FALL 2015
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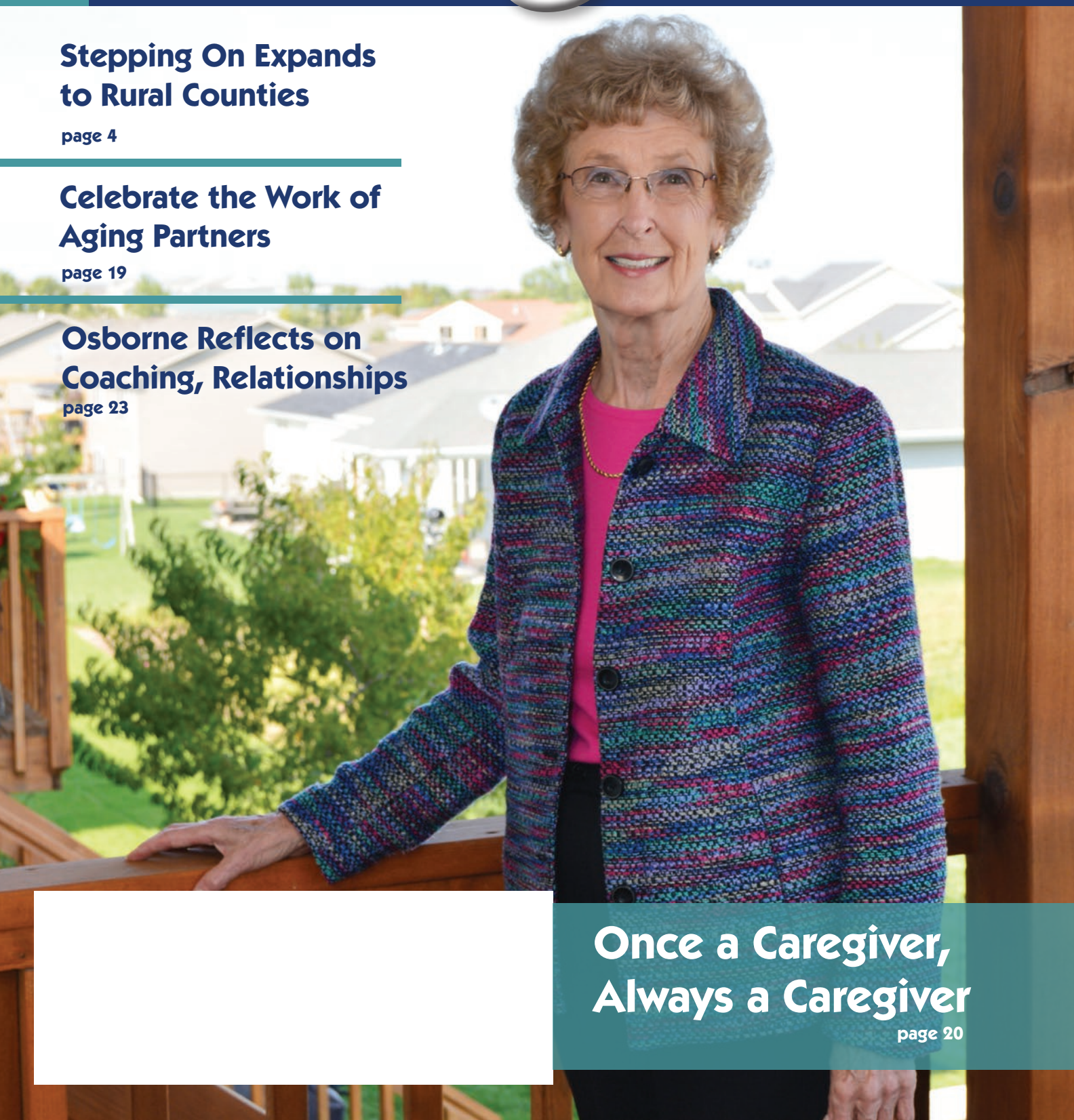
LivingWell



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Listen, Learn & Leave

Free Benefits Seminar

Saving Seniors Money

A Jim Schueth Seminar

- Prescription Drug Plans
- Medicare Supplements
- Medicare Advantage Plans

No names or phone numbers taken.

8:30 a.m. Coffee, pastry or fruit.
9:00 a.m. Seminar starts.
10:30 a.m. Seminar ends.

October: 6, 8, 10, 12, 14, 16, 20, 22, 24, 27, 29

November: 3, 7, 9, 11, 17, 20, 23

December: 3

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Director's Corner

This has been a year of celebration, and we are not finished! We've acknowledged that it's been 50 years since the passage of legislation enacting the Older Americans Act, which created the area agency on aging network across the country. That same year, Medicare and Medicaid were enacted, providing a health care safety net that had never existed before. The capstone was the Civil Rights Act, also passed in 1965.

As we looked back, Aging Partners staff also looked forward. Two full days of strategic planning in September brought into focus the issues that will be important in the next decade and beyond. We are anticipating moving the Lincoln offices to the 70th Street VA campus. Moving out of downtown Lincoln will make our services more easily accessible to those who drive as well as those who take the bus or other transportation.

We will continue to be a resource for individuals and their families providing services that help keep them healthy, vital and living independently. We also understand that expectations change over generations and we are developing programs and facilities that will provide expanded types of activities that will interest those newly retired.

The dedicated staff in all parts of our eight-county area are excited about new opportunities and experiences. That dedication extends to the amazing people we serve now and to those in the future. Our past points directly to the big horizon in our future. Thank you for being there with us.

Judy Pederson

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On The Cover: Marian Price enjoys the view from the balcony of her home in northeast Lincoln. Photo by Zoe Olson.

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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.

An audio edition of *Living Well* is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 N Street, Ste. 120, Lincoln, NE 68508

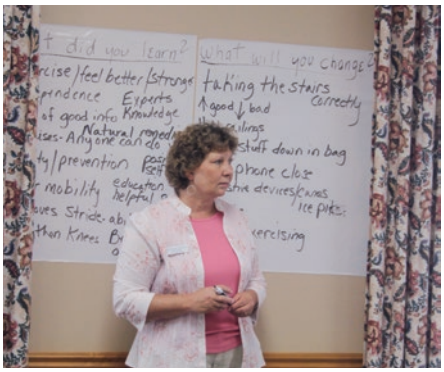
Stepping On Expands to Rural Counties

Thanks to a nearly $10,000 grant from the Nebraska Department of Health and Human Services, the Stepping On program will be offered in areas outside of Lancaster County.

Originally developed in Australia, Stepping On is designed to reduce falls and build confidence in older adults through community-based, small group workshops. An American version of Stepping On was established by the Wisconsin Institute for Healthy Aging, with support from the Centers for Disease Control and Prevention. In U.S. tests, this program has been shown to achieve a 50 percent reduction in falls.

Due to the success of Stepping On in Lancaster County, residents of Nebraska's more rural counties—Butler, Fillmore, Polk and York—now have the opportunity to participate in the program.

Through her involvement with the Injury Prevention Committee for Lancaster County, Peggy Apthorpe, Aging Partners Health & Fitness coordinator, spread the news about Stepping On, which caught the attention of the Nebraska Department of Health and Human Services.



Tracie Foreman, Aging Partners Health & Fitness and Stepping On trainer, leads a discussion during the last session of a Stepping On program in Seward.

Members of a recent Seward Stepping On class share with one another what they learned during the program.

"They had heard me talk about how wonderful the program is and decided they wanted us to try it in other parts of the state," she said. "We found out about the grant in April, got it and began implementing the program in June. It's been an exciting process."

Now that the program is underway in smaller Nebraska communities, Aging Partners will host Stepping On leader/facilitator training in the near future at the Seward Civic Center to train people to lead Stepping On in the rural areas. In the interim, Apthorpe and Tracie Foreman, Aging Partners Health & Fitness, are leading the rural programs.

"Everybody at Aging Partners is excited about being able to provide Stepping On in rural counties," Apthorpe said. "We're looking forward to training facilitators who can make the program grow in their counties, as well."

Apthorpe said Aging Partners has worked with Four Corners Health Department and Public Health Solutions to implement the program in Butler, Fillmore, Polk, Saline and York counties, as well as Crete and Geneva, Nebraska. Programs in David City and Stromsburg, Nebraska, will launch in 2016.

"It's a natural partnership between public health and aging," she said. "The success of this program depends primarily on strong partnerships with local health departments."

Apthorpe is pleased with the community support Stepping On has received. She noted, for example, that Seward Memorial Hospital has provided physical therapists as special guests at Stepping On programs in Butler and Polk. Local pharmacists, vision specialists and other experts also will make appearances.

"If we can work together to prevent one fall, it means saving money and helping keep older adults in their homes and independent longer—one of Aging Partners primary goals," she said.

Statistics suggest that this goal is worthwhile: more than one-third of adults 65 or older fall each year. Additionally, falls are the leading cause of injury, hospital admission for trauma and death among older adults.

Stepping On workshops are suitable for anyone 60 or older who has had a fall in the past year or is fearful of falling. The program is designed for people living in a home or apartment and are able to walk without the help of another person and not suffering from dementia.

Members of a rural Stepping On class at the Seward Civic Center display their certificates of completion after graduating from the program July 28.

Participants meet two hours a week for seven weeks. Topics include:

- Simple, fun strength and balance exercises.
- The role vision plays in balance.
- How medications can contribute to falls.
- Ways to stay safe when out and about in the community.
- What to look for in safe footwear.
- How to check your home for safety hazards.

Motivation to enhance one's own personal health and safety is important to an individual's success in Stepping On, but it also is effective because of how it is facilitated. Trained leaders encourage involvement and provide support. Success builds participants' confidence in their ability to manage their health behaviors, reduce their risk of falls, and maintain active and fulfilling lives.

Additional program benefits include:

- Learn to step outside your home with confidence.
- Learn with people your own age in a safe, positive environment.
- Become more aware of fall hazards and learn how to reduce your fall risk.
- Gain the most up-to-date fall prevention information.
- Help others by sharing what has worked for you.

