- York County: Lori Byers and Nancy Hoblyn, 402-362-7626
  
- Aging Program Coordinator, Donna Mulder
- Senior Care Options and Waiver intake, Sue Kramer
- Rural Waiver Services Coordinators, Avis Blase and Nancy Kohler
- Rural Services Coordinator, Wendy Hanshaw
- Senior Care Options, Sandy Oswald, JoAnn Currie and Shirley Vickinovac 800-247-0938

[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)

# 7 things you didn't know about your teeth

**O**ral health is often the window to your overall health. Evidence has supported the link between poor oral health and such conditions as stroke, premature birth and diabetes.

Other conditions, such as osteoporosis may show preliminary signs in your mouth before other areas of the body are affected. Also, some of your daily activities or habits can affect your oral health. Therefore, it pays to pay attention to your teeth and gums.

Brian Gold, D.D.S., provides this valuable insight into dental hygiene.

1

Millions of American can crack a walnut with their teeth. While most adults exert about 20 to 40 pounds of pressure when their teeth make contact, millions of Americans exert as much as 250 pounds of pressure on their teeth — enough to crack a walnut. These teeth grinders are known as bruxers. Bruxism may be mild and may not even require treatment. However, it can be frequent and severe enough to lead to damaged teeth, jaw disorder, headaches and other problems. To prevent damage to the teeth, mouth guards or appliances have been used to treat teeth grinding and clenching.

2

Bulimia and acid reflux can destroy tooth enamel. Many people suffering from bulimia are able to hide the disorder from

others, but it is more difficult to keep it a secret from your dentist. Enamel erosion is a major sign of bulimic behavior. Acid reflux, where stomach acid flows into the esophagus and mouth, can cause tooth and gum erosion.

3

Soda and citrus drink overuse can be caustic to tooth enamel. The average American drinks more than 53 gallons of soft drinks each year, more than any other beverage including milk, beer, coffee or water. Phosphoric acid in soda and citric acid in citrus drinks can cause tooth enamel corrosion and the sugar can cause cavities.

4

Most people don't know they have bad breath. Dr. Gold suggests this test: Using dental floss or a tongue scraper, sniff either the floss or the scraper. If your mouth is clean, you won't have a telltale smell.

5

Infection and trauma can cause tooth enamel defects. Nutritional deficiencies during infancy, antibiotic use such as tetracycline, high fever, and trauma can all lead to tooth enamel irregularities such as pitting.

6

Eighty percent of Americans over age 35 have some form

of gum disease. It can range from simple gum inflammation, called gingivitis, to serious disease that results in damage to the bone. In gingivitis, the gums become red and swollen. They can bleed easily. Untreated gingivitis can lead to periodontitis, in which the gums pull away from the teeth and form pockets of infection. If ignored, the bones, gums and connective tissue supporting the teeth are destroyed.

7

One in four adults age 60 and older has lost all of his/her teeth. A good oral hygiene program should include twice daily brushing, flossing, eating a balanced diet, limiting between meal snacks and regular visits to your dentist for professional cleaning and oral exams.

Dr. Gold emphasizes that treatment for these oral health care problems can range from simple restoration or cosmetic services to extensive full-mouth reconstruction. 



# Creating Safe Homes for Seniors

Certain products under your kitchen sink or in the basement workshop might impact your health or the well-being of your family. This is especially true for homes that have accumulated shelves full of hazardous products.

These products, while potentially useful, can pose a serious health risk for individuals — especially seniors and the medically fragile.

From corrosive drain cleaners to toxic pesticides, the indoor environment can be risky and hazardous to your health if products are stored improperly or containers become compromised.

## Safe Homes for Seniors

This spring, Aging Partners and the Lincoln Lancaster County Health Department are co-sponsoring Safe Homes for Seniors, a free program that helps seniors manage the potentially hazardous substances in their homes. Home handymen will be trained by the Lincoln/Lancaster Health Department to conduct in-home assessments and remove hazardous wastes as needed.

This project began in 2009 and already has had positive results, said Dan King, Environmental Health Specialist at the Lincoln Lancaster County Health Department.

“We were able to help one woman who was housebound and had not been able to go into her basement for 13 years,” King said. “Her husband had passed away, and she had not been able to organize or clean or go through his materials. He had been a handyman, with a nice workshop and a lifetime’s accumulation of products. There were some breaches of containers and some issues with lids left off. When you’re talking about a woman who has respiratory issues, it showed us that we’re barking up the right tree.”

Safe Homes for Seniors aims to directly reduce risk by assessing homes of concerned older adults, sorting and identifying hazardous products, safely

removing toxic products and recycling or disposing them in an appropriate manner. It also uses public health education to increase awareness and prevent hazards from accumulating by teaching environmentally sound means of purchase, use, recycling, storage and disposal.

## Schedule a Home Assessment

Those age 60 and over are invited to contact Aging Partners by calling 441-7030 with questions or to schedule a safe homes assessment. All related services and resources are free of charge.

## Hazardous Waste Collection Program

The Household Hazardous Waste Collection program has been available to all area residents for more than 20 years to all those who are able to transport their hazardous products away from home. The health department continues to coordinate it with a concentrated effort to educate residents concerning wise

purchasing, use and storage of dangerous products, in addition to providing a means for safe and proper disposal of such products, including but not limited to lawn and garden chemicals, automotive fluids, home improvement and household chemicals. If you have questions about what is acceptable to bring, call 441-8021.