For more information about Stepping On, Building Confidence and Reducing Falls workshops or becoming a workshop facilitator, call Aging Partners Health & Fitness at 402-441-7575 or email papthorpe@lincoln.ne.gov.

What Participants Are Saying:

"Stepping On taught me that you feel better, get stronger and can do more things when you exercise because it helps keep you independent."

–Betty Smith

"I didn't know you could come up with so much information on falls. There's lots of good information in Stepping On."

–Mary Faig

"It helped me improve my way of walking. I learned the importance of bending my knees when I walk."

–Marie Hotory

"I appreciated having the guest experts stop by. Barb, the physical therapist, said not to think, 'Don't fall!' Instead she said to think, 'Stay strong!'"

– Pam Rondorf

"I learned that, when I go down the stairs, I should go down with my bad leg and up with my good leg."

–Susan Sloup

"One of the things that sticks out to me from Stepping On is that when you go up or down the stairs, put the thing you're carrying in a bag so that you can still hold onto the railings."

–Jean Keller

It's Never Too Late for a New Hobby

Some artists hone their craft at an early age. Others, like Sharon Vang, don't unearth their passion and potential until later in life.

Vang's artistic journey began in 1986 when she longed for a creative escape from everyday living.

"I had a desire to do something for myself," she said. "When you're working and raising kids, sometimes you need an outlet. That's when I started oil painting."

Sharon Vang says this carving of avocet birds was her most challenging project, requiring about 50 hours of labor to complete.

Sharon Vang displays these two gourd-carving projects in her home. She used a California gourd for her amphibian project on the left and a Nebraska gourd for the deer project on the right.

This discovery eventually led Vang to her true love—carving.

From Painter to Carver

The Nebraska native studied oil painting 10 years before she stumbled across her favorite hobby. In 1996, she attended a weeklong art workshop in Crete to further her painting skills. When she was touring the workshop's facility, she discovered a group of five or six people huddled together, carving different shapes into their blocks of wood. With her interest peaked, she approached the pack and asked them what they were doing. In that brief moment, they took her under their wing and explained the basics of wood carving.

"While I was talking to them, I thought, 'Wow, I've been missing out,'" Vang said. "I knew this was for me."

She has never oil painted since.

Immediately upon her return to Lincoln, Vang heeded the carvers' advice and enrolled in three wood-carving classes at Southeast Community College and joined the Capitol City Carvers, a club for local wood carvers.

It took her nine hours to complete her first 3-D piece—a wooden Santa. Through time, practice and camaraderie with carving friends, her artwork advanced.

Vang considers herself a realist. She enjoys carving images of animals and people. Her work includes dolls, bears and birds. Depending on the subject, each project could take anywhere from five minutes to 50 hours.

"The most difficult carving I ever made was my avocet birds piece," Vang said. "Not just the carving, but also the painting, had to be exact. Every feather had to be perfect. Birds

In 1996, Sharon Vang creates this Santa. It was her first wood carving project.

are not my forte, but I enjoyed that piece because it was a challenge."

She estimates she has created hundreds of carvings during the past two decades, most of which she has sold or given to friends and family.

"I've never thrown away a piece of wood because each one is an improvement," Vang said. "You have to see where you've been in order to determine where you're going."

Her artwork has been on display at Aging Partners' downtown senior center; James Arthur Vineyards in Raymond, Nebraska; and a taxidermy studio in North Platte, Nebraska.

Expanding Her Craft

As Vang explored the art, she learned wood was one of many carving methods she enjoyed.

More than 10 years ago, she discovered gourd carving while taking a bird-themed wood-carving class at another art workshop in Crete. When she returned to the workshop the following year, she tried a gourd carving class for the first time and was hooked instantly.

"Gourd carving is different from wood because you can't carve into the round of the gourd," Vang said. "You have to use power tools."

Not long after the workshop, she traveled to California to take

three daylong gourd carving classes. The opportunity was challenging, but worthwhile.

"The classes were so intense, we barely had time to eat," Vang said. "It was a unique experience because, in California you can see miles of dry gourds almost like you'd see miles of cornfields here. Their gourds are tougher and thicker than ours in Nebraska. I grow some, and so do my carving friends, but then you have to let them dry for a year and clean them before you can begin working on them."

She also has experience carving bone, antlers and bark, and etching glass.

Student Becomes Teacher

Four years after her first wood-carving class, Vang created a studio in her home to practice her craft.

"It became my sanctuary; a place I go to create while the rest of the world spins by," she said.

As her experience grew, Vang decided to share her talents by hosting carving classes at her in-home studio. She teaches both one-on-one and group classes for beginners through advanced levels. Some of her students have gone on to be carving instructors themselves.

"People kept asking me for carving advice, so it evolved into teaching," she said. "I love it because you won't find a better bunch of people than carvers."

Vang also teaches occasionally for the Capitol City Carvers.

She hopes her story inspires others to try carving. She warns prospective carvers that the art form takes time to learn and it is important to be patient with oneself. However, people shouldn't let their fear of trying something new keep them from giving carving a go.

"I'm a firm believer that 'can't' should never be in your vocabulary," Vang said. "Everyone should try everything at least once in life. Feel the fear and do it anyway. You might find that carving is a perfect fit for you. Maybe it's a way to relax after a busy day. It's great for people who are retired or about to retire. When you're retired, you need something else besides sitting in a chair and waiting for death to come. It's important to be active and live life. Carving is one way to do that."

This life-size bear is one of Sharon Vang's largest creations, and she displays it in her front yard garden.

Senior Health Promotion Center Opens Second Location

South Lincoln's older adults will soon have somewhere to go for health screenings located in the convenience of their own neighborhood.

The Senior Health Promotion Center, a partnership between Aging Partners and University of Nebraska Medical Center College of Nursing, will open a second location at St. Mark's Vermeer Education Center, 8550 Pioneers Blvd. On Wednesdays from Sept. 16 through Nov. 18 and Dec. 2 through Dec. 9, older adults can visit the center for health screenings and foot care at little or no cost. No appointments are necessary, and walk-ins are welcome during SHPC's 9:30 a.m. to 1:30 p.m. hours.

Director Rita Antonson hopes the second location will offer convenience to individuals unable to make it to the center's existing location in Downtown Lincoln. The new location is situated near many Lincoln-area retirement communities.

"We wanted to launch a center at a place that is more accessible to people," she said. "That's what we've found at Vermeer."

The new location offers many conveniences, including plenty of parking and a lower-level, no-stair entrance north of St. Mark's United Methodist Church.

Like the existing SHPC downtown, the new center will provide foot care, blood pressure checks, and screenings for blood sugar, cholesterol and osteoporosis.

Primarily used for screening and health promotion, SHPC does not offer primary care or diagnose illness. It does provide information for visitors to share with their doctors. The center does not provide ingrown toenail removal, but can offer referrals for issues that require additional care.

While the center's staff does not give prescriptions, they will work with visitors to review the medications they take and explain their purpose and any potential side effects or food and drug interactions.

The service is free, but there is a suggested contribution of $15 for foot care to help cover costs of supplies.

Patients are seen on a first-come, first-served basis. Everyone is encouraged to bring a book or coffee to enjoy in the waiting room.

As part of its partnership with UNMC, the center is staffed by about eight students pursuing a Bachelor of Science in nursing.

Lynn Vermeer Education Center Exterior and Grounds.

"It's a helpful experience for their education and gives them the opportunity to work with people," Antonson said.

Transportation to and from the SHPC is available for older adults in need of a ride. To reserve

transportation, call Aging Partners at 402-441-6687. Please call at least two days before the desired visit. The Aging Partners car, a white Ford Taurus station wagon, only provides rides to and from the center.

Aging Partners has partnered with the Vermeer Center to offer tai chi and Stepping On program. One of St. Mark's missions is to serve the community regardless of a person's religious background or membership status. Partnering with Aging Partners and UNMC to offer this service enables the church to achieve this goal.

This secondary SHPC location is being offered on a trial basis. In December, Aging Partners and UNMC will evaluate how well the second location was used and if it will continue in 2016.

"Right now we have a lot of support," Antonson said. "We will be there, along with another UNMC faculty member, to observe, assist and supervise the students. It's exciting to have another venue opening."

UNMC Nursing student Madison Smith takes Ray Solee's blood pressure during the center's first day of operations, Sept. 16.

The downtown location will continue to offer drop-in hours on Thursdays from 9:30 a.m. to 1:30 p.m. Older adults in need of earwax removal should visit this location.

For more information about either Senior Health Promotion Center location, call Tracie Foreman at 402-441-7575 or email tforeman@lincoln.ne.gov.

What about Those Left Behind?

By Houston Doan, Aging Partners financial counselor

Today, seniors in America are blessed to have some of the best medical care in the world, allowing many to enjoy life well into their 80s and 90s. The problem for many married couples is when the health of their loved one begins to fail and they need care that their spouse cannot provide.

There are options for care for our loved ones. These include assisted living, in-home care and skilled nursing home care. All of these options cost money, usually more than what people expect. They can cost thousands of dollars a month and must be paid for. The reality of spending all of the family money for the care of one of the couple is overwhelming for many. The good news is that there is a law allowing the spouse who stays at home to keep a portion of the family's assets, the home, an automobile, personal belongings and a portion of the monthly family income. This law is called the "The Spousal Impoverishment Protection Law."

This federal law protects spouses of nursing home residents from losing all of their income and assets to pay the nursing home for their spouse's care. A couple's assets and income will be divided according to the Spousal Impoverishment Protection Law. In Nebraska, the state's Department of Health and Human Services facilitates the division process under the Spousal Impoverishment Protection Law. Veterans may find programs that offer less restrictive options than going through the Spousal Impoverishment Protective process. Veteran benefits may also work in conjunction with other benefit programs available in the community.

The division process includes verification of the couple's income, property, investments, insurance and bank accounts. Under the Spousal Impoverishment Protection Law, most assets are considered as joint assets between the spouses; it does not matter whose name is on them. Due to recent Supreme Court rulings regarding marriage equality, same-sex marriages should be treated the same as any other marriage under federal law.