There are five scheduled Household Hazardous Waste events scheduled for Lincoln this year. Each event will be held from 9 a.m. - 1 p.m.:

- Friday, April 23, at Wal-Mart South (S. 87th St. & Highway 2)
- Saturday, May 22, at Pfizer Inc., 601 W. Cornhusker Highway
- Saturday, Aug. 28, Voyance Technologies, 4021 N. 56th St.
- Saturday, Sept. 18, Lincoln Industries, 600 West E St.
- Saturday, Oct. 23, Woods Park parking lot, 31st & J streets 



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# Farmers' Market coupon interest grows

**F**armers' Market coupons seem to be growing more popular than ever. More than 500 people utilized the Senior Farmers' Market Nutrition Program last summer in Lancaster County alone.

Denise Boyd, Division Administrator for Aging Partners, runs the local program. She said she's planning for more interest this year across the agency's entire eight-county coverage area.

"The sad thing last year was we had probably 700 people in Lancaster County who wanted them in 2009," Boyd said. "We did not meet all the need for service. This year, we plan on requesting more coupons, but we also will do a lottery to distribute them. We'll take the applications and do a drawing. I want everybody to have an equal chance."

The coupons come in \$3 increments and can be exchanged for fresh, unprocessed, locally-grown fruits and vegetables at participating farmers' markets around Nebraska.

## Eligibility Requirements

Qualified people are age 60 and over. To find out if they're eligible, people should check with the nearest senior center or their county coordinator. Lancaster seniors can check for instructions on the Aging Partners website ([aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)) or call the Farmers Market information line at 402-441-6150 on or after Monday, May 3.

## Meeting a Need

The program, which enters its 10th year this summer, is popular because it helps meet an essential

variety of nutritional and social needs of seniors, said Bilene Nemeč, Coordinator of Buy Fresh Buy Local Nebraska, an outreach and marketing initiative to promote local foods.

"A couple of them have come up to say how thrilled they are to get fresh fruits and vegetables," Nemeč said. "They remember when they were a kid, how good everything tasted — especially the tomatoes. I think they hold onto all their coupons until the tomatoes come into season. They like the cucumbers and green beans. They so enjoy the fact that they can get these fresh fruits and vegetables.

"It helps them become part of a community again. They'll see people they haven't seen in years, or they come together as part of a group in a van. It also helps families. Sometimes their daughters or sons or someone will bring them. It becomes a family event for them to walk through the market and make the selections."

## Limited Coupons Available

There are limited funds available for this program, which is funded by a grant from the U.S. Department of Agriculture. The coupons are allocated around the



state, including the Aging Partners eight-county area, according to how well-used they were the previous year.

Tammie Scholz, program specialist at the Nebraska State Unit on Aging, said that more than 92 percent of the coupons were redeemed statewide last year.

"All I can say is we get so many letters," Scholz said. "It's a wonderful program. Denise does a fantastic job and obviously there is a lot of interest." 





of Lincoln & Lancaster County

[seniorsfoundation.org](http://seniorsfoundation.org)

# Epoch Voice

A Newsletter published by the Seniors Foundation of Lincoln & Lancaster County

SPRING 2010

## Letter from the Executive Director

As I write this message, I am sitting by the window and watching a surprise Nebraska Valentines' Day blizzard engulf my neighborhood. I enjoy snow and, to the angst of some, have welcomed our snowy winter this year. What I enjoy about Nebraska is that it has four seasons, each with its own thrill. I look out this window with delight and wonder at the swirling snow, appreciating where I am on this day and, at the same time, knowing that something new will be outside this window in a few months.

Under the ground near this window lie crocus bulbs. I know they are there, under this white blanket, and with great assurance I know they will rise to announce the next season. They will have likely done so by the time you read this message. I will herald their coming just as I celebrate the snow today. There is a difference, however, between snow and crocus blossoms. I never really know when or how much snow to expect but I always know that the crocus will bloom!

This is our donor "thank you" issue. Inside the pages of this newsletter are the names of the individuals who have generously given of their time, talent and treasure in assisting the Seniors Foundation. Their gifts

help us live our mission of enhancing the lives of older adults in Lincoln and Lancaster County through supporting the programs of Aging Partners.

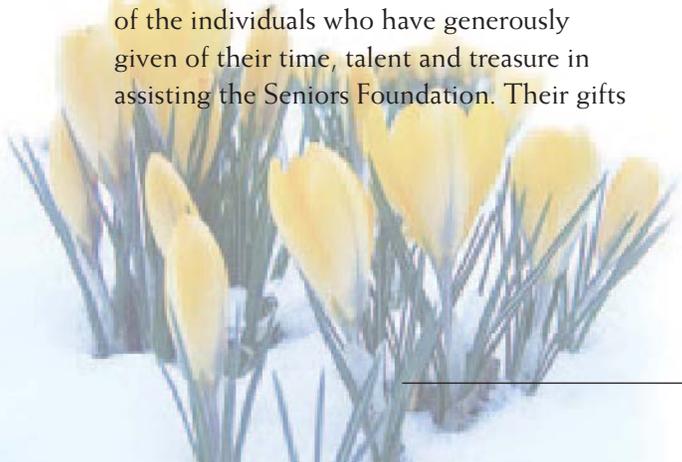
On this day, it seems to me, the Seniors Foundation donors are like the crocus bulbs beneath the ground outside my window. You see, only I and maybe a few of my neighbors know that the crocus bulbs are there. No one else can see them now and only a few will see them when they arrive. Yet those of us who will see the crocus blossoms realize what they mean to the appearance of this home and the neighborhood. We sing their praises and herald what they share with us. Later, the blossoms will not be visible but the work of the bulb in preparing for the next spring's blossom is persistent and guarantees the announcement of another spring!

This is our one opportunity each year to publish the support of our donors and lift up the importance of their gifts to older adults in this community. Without these supporters, we would not be able to assist Aging Partners in building a new future, we would not be able to help Harold on the journey he is traveling in these pages. In the quiet work of our donors, miracles happen. I want to give my sincere and personal thank you to all the individuals who have supported us in 2009.