The State of Nebraska will allow, in some cases, for a spouse to receive care at an assisted living or even at home, instead of having to go into a skilled nursing home.

Spouses and families going through the Spousal Impoverishment Division of Assets often find it a long and difficult process. Aging Partners is here to help individuals through the maze of rules and regulations.

The Spousal Impoverishment Protection Law only applies to married individuals. Aging Partners often finds other situations in which family members are living with a loved one who owns the home. When the owner of the home must leave the home for more care, what happens to those left behind? These situations are difficult, and the state of Nebraska may or may not let those left behind stay in the home.

Aging Partners is a good place to start when loved ones need more care than the family can provide.

Mark Your Calendars for the Veterans Celebration Dance

As a special thanks to the many servicemen and women whose military contributions have positively impacted both the country and the local community, Aging Partners is hosting the Veterans Celebration Dance Tuesday, Nov. 10 from 6:30 to 9:30 p.m.

The celebration, held at Auld Pavilion on Memorial Drive, will feature an evening of classic country and '50s and '60s musical nostalgia provided by the Humdingers. In addition to the live music, the event includes dancing, refreshments and a surprise or two.

All ages are welcome to attend. Veterans get in free! Although there is no ticket cost for non-military employees, a free will offering is encouraged.

"Put on your dancing shoes and help us celebrate our veterans at this fun event," said Bob Esquivel, Aging Partners Senior Centers coordinator.

The event is sponsored by Quick Nick's Service Center and Walker Tire & Auto Service.

About the Band

The Humdingers is an Omaha-based dance band consisting of Donnie Garrison, guitarist and keyboardist; Larry Hansen, bassist; Mardie Perigo, drums; and band leader John Noordam, guitarist. They play a range of music, including traditional country, '50s rock and roll, country rock and blues.

"It depends on where we are playing and the groups we are playing to," Noordam said. "We're a dance band, and we try to keep it country with a touch of rock 'n' roll. If they ain't dancin', we figure they ain't likin' the music."

The band got its start in 2003. Garrison and Noordam, the original members, have been friends since high school. Back then, they used to jam together, playing mostly '50s music. Their love of music and longtime friendship led them to create the Humdingers.

Over the years, the band had several drummers and bass players join—and subsequently leave—the team. They added Hansen five years ago after Noordam met him at a jam in Weeping Water, Nebraska. Knowing Perigo from playing in other bands, Noordam and company welcomed him to the group as their drummer three or four years ago.

The Humdingers from left are John Noordam, Donnie Garrison, Mardie Perigo and Larry Hansen.

Each band member has been honing his craft since he was in high school. Three of the four have been a part of other bands prior to the Humdingers.

The band members are proud to be a more seasoned musical ensemble as all four members are retired. When asked what advice they would give to other younger musicians, Noordam suggests they play the same music as the Humdingers do.

"We're a dance band that plays a mix of older and newer stuff," he said. "The younger groups seem to want to do all this 'new country' music—not much of it I care for."

The Humdingers look forward to their performance at the Veterans Celebration Dance this November. For more information on the band, visit their Facebook page at https://www.facebook.com/pages/Humdingers-neon-Country/90277682291?fref=photo.

Thank You

A special thank you to Quick Nick's Service Center and Walker Tire & Auto Service for sponsoring this event.

Talent, Creativity on Display at Aging Partners Art Show

The debut of artwork featured in "Aging Is Becoming … The Fine Art of Experience 2015 Older Nebraska's Art Show" drew quite a crowd Sept. 4.

From 6:30 to 8:30 p.m., First Friday Art Walk attendees poured into the Downtown Senior Center to celebrate the artistic accomplishments of older Nebraskans and admire the many pieces on display at the Milestone Gallery, located on the main floor of the Aging Partners Downtown Center.

The displayed artwork was two dimensional and featured pieces created by local older adults after their 60th birthdays. Submitted pieces celebrated the personal growth and changes that stems from individual aging.

"I'm grateful to those talented individuals who graciously entered their artwork to display for this event, and I'm thankful to all those who came out to see their fabulous creations," said Bob Esquivel, Aging Partners Senior Centers coordinator.

The art show was held in conjunction with September National Senior Center Month.

Name: Howard Kaye
What are the names of the pieces? "Art Critic" and "Organic"
What inspired this piece? In "Art Critic" I've always liked the statue at the Sunken Gardens, and I like that, in the painting, someone is having their own opinion on it. "Organic" is a painting of the farmers market. I go each week and like to see what they sell.
How long have you been painting? I've been painting mostly watercolor 40 years.
What got you started? Why do you continue? Painting is fun, and I enjoy it. I started doing more painting and less of other things over time. I take photographs from real life events and places and paint.

Name: M.J. Jeffrey
What are the names of the pieces? "Passing Lane" and "Costa Rican Climb"
What inspired this piece? "Passing Lane" is the Silver Street Bridge in Ashland, and "Costa Rican Climb" is through an iron gate in San Jose, Costa Rica.
How long have you been a photographer? I've been taking photos since 1980.
What got you started? Why do you continue? I started when I had kids by taking photos of them. Then I fell in love with it. I do it for pleasure now, and I still love it after all these years. I enjoy taking photos of whatever catches my eye.

Name: Ronda Esquivel
What is the name of the piece? "At the Piano"
What inspired this piece? I've always seen this old piano downtown. One day, I took my mother-in-law there with a cane as a prop and took some photos of her.
How long have you been a photographer? In 1977, I went to an Elvis concert, and that's where I started.
What got you started? Why do you continue? I was front and center with Elvis, and I took pictures with a film camera. I thought, if I had a better camera, I could take better pictures. So I got a better camera and started entering competitions. The love of photography keeps me going.

Name: Sharon Aden
What is the name of the piece? "Tiempo Para Observar"
What inspired this piece? These are sketches from concerts I have attended.
What got you started? Why do you continue? It's something I like to do when I'm somewhere and have models. I think it's fun when they're not aware that you're sketching them.

Name: Judy Greff
What is the name of the piece? "Happiness: Traveling to Greece with Granddaughter"
What inspired this piece? It's a collage of items, pictures and memories of my recent trip to Greece with my granddaughter. I like to collect pieces throughout my trip and put them together.

Name: Leora Platte
What is the name of the piece? "Jazz in June"
What inspired this piece? I was watching a band playing at Jazz in June and sketched them.
How long have you been painting? Since 1974.
What got you started? Why do you continue? When I was younger, I was visited by the Famous Artists Institute. I entered a drawing contest on a matchbox cover and signed up for the mail order course. I went to Nebraska Wesleyan for art after that. I was a sign painter 10 years, but I am most known in Lincoln for my blue line whimsical paintings.

Name: Jude Martindale
What is the name of the piece? "In Tune with the Fall"
How long have you been painting? I've been painting 30 years using acrylic inks and paint.
What got you started? Why do you continue? I've always been interested in art, and I love the process of painting—the color and design. I'm always doing something different. For me, it's about expressing my feelings and experimenting to see what I can make.

Name: David Routon
What is the name of the piece? "Beau Geste"
What inspired this piece? This is a sketch of a movie still photograph from the old 1930s film, "Beau Geste." I find the movie stills at thrift stores and draw from them.
How long have you been drawing? I started drawing as a child, but, unlike most, I kept drawing.
What got you started? Why do you continue? I like emphasizing and de-emphasizing different parts of the image. I taught art at UNL and retired in 1997, but I still occasionally draw and paint from live portraits and photographs.

Supporting a Friend with a Chronic Illness

Chronic illness can be isolating and lonely. People with chronic illnesses not only have more daily challenges than their healthy peers, their illnesses can set up a barrier against the types of friendship that could mitigate their isolation and loneliness.

How can you be the type of friend who is supportive? Here are a few thoughts:

Day-to-Day Relationships

- Know when they need you, and when they don't: Learn to understand when your friend needs company or when he or she needs to be alone to regroup. Personality plays into this need, but most people with chronic illness need to have the opportunity for alone time, as well as togetherness time.
- Don't be offended when they don't want to spend time with you: Chronic illness takes management and self-care. Part of that self-care is saying no even to the best of friends.
- Ask your friend what he or she needs: Sometimes you won't be able to guess what a friend needs, and you will just have to ask. If you keep communication open and don't act hurt or rejected when your friend turns down an invitation, your friend should be willing to be honest about his or her needs.
- Learn when his or her pain or depression will likely be the worst: Is an afternoon visit more welcomed by someone who has physical pain and needs time to get ready in the morning and time to wind down at night? Is an evening visit better for your friend who has major depression?
- Don't let your friend's disease define who he or she is: Recognize the disease and allow for the special needs attached to the disease, but treat your friend as a whole person.
- Allow your friend to help you, too: Few of us want to feel that we are so needy that all we do is take. Make an effort to know when your friend is best able to do something to assist you and then ask for help.

During a Crisis

- Be an advocate: If your friend needs emergency attention or is in a hospital situation and there is no one to be the advocate, then that is your role.
- To the extent he or she wishes, help your friend manage his or her affairs. Help keep tabs on decision-making and paperwork if you are in a legal position to do so. If you aren't legally able to do this, contact the person who your friend has designated.
- Just be there for them: Be the person your friend can count on when the going gets rough. That often means just being present.

Be careful not to make your friend's illness the focus of your friendship. You are friends because of what you have in common, not because of his or her disease. Be understanding and willing to go the extra mile when needed, but remember that your friend is first and foremost a person whose company you enjoy.

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By Carol Bradley Bursack, author, speaker, columnist and eldercare consultant
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Handling Family Conflicts while Caregiving

With heightened emotions at play in caregiving situations, painful and sometimes destructive family conflicts can easily occur. While this is understandable, it is not very useful. Avoid or handle conflicts using the following tips:

1. **Find points of agreement:** The one point that families can generally agree on is their goal to ensure that their loved one receives the best care possible. An open and honest talk among participants—caregivers and care recipients alike—is the best way to identify points of agreement. It also can be helpful to come back to these points from time to time when the going gets rough—almost like pushing a reset button and reminding everyone of the real goal.
2. **Identify underlying tensions:** The individual who takes on the bulk of the caregiving responsibility often has to handle criticism from family members who are less involved in the day-to-day care. Although this criticism may be veiled at first, the underlying tensions within the family can quickly come to the surface. For many care recipients, this tension can be one of the most stressful aspects of their situations. Talking about this tension can help alleviate it.
3. **Start with what "is," not what "should" or "might" be:** Often, families struggle and become overwhelmed when they jump to endpoints that might never occur or wish for outcomes that are unrealistic. Taking a realistic and balanced look at what's going on can help put and keep matters in perspective.
4. **Take a dispassionate inventory:** Care recipients need to speak their mind and give opinions regarding the type of care they believe they need and would like to see arranged. Caregivers need to work together to decide who can provide what by thinking about who has skills or abilities in different areas, including other kinds of resources such as time and money. If each family member can find some way to contribute to the effort that is within his or her skills, time constraints and financial ability, then things will flow more smoothly.
5. **Talk things over:** It may be a good idea to start conducting family meetings so the entire family can get together to talk and reason things out—especially emotionally charged or difficult issues. Discussing a situation before it becomes a crisis can be helpful.
6. **Fights about trivial matters mean you are probably avoiding the core issue:** It is practically a given that you will encounter family conflicts while caregiving. Financial issues are often at the core of tension among families, even though no one likes to admit it. If you find your family arguing about small things, you might be skirting the truly important issues. Take a break and return to compiling an inventory of the resources your family has available. Details can be hashed out later.

Family caregivers sometimes simply get stuck in their roles or attitudes and don't know how to change things. In these cases, it is often important to get someone involved who can serve as the objective third party. Sometimes, simply having an outsider scratch her head and ask why something is the way it is can be enough to get things unstuck and focused back on providing the best care possible.

Jill Grunke, Nutrition Outreach with Aging Partners

Understanding Nutrition Facts Labels

The Nutrition Facts label on a food item is very useful and important to understand when shopping for groceries to make informed decisions about the foods we eat. The aim of a Nutrition Facts label is to help people make better food choices. You probably already use the Nutrition Facts label in some way—maybe to check calories, fat or sodium content. The more familiar you are with the information, the more you'll want to use it daily to ensure you're eating a healthy, balanced diet.

Proposed Changes for the New Nutrition Facts Label

The Food and Drug Administration is proposing to update the Nutrition Facts label to help people better understand the nutrition content of the foods they eat by updating the serving sizes to better match amounts people are eating. The new design also will give a more cohesive layout that emphasizes parts of the label that are important in addressing current public health concerns.

Specific proposed changes include:

- Adding information on "added sugars" to products. The proposed rule would require declaration of "Added sugars" as well, indented under "Sugars," to help shoppers understand how much sugar is naturally occurring and how much has been added to the product.
- Update daily values for nutrients such as sodium, dietary fiber and vitamin D.
- Require manufacturers to declare the amount of certain nutrients such as potassium and vitamin D instead of only stating their Daily Percent Value. These are nutrients that, when lacking, are associated with the risk of chronic disease. Calcium and iron already are required; vitamin D and potassium are being proposed to be added to the list of mandatory nutrients.
- Change the serving size requirements to reflect how people eat and drink today, which has changed drastically since serving sizes were established 20 years ago.

Current Label

Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container about 2.5

Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 0g	0%
Sodium 70mg	3%
Total Carbohydrate 31g	10%
Sugars 30g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet

Proposed Label

Nutrition Facts
Serving Size 1 bottle (600 mL)
Servings Per Container 1

Amount Per Serving	
Calories 275	14%
Total Fat 0g	0%
Sodium 175mg	7%
Total Carbohydrate 78g	26%
Sugars 75g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet

The average cheeseburger in the USA in 1992 had 333 calories compared to the ones today with more than 600 calories.

Along the lines of packaging and what constitutes a serving, the FDA wants manufacturers of food products to be clearer with their labeling. For packaged foods, including drinks, that are typically eaten in one sitting, the FDA wants them to be labeled as a single serving and calorie and nutrient information be declared for the entire package. For example, a 20-fluid-ounce bottle of soda, typically consumed in a single sitting, would be labeled

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts (1.)
8 servings per container
Serving size 2/3 cup (55g)

Amount per 2/3 cup (2.)
Calories (3.) **230**

% DV* (4.)	
12%	**Total Fat** 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	**Cholesterol** 0mg
7%	**Sodium** 160mg
12%	**Total Carbs** 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g (5.)
	Protein 3g
10%	**Vitamin D** 2mcg (6.)
20%	**Calcium** 260mg
45%	**Iron** 8mg
5%	**Potassium** 235mg (7.)

* Footnote on Daily Values (DV) and calories reference to be inserted here.

1. Serving size emphasized and better reflects serving size of how people eat.
2. Calories emphasized.
3. Removed calories from fat.
4. Percent daily value main focus by listing first.
5. New subcategory of "Added Sugars" to help consumers understand how much sugar is naturally occurring and how much has been added to the product.
6. Specific amount of nutrients listed for vitamin D, calcium, iron and potassium, all of which the general public does not always get enough of.
7. Vitamins A and C removed. Current data indicates that A and C deficiencies in the general population are not common. These vitamins would still be allowed to be declared on labels voluntarily by manufacturers.

as one serving rather than as 2.5 servings per bottle.

Strive to eat a diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans and nuts. Choose foods that are low in saturated fats, trans fats, cholesterol, salt and added sugar. Use the label when you shop, plan your meals and cook each day. The label makes it easy to determine the amounts of nutrients you are getting and to compare one product to another.

Helpful fact: Because more and more people are eating outside the home, Section 4205 of the Affordable Care Act directs the FDA to set labeling requirements for restaurants, other retail food establishments and vending machines. Next time you are eating at your favorite restaurant, ask for the nutrition content of your favorite meal, and they should be able to provide it for you. LW

Easy Homemade Cabbage Rolls

Ingredients:

12 large frozen bread rolls, or 24 frozen dinner rolls, thawed but still cold
4 cups sliced cabbage
1 cup sliced yellow onion
1 tablespoon vegetable oil
8 ounces ground beef
1 teaspoon sugar
1 tablespoon vinegar
1 teaspoon salt
1 teaspoon pepper
1 cup mozzarella cheese, grated
2 tablespoons butter, melted

Directions:

1. Sauté cabbage and onion in oil. Cover and steam for 30 minutes. Brown ground beef in a large pan, and drain well. Add cabbage, onion, sugar, vinegar, salt and pepper and cook for an additional 10 minutes.
2. Flatten each large roll, or two dinner rolls mashed together, into a 6-inch circle.
3. Divide filling among 12 circles, about 1/3 cup. Place 1 tablespoon mozzarella cheese on top of filling. Pull edges around filling and pinch to close.
4. Place on a large sprayed baking sheet, pinched side down. Brush tops with melted butter. Bake at 350°F 30-35 minutes.

Tastes of Autumn

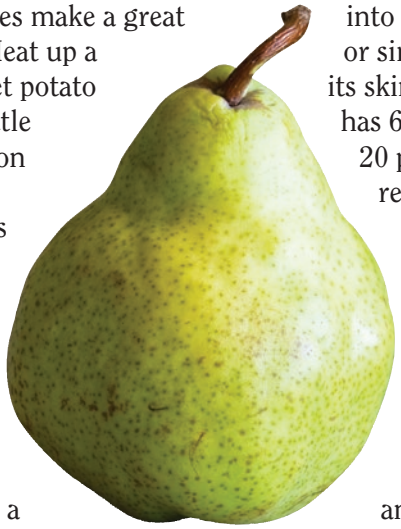
The autumn season is full of bold, dense flavors that we all find comfort in as the weather cools and days grow shorter. Take a moment to focus on a few of these delicious foods: beets, pears, kale, blackberries and sweet potatoes.

Beets are edible from their leafy green tops down to the root. The leaves are similar to spinach and taste delicious sautéed. Beets come in shades of purple reds to white and even bull's-eye patterned. The red color in beets is caused by phytochemicals, which protect our body's cells. Their gorgeous red hues also make for an excellent natural alternative to red food coloring. Beets are rich in naturally occurring nitrates and may help to support healthy blood pressure. They are delicious roasted, steamed or raw, thinly sliced or shredded. Try adding some shredded beets to your next salad to add a pop of color and taste.

Sweet potatoes charge ahead of white potatoes in terms of fiber and vitamins A and C. Have a recipe that calls for canned pumpkin? Use mashed sweet potatoes for a new twist. Sweet potatoes make a great breakfast as well. Heat up a leftover baked sweet potato and top it with a little butter and cinnamon alongside orange wedges. This makes for a hearty breakfast when paired with a glass of milk.

Kale is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snowstorm. One cup of raw kale has only 33 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers and pair with something a bit sweet such as carrots, apples or blackberries. One advantage in using kale for leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.

Pears are most delicious in autumn when at their peak. Pears are unique in that they do not ripen on the tree, but rather at room temperature after being picked. How do you know when they are ready to eat? Check the neck. If the fruit near the stem gives to a little pressure, it is ripe. There are a range of pear flavors and textures. Like apples, some are excellent eaten fresh while others are best cooked or canned for the winter. Try pears on the grill, poached, tucked into a panini, pureed into soup or a smoothie, or simply sliced. Including its skin, one medium pear has 6 grams of fiber—that's 20 percent of our daily recommendation.



Plump, juicy blackberries ripen in late summer and into the fall season. They are a good source of vitamin E, folate, magnesium, potassium and copper, and a good source of dietary fiber, vitamin C, vitamin K and manganese. Eat them raw by themselves or in low-fat yogurt or salad. Enjoy them baked into sweets or add them to savory dishes such as braised chicken for an added depth of flavor. Have leftovers? Freeze them for up to six months to enjoy all winter.