Together with our donors and Aging Partners we are going to help write the next installment of Harold's story. Won't you join us?



*Diane Rolfsmeyer,  
Executive Director,  
Seniors Foundation*



## Letter from the President

One of the greatest blessings I enjoy in life is to live very close to my parents and to be able to see them every day. Call me a "doting daughter"...that's one of my favorite titles. Among the things that bring peace to my life is knowing that I can be there to help my parents with everything from buying groceries to checking on their prescriptions. And while my parents are actively engaged in life and living each day in independence, and frankly, they don't need me to do these things for them, it brings me joy knowing that I can be there for them.

Unfortunately, not every child has the coveted privilege that I enjoy of being close to my parents. Many parents and children are separated by miles within Lancaster County and even more are separated by hundreds of miles, states and time zones within the country. For these children, the very next best thing to being there is the knowledge that there is someone close by to be able to help their folks in time of need.

There are also many seniors who do not have any children or relatives to help them

with the life challenges that aging brings. These seniors must rely on others in the community to be there for them.

For years Aging Partners has been a trusted source of help for seniors in our community. Aging Partners has provided great peace of mind for children and relatives, both near and far away, who need guidance and assurance in making sure their loved ones have the assistance they need to help them stay active and enjoy independent living. For this very reason, supporting Aging Partners is the priority of the Seniors Foundation. We at the Seniors Foundation can't think of a more important place to offer our resources of time, energy and finances than to Aging Partners.

Thank you for your support of the Seniors Foundation in the past. You have had a crucial part in helping to "bridge the gap" between seniors and their needs.

Perhaps you are new to the Seniors Foundation. Why not join with us today as we continue to "partner" together and make each day a better day for all seniors?

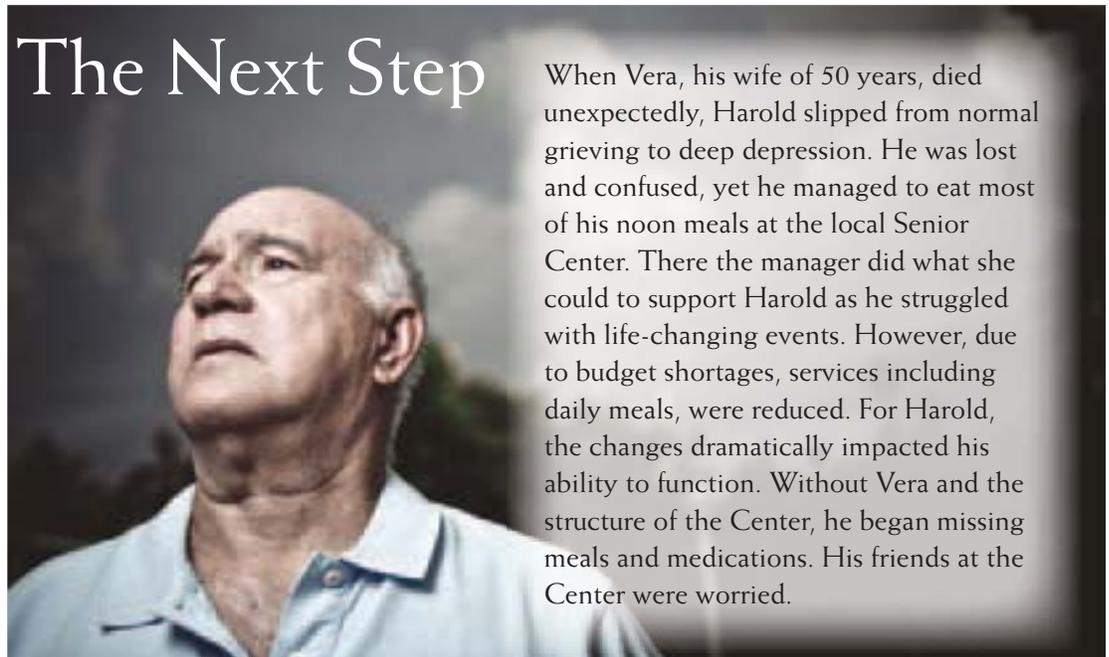


Mary Jane Nielsen,  
Seniors Foundation  
Board President

## Harold\*: The Next Step

Next installment:  
**Family involvement.**

*\*Harold is a fictional name.  
His story is drawn from the  
real-life experiences of  
individuals served by  
Aging Partners.*



When Vera, his wife of 50 years, died unexpectedly, Harold slipped from normal grieving to deep depression. He was lost and confused, yet he managed to eat most of his noon meals at the local Senior Center. There the manager did what she could to support Harold as he struggled with life-changing events. However, due to budget shortages, services including daily meals, were reduced. For Harold, the changes dramatically impacted his ability to function. Without Vera and the structure of the Center, he began missing meals and medications. His friends at the Center were worried.

*Many thanks to our 2009 Seniors Foundation Contributors*

David Adams	Merele G Ellerbeck	Nancy L. Keech	Dong Nguyen	Alice Skultety
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		Barbara Pittenger	Harold & Inge Steffens	

### Coming Soon...



## Signed, Sealed and Delivered!

Don't you just love it when you find the perfect greeting card, buy your stamp, get the card off into the mail, and know that the recipient will be overjoyed when they open it?

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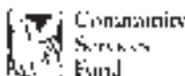
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# JoAnn Furbur retires

JoAnn Furbur retired Feb. 12 from her role as the Shelby Senior Center Site Manager in Polk County to spend more time with family and put more focus on her Senior Companion volunteer duties.