Fun Food Facts about Autumn

Sept. 29 is Coffee Day: New research by the Mayo Clinic shows that regular coffee drinking can protect against Parkinson's disease, type 2 diabetes and liver disease.

Oct. 26 is National Pumpkin Day: The first Thanksgiving celebrated by the pilgrims may not have had pumpkin pie, but they still found a way to enjoy this autumn gourd. According to some accounts, early English settlers in North America improvised by hollowing out pumpkins, filling the shells with milk, honey and spices to make custard, then roasting the gourds whole in hot ashes.

Celebrate the Work of Aging Partners

Aging Partners and the Seniors Foundation invite the public to join them for Celebrate the Work of Aging Partners, an event honoring the organization's positive impact on older adults in the eight-county service area.

Held Nov. 4 at the Cornhusker Marriott Hotel in downtown Lincoln, the event features a cash bar cocktail social and silent auction from 5:30 to 6:15 p.m., a dinner at 6:15 p.m. and a program at 7 p.m.: A Salute to 15 Years of Live & Learn.

Live & Learn is the longest running program on 5-City-TV, and local older adults have tuned into the program since its launch for tips on how to live a healthy, active lifestyle. During the night's program celebrating the show, hosts from past and present seasons will share inside stories about Live & Learn that are sure to delight and entertain. The program promises to be a memorable tribute to these remarkable volunteers who have graced the community with their time and talents.

This quilt, anonymously donated to the Seniors Foundation, will be raffled off during Celebrate the Work of Aging Partners.

At 8 p.m., there will be a raffle drawing for a beautiful full-sized quilt crafted with a House on the Hill pattern that was anonymously donated to the Seniors Foundation. Tickets are $10 and available for purchase from the Seniors Foundation at their office, over the phone, via email or at the event.

"Our mission at the Seniors Foundation is to enrich the lives of older adults by supporting Aging Partners," said Tammy Ward, Seniors Foundation executive director. "This event is one way we can help accomplish our mission. We're excited to be a partner this year, and we look forward to helping celebrate Aging Partners' extraordinary work."

During the event, attendees will learn more about how their support is critical to continuing Aging Partners' work and hear updates on Aging Partners and Seniors Foundation happenings.

RSVPs for the event are due Oct. 30 and can be made with the Seniors Foundation online, www.seniorsfoundation.org, or via phone, 402-441-6179. A portion of each reservation is tax deductible.

For more details, contact Zoe Olson at Aging Partners, 402-441-6156 or zoloson@lincoln.ne.gov, or Audrey Richert at the Seniors Foundation, 402-441-6179 or audrey.richert@seniorsfoundation.org.

Once a Caregiver, Always a Caregiver

Story by Zoe Olson, Aging Partners director of marketing and public relations

Price's 1957 Cupping Ceremony photo from Bryan Memorial Hospital School of Nursing. Courtesy photo

Marian Price was born and raised on her family's farm near Page, Nebraska. The farm was homesteaded in 1883, and Price's brother continues to farm there today.

She and her sister own a parcel of the family homestead that is "virgin prairie — never been tilled." It's where Price wants a portion of her ashes sprinkled: "in the place where I was born."

Her days were filled with many activities, including helping her grandfather with the potato crop.

"It was important to make sure that each part of the seed potatoes we cut had exactly three eyes—no more, no less," she said. "My grandfather was very strict and watchful, but I could sneak a piece of potato in my mouth and I'd get a smile from him.

"As the crop would grow, we children would have the job of picking potato bugs off the plants. We'd each carry a small glass of kerosene, pick the bugs by hand and drop them in the kerosene. After school we'd each have to walk a row of potatoes, picking off the bugs. At the time it seemed like the rows were a mile long and you'd never finish—but truly, it wasn't difficult."

Price's first experience in caregiving also came on the farm.

"I took care of the runt pigs—which normally would have had their lives ended early with a blow to the head—or birds that had fallen out of the nest, injured ducks, or milk-fed calves that needed the extra nourishment," she said.

When Price was in high school, she dreamed of being an airline stewardess, but was rejected for being an inch too tall. She debated between teaching English—"I love to proofread"—or nursing. Price graduated high school at age 16 and received a scholarship to Nebraska Wesleyan University. For a summer and a year, she studied pre-nursing; upon reaching the age of 17 ½, she was accepted into the Bryan Memorial Hospital School of Nursing.

The airline industry's loss was nursing's gain.

She graduated from the three-year program with a diploma as a registered nurse, lacking the nine-credit hours to receive her Bachelor of Science in Nursing (BSN).

As a proud Distinguished Alum of the now Bryan College of Health Sciences, Price explains how the program has evolved into a four-year program where students graduate with a BSN. The program changed in recent years and now has a provision for those registered nurses who received a diploma to return and receive their BSN.

In 1963, after working at Bryan Memorial Hospital as a general-duty nurse for four years, Price's family moved to Omaha. A mother to four children, she was the stay-at-home caregiver. The family moved to Overland Park, Kansas, in 1971 and returned to northeast Lincoln the following year, where she served as co-owner of the Pantry Restaurants.

Throughout her life, Price has served as a caregiver for others. While living in Omaha, she continued to travel to Lincoln to care for her ailing mother-in-law. In the years that have followed, she has cared for her mother, younger sister, aunt and uncle through the end of their lives and has assisted neighbors, family members and church members.

During this time, Price became more politically aware and active.

In 1974, she was invited to serve as chair of the Republicans for Exon committee when then-Gov. Jim Exon ran for re-election, and again when he ran for the U.S. Senate. She volunteered for many campaigns, but "The one I enjoyed the most was Bob Kerrey for Governor." The family lived in a house they had purchased from Jim and Elinor Kerrey, Bob's parents.

With Kerrey's gubernatorial campaign, Price was launched into statewide politics and her name became well-known.

In 1984, she was contacted by Nebraska State Sen. Don Wesely, who encouraged her to run for a seat on the Lincoln Board of Education. With encouragement from friends and family, she announced her candidacy.

"My campaign slogan was 'The Price is Right for Education,'" she recalled.

Price ran unopposed in 1985, 1989 and 1993, but was challenged in 1997.

"I campaigned very hard, won the election and continued my service."

In 1997, Price returned to college and reinstated her RN license, planning to enter the field of hospice or home health—but public service was once again calling her name.

In 1998, she was asked to run for the Nebraska Legislature's 26th District when Wesely, its representative, ran for mayor of Lincoln.

"I formed the committee, 'The Price is Right for Legislature' and went to work campaigning," she said.

There were five candidates for the seat: four men and Price.

"We all pledged it would be a good, clean race."

Price won the election and was re-elected in 2002.

Price believes her strong background in health and education paid dividends during her legislative career. She served on Health and Human Services, Education and Appropriations committees. Most of her priority bills focused on education or health.

In 2005, she introduced a bill encouraging nurses to continue their education in a master's program. Each nurse could receive a loan of up to $15,000 toward study to obtain a master's degree in nursing.

"Nebraska needed more nursing instructors to deal with the nursing shortage we were facing," she recalled. "There simply weren't enough teachers to fill programs."

Under the bill, nurses would receive up to $5,000 in loan forgiveness for three years of nursing instruction service. The bill was enacted, and it was Price's crowning achievement in the legislature.

"It combined my love of education and my love of nursing."

Price stands in her office where she displays memorabilia from her years in the Nebraska Legislature. Photo by Zoe Olson

Price considers serving in the Nebraska legislature as the greatest adventure she never planned on doing. Included in that adventure was a trip to the very top of the state capitol building in 2001.

Price was one of 120 people who had the opportunity to visit the Sower statue atop the dome during the capitol's eight-year restoration project.

"On May 16, 2001, at 7:15 p.m., 10 of us changed into casual clothes and met in the main lobby, donning our hard hats," she said. "We had just adjourned for the day. We rode the elevator to the 14th floor and walked up stairs through the interior of the building above the glass ceiling. We could see the base of the Sower housed under the covering of the dome."

The Sower is attached in a manner that allows some movement in the wind—otherwise, it would break out of its base. People who have gone to the top of the capitol on windy Nebraska days have remarked on the unnerving swaying motion of the Sower. Price was fortunate to visit on a very calm day.

"Our group exited the interior of the dome through a doorway to the outside," she recalled. "We followed the pathway, circling the dome twice. We then came to a platform at the base of the Sower's feet, which became the holding area.

"Five women senators—Nancy Thompson, Deb Suttle, Jennie Robak, Elaine Stuhr and myself—climbed from the holding area, up eight rungs on a ladder, and through a wooden trap door to each level of the Sower's body. We climbed through a total of four levels of ladders and trap doors before reaching the area of the Sower's head and shoulder. We were at the top!

"Our tour guide took many photos of each of us with our cameras. We were not rushed at all because we knew that we would never be able to experience this again."

Was Price nervous during her ascent to sit on the Sower's shoulder?

"Not at all. I used to climb the windmill on the farm. There was

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scaffolding around and around the dome and it was covered with wire fencing. I kept my eyes on where I was walking and focused on the building to my left.

"When we reached the top, the 15-mile view was spectacular. I surveyed the city of Lincoln, the wonderful city where I live; standing in an area that only workers on the capitol—and my fellow senators—had visited in 71 years. I was so moved. The trip to the top was the ultimate adventure!"

Price was part of the first senate class subject to the two-term limit passed by Nebraska voters in 2000, and thus ended her service in 2006.

Today, she continues to be a resource for state senators and their staff, and still enjoys observing the Nebraska Legislature while in session. She also attends Lincoln Board of Education meetings and enjoys visiting local schools.

A member of Bethany Christian Church, Price serves as a church elder and volunteers on several projects, ensuring the church's recyclable items are properly prepared for removal. She also is publicity coordinator for the Bethany Women's Club and serves as a model for its annual fashion shows.

She has received numerous accolades, including the 1998 Northeast Kiwanis Club Outstanding Citizen of the Year Award, the 2004 Bryan School of Nursing Alumni Service Award, the 2004 Alpha Gamma Delta Distinguished Citizen Award as one of three members selected from over 76,000 members, and the 2008 Nebraska Wesleyan Alumni Achievement Award.

Striving to live a "healthy, active lifestyle," Price enjoys working out at the Northeast YMCA. Visiting with, and caring for, the needs of family, friends and fellow church members allows her to fulfill her desire to continue as a caregiver.

Price sits on the Sower's shoulder at the Nebraska State Capitol Building. Courtesy photo

Her greatest joy as a caregiver comes from caring for her family. Price has four children, five grandchildren and four "wonderful" great-grandchildren.

"When I stop outside the capitol and look up to see where I was—a farmer's daughter from rural Nebraska, who had the opportunity to sit on the shoulder of the biggest man I have ever met—is almost more than I can believe," she said. "As I often say, 'Serving in the Nebraska Legislature is the greatest adventure I never planned on!'"

Osborne Reflects on Coaching, Relationships

In 1997, Tom Osborne ended his 25-year tenure as head coach of the University of Nebraska football team with a 255-49-3 record, 13 conference championships and three national championships. The winningest head coach in school history knows what it is like to be immersed in Husker football.

Winning a national championship has positive benefits for the university, including recruitment and financial rewards.

"I think there is a general idea that enrollment and interest in the school increases when you have that kind of national exposure," Osborne said. "Certainly the people in your state, and nationally, begin to notice your school."

He fondly recalled what winning a national championship feels like—and how it shows the team that it is likely to win another in the future.

"You realize it is possible," Osborne said. "Your players develop the mentality, 'We did it last year, why not this year?'"

There are negatives to that mindset.

"Sometimes the seeds of success also sow seeds of decline because people rest on their laurels and become more absorbed with personal achievement than team success," Osborne said.

Winning the 1994 national title—the school's first since 1971—was largely a positive story. But once in the media for a while, it becomes focused on what was wrong with the team.

"Getting on the media radar makes you more vulnerable," he said. "That is just the price you pay. You hope you can hold up to that scrutiny."

Harland Johnson, Live & Learn host, interviews Tom Osborne about his time as the head coach of the UNL football team.

Osborne's master's and doctorate degrees from UNL in educational psychology may have benefited his coaching.

"I feel there's a strong connection between the mental and physical side of athletics," he said. "There is no question that is important."

During the halftime of the 1995 Orange Bowl against the University of Miami, Osborne encouraged his players to drop their hands and walk away when things got heated on the field.

"In the second half of the game, we did have one of those," he said. "The player involved was Christian Peter, and he probably would have been the person on the team least likely to drop hands and walk away from an altercation. When he did that, we benefited from that penalty. It was a huge turning point in the game."

Osborne coached approximately 2,000 players during his career and still keeps in contact with many each week.

"That is one of the great things about coaching," he said. "The trophies tarnish, the rings no longer mean a whole lot, people forget about the championships—but the relationships endure."

Tom Osborne, former head coach of the UNL football team.

Osborne served on the inaugural College Football Playoff Selection Committee last year. He will serve again this season, then step down.

"It is a good group of people dedicated to finding the best four teams," he said.

To watch this episode of Live & Learn, visit http://lincoln.ne.gov/CITY/mayor/cic/5citytv/vod/index.htm#live or Live & Learn's YouTube channel at: http://www.youtube.com/user/aginglivelearn?feature=mehee.

Meet the Home Handyman Team

By Mitch Sump, Home Handyman program coordinator

It's always nice to put a face with a name, and here is a chance to "meet" the dedicated and caring staff at Home Handyman. Although these ladies are not out pushing a mower, cleaning gutters or installing a grab bar, the program could not, and would not, run without their hard work and concern for clients.

Diana Wright, aging specialist, is the newest member of the team. She brings a strong work ethic, determination and attention to detail that the program requires to operate at an efficient level. She developed these talents at previous jobs while working for a couple of Lancaster County agencies.

She and husband Kenneth have a daughter, Amber.

Wright has a "sweet" hobby that has turned into a mini-career. She enjoys decorating cakes and other baked goods. Her favorite item to decorate is birthday cakes, with designer cupcakes being a close second. She also enjoys reading, bicycle riding, movies, and attending music and art festivals. She recently saw the Rolling Stones in the Kansas City area.

As the seasoned veteran of the staff, Home Handyman Support Staff Linda Stevenson has been training the two new members Wright and Mitch Sump, the past few months. Her experience, knowledge of the program, friendships with the Handymen and Handywomen and clients brings a level of knowledge that cannot be taught but must be earned. She is active in the agency and works in evidence-based programs including Living Well with Chronic Conditions and Stepping On for the Health and Fitness department.

Stevenson has two sons, Clark and Tracy, who both reside in Colorado with their families. She is active with her friends in the Lincoln area. She lives with a rescued cat named Brindlito, which she said "pretty much runs the house."

She speaks Spanish, which is helpful as the client base continues to grow on a daily basis. She volunteers for Tabitha Hospice and wants to be more active in the community. She can be counted on for a smile or kind word, especially on the days when they are needed most.

Linda Stevenson, Home Handyman support staff, and Diana Wright, aging specialist

Stevenson and Wright remind everyone that as winter approaches, now is the time to call and schedule fall yard cleanup. Getting yard work done prior to the snow and ice season is the first step for a healthy and good-looking yard next spring and summer. Another chore is that final cleaning of the gutters. Although often overlooked as winter approaches, clogged gutters can become filled with ice if they do not drain properly. As the gutters fill with ice, further freezing creates dams that don't allow melting snow to properly drain off roofs. Situations like this can lead to water seeping into the house through the eves.

If in need of a Handyman or Handywoman's services, please call them 402-441-7030 to schedule work.

To recommend someone who would be a good Handyman or Handywoman or to get involved, contact Mitch Sump at 402-441-8815.

Home Handyman – Here to Help

For some older adults, having affordable, reliable snow removal is the difference between being able to stay in their home or not.

Enter Aging Partners' Snow Removal Program.

This branch of Home Handyman provides snow removal assistance to low-income older adults who are not physically able to remove the snow themselves and don't have family, friends or neighbors available to help.

"It's an important program that provides a service many older adults in our community desperately need," said Mitch Sump, Home Handyman coordinator.

Once a storm has passed and the snow has accumulated at least 2 inches, Home Handyman responds within 24 hours to clear walkways. A portion of the drive can be cleared for visitors such as Meals on Wheels or home health care representatives, if needed.

Last winter, Home Handymen assisted program clients after three different snowstorms: once in November and twice in late January. The program served approximately 46 people.

Eligibility for snow removal is based on financial need. Snow removal clients must also be clients of Home Handyman. Those 60 years and older can fill out a financial form and will be evaluated on a case-by-case basis. If an older adult applies and doesn't qualify, Home Handyman will provide a referral list of services and individuals for them to contact for their snow removal needs.

Seniors are encouraged to apply before bad weather hits, said Linda Stevenson, Home Handyman support staff.

How to Help

The Snow Removal Program is not only an excellent resource for older adults, but also a great opportunity for community members to lend a helping hand, increase safety and earn a paycheck.

All adults in good physical shape are encouraged to apply.

"Ideally, if we could have 10 to 12 helpers for each snow season, that would be wonderful because this program is based on need," Stevenson said. "The more helpers, the better."

Snow removers are required to have their own equipment. A snowblower, shovel and light broom are recommended. Often, they also put ice melt down if a client requests it. Clients must provide their own ice melt.

Sump said the program provides flexibility for working adults. For example, if a helper cannot come in the morning, they can come after work.

Home Handymen are typically assigned the same route each year, grouped near their home. They must commit to help for an entire winter season, unlike other Home Handyman activities, which are on a job-by-job basis.

The help of Snow Removal Home Handymen is invaluable because it fills an important need.

"They get a chance to help people and keep their neighborhood safer," Stevenson said. "It creates

safer sidewalks for the public, prevents falls and injuries, and allows continued home ownership by shouldering the responsibility."

Those who cannot be Snow Removal Home Handymen shouldn't dismay. There are other ways to get involved and support the program.

"We would accept any donations from the community, service groups or individuals who want to help," Sump said. "We had a budget of $3,200 for snow removal last year. It all depends on the weather. If we have a light winter, that money stays in the account for next winter. We can never predict the winter weather and how much we'll need to serve everyone."

For more information on the Home Handyman Snow Removal Program, call 402-441-7030 weekdays from 8 a.m. to noon and from 1 to 4 p.m. Voicemail is available after 4 p.m., on weekends and on holidays.

Snow Angels: Four Years of Snow Removal

Winter in Lincoln comes with more than cold temperatures. It also can mean heavy snowfall. For some, that snow is more than an inconvenience. It can pose a health risk, particularly for older adults.

A few years ago, Scott Opfer, right of way construction manager for the City of Lincoln's Public Works department, became aware of the need to have a free volunteer-based snow removal organization and did something about it.

"Whenever we had a big snow event, we'd get dozens of phone calls primarily from elderly folks or people who couldn't physically move snow," he said. "I wanted a resource to help them out."

In 2012, with the support of volunteers from St. Luke's United Methodist Church in north Lincoln, the Snow Angels Program was formed with Opfer as coordinator.

Through Snow Angels, Lincolnites can get the snow removal help they need without the financial strain of hiring someone to do it. Support is available to anyone, and there are no qualifications aside from the resident needing to live within Lincoln city limits.

"We don't ask questions about their need," Opfer said. "We just go out and help."

Since launching in 2012, Snow Angels provides assistance to approximately 50 locations per major snow event, which translates to approximately 150 calls for assistance each year.

Opfer said feedback from snow removal recipients has been positive.

"A lot of folks I help have told me they appreciate it," he said. "I have a list of 10 or 12 people who are pretty regular. Many have emphysema, back problems, receive Meals on Wheels, or are concerned about how they can receive health care and other medical services after a snowstorm if they can't clear the walkways themselves."

The program also has been an important resource for the city's snow removal employees who now have somewhere to refer people when they receive calls from frustrated residents during storms.

More than 50 volunteers have given their support during the past three winters. They provide their own equipment from snowblowers to shovels. Their primary goal is to remove snow from sidewalks and driveways to increase mobility for the people of Lincoln.