“I learned a lot,” Furbur said of her four years as site manager. “I appreciate everything that people have contributed to me while I was here. I think we have made the center a friendly and good place to be.”

The Shelby Senior Center is open Monday through Friday from 8 a.m. to 3 p.m. for people to enjoy a meal, play pool or cards, or simply share in friendly conversation while sipping a cup of coffee. The number of meals served

has increased during Furbur’s time as manager.

While others will step in as site manager on a rotation, Furbur plans to continue to help out when she can.

Furbur also served the past 10 years as a Senior Companion for Aging Partners to help improve quality of lives of older adults. She received the KOLN/KGIN Channel 10-11 Sunshine Award about a year ago.

Maureen Stearns, Polk County Senior Services Program Manager, thanks Furbur for her years of service, not only as a site manager, but also for her role as a Senior Companion.

“She really, really works hard and does whatever is asked of her,” Stearns said. “She is kind and giving.” 



JoAnn Furbur retires as the Shelby Senior Center Site Manager, but plans to remain active through Senior Companions and other activities.

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People gather for the annual Christmas party for the Widowed Persons Service Friendship Group, sponsored by Aging Partners.

## Group offers support for widowed persons

**T**hanks to the support of others, widows and widowers no longer have to feel alone.

The Widowed Persons Service Friendship group, sponsored by Aging Partners, hosts lunches, social activities and Sunday meetings for people who have lost a spouse.

There wasn't enough collective support in the area for widowed persons. To address this, people came together in March 1982 to create a friendship group, said group Hostess Melzie Rademaker.

### Filling a Void

Sunday, traditionally seen as a family day, can be especially hard for those coping without a spouse. Weekly meetings aim to fill that void with social activities.

The loss of a loved one can be difficult during family gatherings, events or just relaxing before the start of a new week.

"They're used to having someone to be with," said Laurie McAdams, Aging Partners Retired Senior Volunteer Program Director.

All the people who attend meetings and events are widowed and understand one another because they're in different stages of their grief process, McAdams said.

"That's probably one of the most important things," she said.

Now there is an annual group Christmas party, social outings on Saturday nights, meetings for younger people who have lost a spouse and a weekly breakfast for widowers and luncheon for widows.

For more information, contact McAdams at 402-441-6101. 

## What Aging Partners means to me

**I**t was Mother's Day 2004—one of the best days of my life.

My husband's family had decided they didn't want to take care of mom, Grace, anymore. My husband and I decided we would take her in. She was 78, had COPD, diabetes, emphysema and heart failure.

My husband and I both worked full time. I didn't know the extent of her health issues until after she was here. Then I was frightened! How could we properly care for mom?

Aging Partners was the answer to my prayers! This agency has caring, knowledgeable employees.

The compassion the counselors extend you in being a caregiver is wonderful.

We didn't know what questions to ask; it was so overwhelming. The Aging Partners counselor walked us through the process. She asked us what was needed to keep Grace in our home. They helped with loaning us tools, such as, bath aides and wheelchairs. I got answers to all our questions and they made me feel comfortable about our ignorance.

When it became frustrating to handle Grace, a counselor in caregiving gave me much needed

support and asked me to attend caregiving support meetings. I did attend some, however, just talking to the counselor at Aging Partners helped me tremendously.

Aging Partners is a valuable resource that provides services, entertainment and companionship at its senior centers. I recommend this agency to anyone with needs for themselves or other seniors. 

*Submitted by Audrey Leming*

# Homestead Tax Exemption clinics

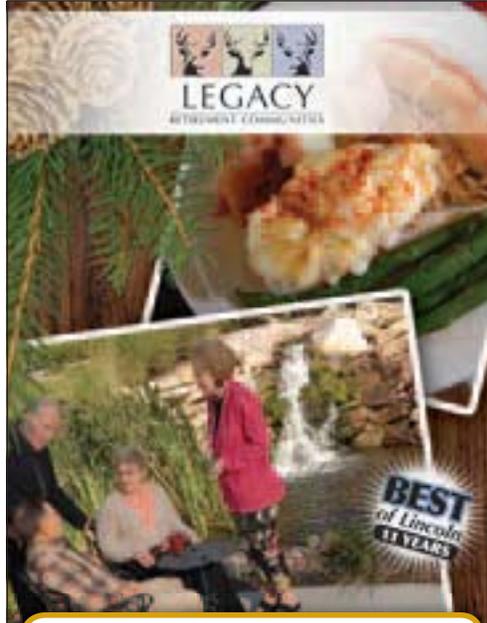
**A**ging Partners will offer individual clinics starting April 20 on Tuesdays and Thursdays to discuss possibilities for taking advantage of the Homestead Tax Exemption.

The clinics will run through June. Call 402-441-7070 to set up appointments.

“We’re finding more and more of our older clients are being pushed by many of the costs just to keep a home,” said Houston Doan, Aging Partners Insurance and Financial Counselor. “Any bit of help can make an impact on the quality of these people’s lives.”

A Homestead Tax Exemption provides tax relief to homeowners age 65 and older who meet program income guidelines or who are substantially disabled. Each year,

applications must be submitted to the county assessor between Feb. 1 and June 30. 



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# Caregiver Corner

This feature in “Living Well” magazine replaces the Caregiver Newsletter previously mailed separately. We dedicate it to all those who are caring for a loved one. It is our hope that you find it a valuable resource.

## When living arrangements change

**M**any people are unaware of the choices available to keep an older loved one in a more independent setting.

Assisted living facilities are designed to be a small, independent apartment.

According to the Medicare.gov website: This group living arrangement provides help with activities of daily living such as meals, bathing, using the bathroom, taking medicine and getting to appointments.

Assisted living facilities are not required to have an annual state inspection like nursing homes, but people should always ask to see their latest copy. Many facilities allow you to hire outside help. This arrangement is still more independent and less expensive than a long-term care facility.

Asking questions is important.

For a complete listing of assisted living facilities in your area, financial assistance to meet the cost and a booklet of questions to ask, call Aging Partners at 402-441-7070. For additional information on this article and other helpful websites in choosing an assisted living facility check out:

### Medicare

[www.medicare.gov/caregivers/under\\_Resource\\_and\\_Benefits\\_for\\_Caregivers](http://www.medicare.gov/caregivers/under_Resource_and_Benefits_for_Caregivers)

### Assisted Living Federation of America (ALFA)

[www.alfa.org/alfa/Default.asp](http://www.alfa.org/alfa/Default.asp)

### National Center for Assisted Living (NCAL)

[www.ahcancal.org/ncal/Pages/default.aspx](http://www.ahcancal.org/ncal/Pages/default.aspx)

### Administration on Aging

[www.aoa.gov](http://www.aoa.gov) 

## Alzheimer's added to Compassionate Disease Allowances Initiative

**T**he Social Security Administration issued a statement that it has added early-onset Alzheimer's to its Compassionate Disease Allowances Initiative effective Feb. 27, 2010.

This is a category that includes major catastrophic diagnoses, such

as ALS, and it can expedite a person's application for Social Security Disability Insurance and even potentially overturn denials already issued.

This source of income can help families of persons who have received a catastrophic disease diagnosis. 

## Caregiver-to-caregiver support

### Jody's Story

Due to Jody's experience with home health companies Jody writes to us: Caregivers feel obligated to their professional providers, believing they need to be flexible to fit their needs into the schedule of “professional caregivers” that come to relieve her.

She shares with other caregivers that when you pay a home health company, you can expect service when you need it.

It takes strength for a caregiver to ask for help and does take some coordination to get and keep help. But, it keeps loved ones in the home longer, keeps the caregiver physically, emotionally and mentally healthier. By giving yourself a break, you are giving your care receiver the best care possible.

Change can cause anxiety, but arranging help should not be so much work that the caregiver says, it is easier to just stay home and do it myself.

Aging Partners Health and Fitness will do short assessments to help caregivers discover workable ways to care for themselves. It is imperative that caregivers care for themselves.

*Continued on page 27.*



# How to talk with your doctor effectively

Caregivers often accompany their loved ones to doctor appointments. Not knowing how to use the time with the doctor effectively can be frustrating.

## Betty's Approach

Betty is a niece and local caregiver for her aunt. She reports to the out-of-town power of attorney when she takes her aunt to doctor appointments. It is necessary to pass along care plans or any medications that might have been added or decreased. Betty takes a small purse-size recorder with her and turns it on when the doctor enters the room. Thus, the explanation of laboratory reports and diagnoses are all on tape and the information is correct to pass along.

It is always a good practice to take a companion along when there is a serious condition, at least for the consultation part of the appointment. Two sets of ears are always better than one. If the news is distressing, the patient may not hear the rest of what is said after the initial shock of hearing the diagnosis.

It is not unusual for two people to hear the same message in two different ways. If either person has questions, they can call the doctor's office back the next day and ask the nurse to clarify what they believe was heard.

## Time Use Tips

It is important to remember doctors usually schedule 10-15 minutes per patient. There are some tips to using that 15 minutes to the best of your ability. It all begins with good communication.

It all begins while preparing for the upcoming visit. Talk with your loved one before the appointment and ask them what questions are on their mind. Discuss the questions you have, write them down, and ask if it is alright if you ask the doctor those questions.

It is the patient's illness, and appointment. Out of respect to them, treat the time with respect to them and their wishes. Write down all medications and dosages. Better yet, put all medications (including over-the-counter medications) in a bag and take them along. Both prescription and over-the-counter medications have the potential to interact and cause undesirable effects.

The patient, the caregiver and the doctor create a team ensuring messages are heard and understood by all parties as the information was conveyed.

During the appointment, it is crucial that no one talk over or around anyone else in the room. The doctor may rely on the caregiver, to make sure the orders they have in mind will be carried out as desired. In some

cases the doctor may speak around the caregiver believing that respects the patient.

If the caregiver believes the doctor's plan is too difficult and knows the patient will not comply with what is being asked, request the plan be altered in some way. Ask the patient how they feel about the plan, and if it is okay to ask for other options. This shows respect to them while working toward the best solution.

The caregiver is sometimes encouraged to be the voice of the ill person and take responsibility to carry out the plans.

Caregivers should participate actively and clearly by being prepared. They should offer only necessary information, and ask questions at appropriate times. Ask for clarification. Let the doctor know you understand. Don't jump to conclusions. State the difficulties and concerns.

Most of all, encourage collaboration and working toward the same goal. Clarify the responsibility of each person in the room, be open, honest, make brief comments, help with problem solving and express appreciation for help. Many doctors say they do not hear the words "thank you" enough. They do appreciate it. <sup>LW</sup>  
*This information comes from a program created by the National Family Caregiver Association.*

## Common myths of long-term care

**Myth:** We have insurance that will pay for long-term care.

**Answer:** Medicare and health insurance will not pay for nursing home or assisted living. A specific "Long-Term Care policy" will assist with cost. Medicare and health

insurance help with hospitalizations and medical bills. Medicare may help with rehabilitation and a certain number of days in a nursing home under specific circumstances.