To date, Lincolnites have been generous with their volunteer efforts.

"We don't ever seem to get in a situation where we have way more people who need help than we have volunteers," Opfer said. "I tell volunteers that if they get too many phone calls for help, send me an email or give me a call because we've got more volunteers who can help."

One of the added and unexpected benefits of Snow Angels has been the role it has played raising awareness of the needs people face in the community.

"It has made people more aware of the opportunity to help others," Opfer said. "It's initiated other folks to help remove snow for their neighbors or people from their church without being a part of our program. There's a lot of value in that. Even if you don't want to be part of a program, make yourself available to help others."

Scott Opfer, Snow Angels coordinator and right of way construction manager for the City of Lincoln's Public Works department

People in need of assistance from Snow Angels this winter should visit http://www.lincoln.ne.gov/city/pworks/engine/traffic/snow/snow-angels.htm. There, people can find a local volunteer who will be able to help with their snow removal needs. A volunteer will usually be dispatched after snowfall is complete to ensure full removal.

The Snow Angels program always seeks volunteers. For more information about the program or to sign up, visit the website.

> **"It has made people more aware of the opportunity to help others ... Even if you don't want to be part of a program, make yourself available to help others."**
>
> *– Scott Opfer*

Medicare Prescription Open Enrollment

By Houston Doan, Aging Partners financial counselor

Medicare Open Enrollment begins Oct. 15 and concludes Dec. 7. This is an opportunity to switch or enroll into a prescription drug plan, or go on or off a medicare advantage plan.

This Open Enrollment is for 2016 calendar year coverage. If you have not checked your prescription drug plan prices in several years, we have found that we usually save individuals about $300 a year by switching drug plans.

We may see some interesting events unfold this year in health and drug coverage for older adults. We have seen increased mergers of health insurance companies and companies that provide prescription drug coverage in 2015.

Some of the biggest mergers included CVS acquiring Omnicare, and OptimRx, which is United Health Care Company's pharmacy service, combined with Catamaran Corporation, a leading provider of pharmacy benefit management services. Pfizer is buying Hospira; they provide generic acute care medications, oncology infusions, infusion therapy and medication management products. In February, Rite Aid acquired EnvisionRx.

Anthem, a Blue Cross Blue Shield insurer, is buying Cigna Insurance; Aetna is going to buy Humana Insurance.

These mergers have reduced the insurance industry to three big providers of health care insurance. When you couple these mergers with the buyouts of lesser pharmacy providers, it becomes very clear: There are going to be fewer options for older adults. This may include fewer prescription drug plans, combined with higher premiums and out-of-pocket costs. We also may see the choice of medications limited to more generic and fewer brand names offered by prescription drug plans.

Houston Doan, Aging Partners Financial and Insurance Counselor

Insurers have maintained that the service to the customer will be better because of the savings in mass distribution and efficiency of scale.

We also can expect the trend of different price levels with either in- or out-of-network pharmacies, standard cost share priced pharmacies and the preferred network pharmacies. It has become important that the cost-conscious consumer pays attention to not only which prescription drug he or she picks, but also which pharmacy he or she purchases it from to ensure the best possible prices.

All in all, the individual choice for your 2016 prescription drug plan will be important. Aging Partners will have help for anyone who has concerns about what to do during 2016 Open Enrollment.

Open Enrollment Medicare Part D Clinics — Fillmore County

Thursday, Oct. 15	Milligan Library
Monday, Oct. 19	Fairmont Library
Friday, Oct. 23	Senior Services office, Geneva
Tuesday, Oct. 27	Exeter Library
Friday, Oct. 30	Senior Services office, Geneva
Monday, Nov. 9	Fairmont Library
Tuesday. Nov. 17	Exeter Library
Thursday, Nov. 19	Milligan Library
Monday, Nov. 23	Senior Services office, Geneva

Elvis: Rock 'N' Remember! Fundraiser Delights Attendees

From "Jailhouse Rock" to "Falling In Love With You," Elvis tribute artist Joseph Hall enraptured audience members with his rockin' tribute to the King at the "Elvis: Rock 'N' Remember!" fundraiser Sept. 18.

Held at the Pla Mor Ballroom at 6600 W. O St. from 6 to 10 p.m., the event offered guests both great music and exceptional company—all for a worthy cause. Proceeds from the event benefit Aging Partners Lincoln/Lancaster Senior Centers.

The night's entertainment did not disappoint. Hall performed three decades of Elvis hits that reminded everyone of a time when life was much simpler. Attendees even had the opportunity to have their photo taken with the performer.

Somewhat of a local celebrity, he launched his career as an Elvis tribute artist in Lincoln about nine years ago. In 2007, he placed among the top 10 in the Ultimate Elvis Tribute Contest. He made his debut on America's Got Talent a year later, earning a spot among the top 10 acts. He has been featured on Good Morning America, USA Today, Fox News, The Morning Show and other notable media venues. This year marks his sixth season performing his Elvis tribute show in Branson, Missouri.

During the fundraiser, attendees enjoyed hors d'oeuvres and a silent auction for gift baskets valued at about $200 each.

Aging Partners thanks the event's Silver Sponsors—HeartlandPlains Health and High Plains Alzheimer's Special Care Center—and Bronze Sponsors—Home Instead Senior Care, Southlake Village Rehabilitation & Care Center and HoriSun Hospice—along with everyone who attended.

Joseph Hall entertains the crowd as the King of Rock and Roll

From left, Heartland Plains Health sponsors James Knowles, sales operation manager and Karen Lazaro, sales and community relations executive

A guitar cake was offered as a silent auction item.

Bob Esquivel, Aging Partners, speaks to the crowd.

Be a Santa to a Senior Makes a Difference

For the past 11 years, the Be a Santa to a Senior program has given community members an opportunity to bring holiday cheer to older adults.

Initiated by Home Instead Senior Care, the program was developed in another state and brought to Lincoln in 2004 by Monica Kuhns, Home Instead Senior Care franchise owner. Through relationship building and community involvement, the program expanded from providing 100 to 200 gifts in its inaugural year to approximately 1,200 gifts in 2014. Without the program, many of these older adults might not otherwise receive gifts during the holiday season.

At the beginning of every holiday season, Kuhns and her team collaborate with local agencies to identify older adults who would benefit from the gifts.

Gina Grosenbach, Burke Plaza resident services specialist, has participated in the program since it came to Lincoln. More than 30 Burke residents receive gifts annually.

"I talk to residents who I know probably won't receive gifts from family or anyone and give that list to Monica," she said. "It brightens a season that might be a little more sad because they don't have family around. They're gracious and appreciative."

Once names and wish lists are collected, Home Instead partners with a Lincoln Red Hat club to write gift requests on ornaments. Beginning the week before Thanksgiving, these are displayed on Christmas trees at local businesses, which included Four Star Card and Gift Gallery, Franchon's Nails, Danny's Downtown Deli, Union Bank, CVS and Walgreens last year.

Volunteer Jean McBride helps wrap a Be a Santa to a Senior gift.

Lisa Weathermon, Four Star manager, said the program is a big hit with her customers.

"People get so excited about it," she said. "They love to get gifts for people. Customers ask about the tree way before it's set up, which usually happens around Thanksgiving."

Weathermon said some of the same people come back every year to help, often with individuals or families taking five or 10 ornaments. Due to demand, Kuhns typically has to restock the tree with ornaments.

"There are a lot of giving people out there," Weathermon said.

Aging Partners has a tree each year and staff members supply the gifts requested on the ornaments. Other businesses who don't display a Christmas tree of ornaments help with the program by taking several ornaments and helping fill gift lists.

Although Kuhns can't guarantee gift recipients will receive the specific gift they requested, everyone on the list receives something.

Volunteers then collect, wrap and deliver the gifts to the older adults. She said their looks of appreciation and sheer joy when they receive the gifts are priceless.

Community support for the program continues to grow, but Kuhns suggests others consider getting involved.

"When you think of giving gifts to those in need, most people think about children," she said. "Older adults have given a lot to our society, and they deserve to have happiness, too, even if it's just a small gift once a year. Participating in the program is a way to respect older adults, celebrate their contributions and remind them they're valuable and not forgotten."

Individuals and businesses can get involved by selecting one or more ornament from a local Be a Santa to a Senior tree, filling the requests, and bringing the ornament and gift back to the participating tree location. They also can have a gift card drive for items not purchased or hold a lap blanket or personal care item drive if they don't want to shop for specific gifts.

"We find homes for everything," Kuhns said.

This year, gifts will be collected from Thanksgiving to Dec. 11, wrapped Dec. 15 and 16, and delivered Dec. 17 and 18.

To find a tree ornament location visit www.beasantatoasenior.com.

Did You Know?

Since introducing the Be a Santa to a Senior program, more than 1.2 million gifts have been delivered to more than 700,000 older adults throughout North America. The Be a Santa to a Senior program has attracted upward of 60,000 volunteers the past six years who have helped distribute gifts to these deserving older adults.

Jaclyn Tan volunteers at a Be a Santa to a Senior gift wrapping party in 2013.

Lincoln Cares Donation Process Changes

Although Lincoln Cares has changed its donation process, giving to this worthy cause is still as simple as A-B-C.

Now, LES customers must enroll in the program by phone at 402-475-42211 or online at www.LES.com/lcdonate. Enrolling in the program authorizes a $1 monthly donation to be automatically included in their LES bill. Discontinuing enrollment can be done at any time by calling LES.

Before April 2014, LES customers participated in the program on a month-per-month basis by marking on their bill whether or not they would like to donate a $1 with their payment.

One-time donations of any amount are still accepted and can be mailed to Lincoln Cares, Lincoln Parks and Recreation Department, Attn: Nicole Fleck-Tooze, 2740 A St., Lincoln, NE 68502. Checks should be payable to Lincoln Cares. People also can donate online at www.lincolncares.org.