**Myth:** I need assisted living.

**Answer:** There are many options: home health help, an independent housing facility with contracted help, assisted living, or nursing home. Assistance and options are

*Continued on page 26.*

## Caregiver Events

### The Family Caregiver Resource Fair

April 6, 4 p.m. - 8 p.m.  
SCC Continuing Education Center  
301 S. 68th St.  
Presentations, more than 40 vendors and free respite care on site.

Featured presentations include an attorney, a financial planner and housing specialist. They will give a brief explanation of details to consider and an open discussion will take place between participants and professionals.

Vendors will be available for attendees to meet community resource agencies and businesses that assist family caregivers and elders.

### Yoga and Stress Management for Caregivers

April 12-May 24  
Mondays, 9:30 a.m. - 10:30 a.m.  
Lake Street Senior Center  
2400 S. 11th St.  
Free drop-in classes  
Call 402-441-7575

### Support on the Web

[familiesoflovedones.com/index.php](http://familiesoflovedones.com/index.php)

## Common myths of long-term care

*Continued from page 25.*

available through Aging Partners. Call 402-441-7070 for help making the right decision for you.

**Myth:** My friend says I can spend down my assets and move into a facility on Medicaid.

**Answer:** Medicaid can be utilized in some facilities, but others require private pay.

### Education & Support Group at Two Locations

- **Madonna Rehabilitation Hospital,** 5401 South St.: Meetings are held on the second Thursday of each month from 7 p.m. - 9 p.m. in the Lancaster Room.
- **Saint Paul United Methodist Church,** 11th & M Streets: Each month's topic is repeated on the fourth Tuesdays, 1:30 p.m. - 3:30 p.m. Free parking is available under the church.

Meetings are held every month except for July, August, and December.

### Caregiver Support and Education Groups

May 13, 25

**Legal issues:** For caregivers to be aware of when making decisions for loved ones. Where to store legal documents? When do Powers of Attorney kick in, how much power does a POA really have? Speaker: Attorney John Frey

No meetings in July and August.

### Living A Healthy Life with Chronic Conditions

May 18, 25, & June 1, 8, 15, 22  
5:30 p.m. - 8 p.m.

Cost: \$15

Sponsored by Aging Partners Caregiver Support/Health & Fitness  
Saint Paul United Methodist Church, 11th & M streets. Dining room and free parking both on the lower level.  
Six sessions: Includes a light meal and snacks

Most of us will experience two or more chronic conditions during our lifetime. This series provides valuable tools that enable participants to live healthier lives. Information focuses on decreased suffering and alternative approaches to illness. Each participant receives an easy-to-follow book that outlines day-to-day management techniques and positive approaches to difficult challenges.

### Home safety:

June 10 & 22

Equipment options for daily living, and funding. Speaker: NE Assistive Technology Partnerships

includes many options for help, while others are nursing homes. Even nursing homes are different. Some offer custodial care, others rehabilitation, and others offer skilled or acute care.

Aging Partners can help with the tough decisions and the emotional issues surrounding a move. 

# When a loved one suffers from Alzheimer's

The UNL Scarlet has featured many articles by David and Betsy Howe, both UNL employees.

David was diagnosed with a rare form of dementia and retired, but the couple continues to do their best to cope, deal with daily challenges, and face what is ahead.

In an article they wrote, David describes what it is like "Living with Alzheimer's - An Evil Fog."

He says "Sound depressing? My wife and I are doing great at accepting and not being depressed. What is, is what is. I cannot change it. No one can change it. My wife helps me continue to be me. She helped me put together this article to share with you.

It feels like living in an evil fog. A fog is something all can understand. I am inside. I can see out. I know who I am and what I should be able to do. I know what I want to say. But the fog envelops me. It holds me in its evil grasp. It keeps me from doing all I know I can. It keeps me from doing all I know I could before.

My wife and I do not dwell on what is gone. We focus on what is left. Much is left. It is comforting to have great friends and family who care. Our friends continue to socialize with us, even though I get quieter and quieter."

David and Betsy continue to talk about what is happening, have learned ways to compensate for new

challenges, and are thankful each day for family and their circle of friends.

The Scarlet also featured a story entitled "Circle of Friends" about a group of UNL employees, friends, and family who have walked in the Alzheimer's walk the last two years. They have received awards for being one of the top groups raising money to help support Alzheimer's patients and their families. The group has used prize money to give back to the local Alzheimer's support community.

A UNL colleague of David Howe said, "We were looking for a way to support Dave, and this seemed like an obvious choice. Forming this team was also a way we could support, honor and remember others with this disease."

Alzheimer's is not an elderly person's disease. Each day, 154 persons from their 20's through their 90's are diagnosed with Alzheimer's. Family caregivers and their loved ones are living with many different challenging conditions.

Aging Partners caregiver support and information can help you by calling 402-441-7070. For specific information, and education about Alzheimer's Disease, call 402-420-2540. 

*Note: David passed away in early March as Living Well went to press.*

## Caregiver-to-caregiver support

*Continued from page 24.*

### Rex's Story

In his mid 30's, Rex never dreamed that he would be involved in helping to make decisions for his mother.

He wrote: Mom was in another state, had recently been diagnosed with a deteriorating health condition, could no longer work, no family was close by, and she wanted so stay in her own home as long as possible. I called Aging Partners asking for caregiver support and options in mom's area. The local Area Agency on Aging was found in her city, and we were given options if mom should decide she would like to move to Lincoln.

Between the two of us, we decided to have her move to Nebraska. With the assistance of an Aging Partners care manager, it was possible to make the hope of staying at home a reality. We utilized day services, in-home and transportation assistance, a lifeline unit, and I received support.

If you find yourself in the role of caregiving, call Aging Partners Caregiver Support 402-441-7070. 

**"The best and most beautiful things in life cannot be seen, not touched, but are felt in our hearts."**

— Helen Keller



People gather for a Christmas meal in December at 340 N. State St., the new location for the Osceola Senior Center. Photo courtesy of The Polk County News

## Osceola Senior Center moves

**O**sceola residents express gratitude for the new home of their Senior Center.

The center's new address is 340 N. State St., between Pinnacle Bank and Hometown Hardware in the building formerly housing The Gift Basket.

"The new location has more room and people are happy with the larger space," said Maureen Stearns,

Polk County Senior Services Program Manager.

Idelle Jacobsen told the Polk County News, "It's just nice to have a building with no steps or ramp to climb to get inside."

The center offers a store front window where the day's menu can be displayed.

People often gather at the center

to play pool or cards, socialize and enjoy meals.

The center opens its doors from 9 a.m. to 3 p.m. Monday through Friday. Congregate and home-delivered meals are served during the weekdays and home-delivered meals are available during the weekends through the nursing home. 



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## Mind Body Spirit Day

**A**ging Partners with Roper & Sons Funeral Services and Southeast Community College invite everyone to explore a variety of interesting topics to help you relax, refresh and renew your spirit, Friday, April 30 during Mind Body Spirit Day 2010.

Seven presenters will highlight topics such as forgiveness and the fullness of time, various theories of the afterlife, healing toxic relationships, meditation, herbal remedies, loving your heart open, and how to make the life journey "Grand and Glorious."

The event is scheduled from 9 a.m. to 4 p.m. at Southeast Community College Continuing Education Center, 301 S. 68th St. Place. Lunch will be provided.

Assistance with respite care can be arranged by calling 402-441-7070.

Pre-registration, including a \$25 fee, is due April 22. For more information or to register, contact Nancy Holman at SCC, 402-437-2712 or 800-828-0072, ext. 2712 or nholman@southeast.edu. 

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## Handymen ready to serve, help

**A**ging Partners is gearing up for another outdoor season to help people with home maintenance and home safety issues.

“Our handymen have tuned up equipment, sharpened tools, and are ready to work on your spring and summer “to do” list,” said Carol Meyerhoff of Aging Partners.

Aging Partners Home Handyman program outdoor season began Monday, March 22.

### How the program works

The program supports a older homeowner by performing minor home repairs and maintenance tasks that the individual may be unable to do. From minor plumbing, electrical, and carpentry projects, to door and window repairs, to gutter cleaning and home safety improvements, they are available to help.

“We specialize in those small projects that are difficult to secure and hire a contractor,” Meyerhoff said.

These include yard cleanup, trimming shrubs and hedges, cleaning gutters, setting out patio furniture, mowing and trimming, and many more general handyman projects to help get your home, yard, and garden in shape this season.

Simply jot down your “to do” list and call a few days before you

need a job completed to schedule a handyman. Work is based on an hourly rate with a sliding fee scale available for those who qualify.

To find out how you may be able to receive help with your home maintenance projects this spring without even breaking a sweat, call 402-441-7030. 



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# Partnership provides meals

In Lincoln, the surrounding area and throughout the nation, hunger among senior citizens appears to be an increasing problem. Aging Partners helps fight that trend by partnering with Meals on Wheels — possibly the most effective program ever created to fight hunger.

Tabitha Nursing and Rehabilitation Center is headquarters for Meals on Wheels in Lincoln, serving 113,000 meals last year alone. The requested donation for seniors is \$5.50 per meal. The meals are served daily, including weekends and holidays, with the help of more than 800 volunteers each month, including a group of “Snow Angels” who showed up with their four-wheel-drive vehicles to make sure the deliveries kept rolling even during the worst December 2009 snowstorms.

“There are a lot of people in poverty, maybe not eating a meal so they can pay their electric bill,” said Shirley Smith, Tabitha Director of Food and Nutrition.



*Steve Page, Meals on Wheels volunteer, loads a cooler filled with food to make deliveries.*

## Aging Partners Contributes

Aging Partners recently made a \$70,000 investment to Meals on Wheels, and although it was technically not a donation—it was a partial reimbursement to Tabitha to help cover its expenses, according to Aging Partners’ Denise Boyd—it did make a big difference in the lives of hundreds of Lincoln residents.

“It absolutely does help, thank goodness,” Smith said. “The money that Aging Partners gives us goes to help support the finances of this program, so that we can serve meals and not ever turn anybody away.”

## Demand Increases

Meals On Wheels sends a monthly form requesting that participants make a suggested contribution for their meals, but never presses anyone for payment. Many participants make partial contributions for the service, although some cannot afford to give anything.

Smith said that due to the recent downturn in the economy, the demand for Meals on Wheels is climbing once again after it had tailed off for most of the past decade.

The Tabitha Foundation last year raised about \$200,000 in private donations to finish covering the costs of Meals on Wheels in Lincoln. Delivering an average of 309 meals per day is not the only service provided by Meals on Wheels. It cooperates with other organizations such as Home Instead to run the “Senior Santa” program, which handed out 170 Christmas gifts last December to bring encouragement to financially-strapped and housebound older adults.



*Brittany Crittendan, left, delivers a meal to Eva Phelps.*

## Program Makes Positive Impact

With the help of the Salvation Army and other organizations, volunteers also hand out donated bread, used clothing, homemade birthday cards, Bible verses and information about upcoming events.

“Some of the people we see, don’t see anyone else all day long except that volunteer,” Smith said.

Besides a hot, nutritious, ready-to-eat meal every day, the volunteer who delivers it also does a safety check.

“Just the other day, a volunteer went to the door of a house we know a person is home every day and we know is diabetic,” Smith said. “She didn’t answer the door, and we knew something was wrong, so we called in to the office and we called 911, and the emergency crew found this person going into a diabetic coma and saved her life.

“To me, it’s the best-kept secret of the City of Lincoln that we continue to fund this program.” 

# Universal design aids seniors

**B**asic home modifications and well-designed products can facilitate independent living and privacy. They can save time, promote ease of use, and offer convenience. They can add to a home's safety too, one of the biggest issues in independence.

Whether it's changing a round door knob to a lever knob for easier opening or creating various levels of countertops in the design for a kitchen, they all fit under the concept of universal design.

Universal design is a way to simplify life for everyone by making products, communications and buildings more usable by as many people as possible. Universal design benefits people of all ages and abilities.

"It's about equity and designing for inclusiveness," said Katherine Ankerson, University of Nebraska-Lincoln College of Architecture associate dean. "These are quality of life issues."

Ankerson said a home built utilizing the philosophy of universal design leads to greater choices for people of all ages, in all stages of life and regardless of circumstances such as diminished ability. People may have a reduction in hearing, loss of vision or decline in mobility. Sense of touch and dexterity may diminish during the years. Balance and coordination may also be issues to consider as one ages.

"With an approach of universal design, people can stay in their homes longer," she said. "That choice is still in their hands and the environment has not taken it away from them. Homes and products should adapt to the user rather than people adapting to them."

Businesses exist that offer assessments to help people bring universal design elements to bear in their homes. Options can be identified that will range in cost and level of effort to change, such as rearranging some items for easier access or doing more heavy remodeling to alter physical features within the home. The person performing the assessment considers how the environment can better adapt to people's activities and abilities. The most important goal is to develop an environment that supports the person.

Ankerson notes universal design products and designs can be both



*A kitchen with varying countertop heights utilizes the concept of universal design. Source: [www.intheworks.biz/universal\\_design.htm](http://www.intheworks.biz/universal_design.htm)*

aesthetic and functional. More choices are becoming available in designs and products to make that a reality.

"Aesthetics and function do not have to be separated with universal design," she said. 

## Who do you know that needs a Guardian Angel?

Our staff of professional caregivers are available a few hours a week, or 24-7. We provide assistance for seniors, wherever they call home. Personal care, companionship, meals, transportation and more. Call Guardian Angels to learn more about services offered.

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# LINCOLN PAINT-A-THON

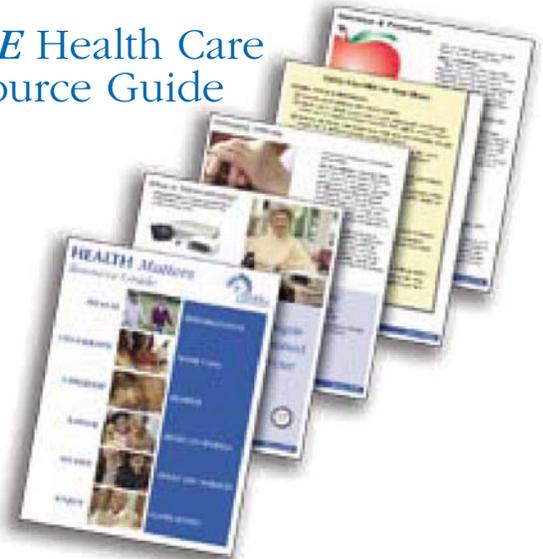
## NEED YOUR HOUSE PAINTED? AT NO COST!

You could have your home painted Saturday, Aug. 7, at absolutely no cost by volunteers from area businesses, congregations and service clubs.

If you are 60 or over, or are permanently disabled, live in the City of Lincoln and meet financial guidelines, you could qualify.

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# Transportation to Senior Centers available

Visits to senior centers are an important and enjoyable part of life for many people 60 and over. Aging Partners provides a transportation service to and from your local senior center.

You can use this transportation to enjoy lunch, and for other scheduled entertainment or other Center-sponsored activities and city events such as shopping, an all-city picnic or an all-city senior dance.

This is for a pre-arranged morning pickup only, with an afternoon drop-off at home after your last event of the day. You would arrange transportation with your senior center manager ahead

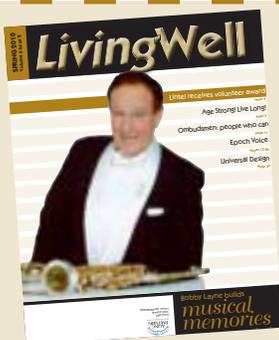
of time. If you must cancel, you can do it with your senior center manager or call the Aging Partners transportation dispatch office at 402-441-7863.

“If you drive, you can go to any senior center you want, but the transportation service provides a ride to the senior center in the area where you live,” said Carol Meyerhoff, Program Coordinator with Aging Partners.

The fee for this service is \$1 per boarding. That would be \$2 for a trip to and from the senior center, but \$3 for the shopping or city event option. **LW**



Larry Starr, Senior Center Dispatcher, right, talks with Driver Glen Engle.



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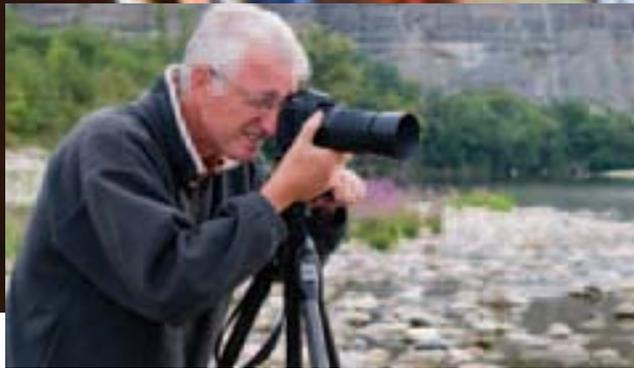
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