Lincoln Cares donations provide funds for Aging Partners, Lincoln City Libraries and Lincoln Parks & Recreation. According to a May 12 Journal Star article, 3,865 LES customers have enrolled in the program.

Every dollar counts, which is why Aging Partners Director June Pederson urges the other nearly 96,000 LES customers to consider enrolling in Lincoln Cares.

"For a program that serves three major city departments, it has such an easy enrollment process," she said. "We need to encourage others to donate because we'd like to see the participation numbers increase. These funds are important to help Aging Partners address the increasing numbers of participants who depend on our Health and Fitness Program."

The Lincoln Cares funds Aging Partners receives from Feb. 1, 2015, to Jan. 31, 2016, will be used to purchase a BioSway, equipment that will allow Aging Partners Health and Fitness staff to test an individual's balance, identify areas of strength and weakness, and help them develop a regimen for improvement. It also is used to strengthen the individual's core. The BioSway is portable, so it can travel across the eight-county area for Stepping On evidence-based classes, at the Senior Health Promotion Center and elsewhere.

Aging Partners also will use funds to purchase individual strength training equipment. Although the Health and Fitness Center currently owns a universal weight machine, it is difficult for some older adults to use.

"We need equipment that is accessible for everyone," said Aging Partners Health and Fitness Coordinator Peggy Apthorpe. "We serve a variety of fitness levels, and this equipment can help us support that mission."

LINCOLN CARES
About Parks, Libraries and Older Adults

Since Lincoln Cares launched in 2003, nearly $1.3 million has been raised through sponsors, donations and matching funds.

Lincoln Cares added Aging Partners to its program in 2012. Since then, Aging Partners has used the funds to support the Snow Removal Program and Health and Fitness Center.

Enroll in Lincoln Cares today by phone or online.

Celebrate the Holidays with a Senior Center Meal

There's no better way to enjoy the festive holiday season than by eating a traditional, home-cooked Thanksgiving and winter holiday meal at a local senior center.

For the past 42 years, Aging Partners has cooked up a delicious menu for its senior center patrons. This year's meal will be lovingly prepared by Aging Partners Lead Cook LaDonna Francisco and her team.

For the 2015 Thanksgiving meal, the lineup includes turkey and dressing, mashed potatoes and gravy, green beans with almond slivers, cranberry surprise salad, whole wheat dinner rolls with margarine, and everyone's favorite: pumpkin pie with non-dairy whipped topping.

The meal will be served as follows:

Nov. 16: Firth Senior Center

Nov. 17: Belmont, Bennet and Northeast Senior Centers

Nov. 18: Hickman and Lake Street Senior Centers

Nov. 19: Asian, Bennet and Downtown Senior Centers

Nov. 20: JoAnn Maxey and Waverly Senior Centers

This year's winter holiday meal will include stuffed chicken breast, twice-baked potatoes, California vegetable casserole, whole wheat rolls with margarine, and berry pie with ice cream.

Enjoy this meal on the following dates:

Dec. 14: Firth Senior Center

Dec. 15: Belmont, Bennet and Northeast Senior Centers

Dec. 16: Hickman and Lake Street Senior Centers

Dec. 17: Asian, Bennet and Downtown Senior Centers

Dec. 18: JoAnn Maxey and Waverly Senior Centers

The food will be served at 11:30 a.m. or noon depending on the senior center location. Check with a local senior center manager for the exact time.

Older adults are invited to bring friends and family with them to the meals. Aging Partners kindly requests a suggested contribution of $6 per meal for those 60 and older. Those younger than 60 will be charged $9.

As in years past, the senior center's holiday meals expect to attract a larger-than-usual crowd, so attendees are encouraged to make their meal reservations at least two days in advance. Last year, 608 Thanksgiving and 536 winter holiday meals were served compared to the average number of meals served on a typical lunch day, 188. Denise Boyd, Aging Partners registered dietitian, expects the centers will serve about the same amount of holiday meals this year.

Contact a senior center to reserve a holiday meal today:

- Asian Senior Center
  Linh Bui, center manager
  402-441-6121
- Belmont Senior Center
  Pam Lander, center manager
  402-441-7990
- Bennet Senior Center
  Paula Chamberlain, center manager
  402-416-7693
- Downtown Senior Center
  Denise Howe, center manager
  402-441-7154
- Firth Senior Center
  Paula Chamberlain, center manager
  402-416-7693
- Hickman Senior Center
  Paula Chamberlain, center manager
  402-416-7693
- JoAnn Maxey Senior Center
  Pam Lander, center manager
  402-441-7849
- Lake Street Senior Center
  Kelle Brandt, center manager
  402-441-7157
- Northeast Senior Center
  David Chapelle, center manager
  402-441-7151
- Waverly Senior Center
  Paula Chamberlain, center manager
  402-416-7693

Downtown Senior Center patrons will be treated to special, themed entertainment during their holiday meals.

"Musical Memories for the Holidays" includes two performances. The first features talented vocalist and pianist Gary O'Brien, who will perform from 11 a.m. - noon Thursday, Nov. 19 during the Thanksgiving feast. For the winter holiday meal Thursday, Dec. 17, freelance harpist Heidi Beran will play for lunch guests from 11 a.m. - noon.

Shape of the City Focuses on Older Adults

For the first time, 10 Health TV's Shape of the City produced an entire episode this fall dedicated to older adults.

The program includes interviews with local experts about the importance of older adults making healthy choices, not only for themselves but for their grandchildren's sake as well.

The first segment focuses on general fitness and nutrition tips for the aging population and features guests Tracie Foreman, Aging Partners Health & Fitness, and Denise Boyd, Aging Partners registered dietitian.

Foreman explained how older adults can stay active in the community and their home, addressing the fitness options available for those who have mobility challenges. Because older adults lose muscle mass as they age, she mentioned the importance of adding strength training to a fitness routine. An older adult's balance system degrades over time as well, to which Foreman described the importance of practicing balance exercises and participating in the Stepping On evidence-based program.

Fitness and nutrition go hand-in-hand, Boyd explained in her interview. While important as it is to strength-train for improved muscle mass, it is equally as important to feed the muscles properly with lean protein, she said. Boyd described the United States Department of Agriculture's MyPlate nutrition model and the various nutritional services Aging Partners offers.

During the second segment, the program emphasized healthy eating and activities grandparents can enjoy with their grandchildren.

Mary Johnson of the F Street Community Center and Lincoln Parks & Recreation reminded audience members that finding healthy activities to do together can motivate both generations to lead a healthier lifestyle. She encouraged older adults that improving their routines could enable them to better interact with their grandchildren, such as improving balance so they can ride bikes together or taking regular walks so they can walk with their grandchild.

Melissa Fuller, Channel 10 Health coordinator, films Tyler Sellentin, 13, and his grandfather Jerry Sellentin, playing pingpong together at the Calvert Recreation Center for the October Shape of the City episode dedicated to aging.

Marcia Wallen, MS, RD, LMNT, wellness coach and registered dietician at the Williamsburg Hy-Vee, discussed healthy nutrition as it relates to both grandchildren and grandparents. She highlighted ways to prepare food together that is both fun to make and nutritious to eat. Because habits can be developed at a young age, she said it's important for the grandparents to replace sugary treats with healthier options and to keep youth excited about eating healthy.

"Older adults have an impact on children's lives," said Melissa Fuller, 10 Health TV coordinator. "Grandparents can get trapped in that mindset of treating grandchildren with sugar and treats. They think it makes them cool to their grandchild. We're hoping to get the message out there that these are habits they're teaching their grandchildren and that they can help educate them on how to live a healthier lifestyle. That's the big picture."

Did you Know?

Shape of the City was made possible by the $2 million Partnerships to Improve Community Health grant awarded to Partnership for a Healthy Lincoln and partners by the Centers for Disease Control and Prevention. For more information on the grant or ideas for healthier living, visit http://www.healthylincoln.com.

The final mini-segment was taped on location and featured stories of local grandparents and grandchildren engaging in fitness activities together. These segments prove that staying active with grandchildren not only promotes healthy living, but facilitates bonding and connection.

This Shape of the City episode airs Oct. 1-31 at 3 and 8 p.m. daily and is available for Time Warner and Windstream cable customers. It also can be viewed online at http://lincoln.ne.gov/city/mayor/cic/5citytv/10health/shape.htm and on its YouTube channel, https://www.youtube.com/user/10HealthLincoln.

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

- **Health Center** - 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. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5 and 10 Health, Channel 10. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938.

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services**
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Harvest Project** - Mental health and substance abuse services for older adults.
- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting, and broken light fixtures and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home 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.
- **Assisted Living and Nursing Facilities Resource Listings**

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.
- **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 http://www.seniorsfoundation.org.

AGING PARTNERS
A Pioneering Area Agency on Aging

Staying Involved

VOLUNTEER!

- **Foster Grandparent Program**
  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 four in Lancaster County.
402-441-7158

Other 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

- **Ride within Lincoln to the Centers**
  402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.
  402-441-7031
- **Other options in the community** - Listings available at 402-441-7070

LIVING WELL MAGAZINE

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call Zoe Olson at 402-441-6156 or email zolson@lincoln.ne.gov. To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email delrod@lincoln.ne.gov.

LIVE & LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at http://lincoln.ne.gov/.
View on CITY-TV Channel 5 or online at: http://lincoln.ne.gov/city/mayor/cic/5citytv/

- Mondays, Wednesdays, Fridays and Saturdays at 11:30 a.m.
- Tuesdays & Thursdays at 11 a.m. & 8 p.m.
- Fridays at 7 p.m.
- Sundays at 9 p.m.

These are the minimum airing times. Show also airs at various other times and on Live & Learn's YouTube channel at http://www.youtube.com/user/aginglivelearn?feature=mhee.

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
  Jan Noyd, 402-764-2252
- Saline County Aging Services
  Amy Hansen, 402-821-3330
- Seward County Aging Services
  Kathy Ruzicka, 402-761-3593
- York County Aging Services
  Lori Byers, 402-362-7626

CARE MANAGEMENT

All Counties: 800-247-0938
Care Management Coordinator
Joyce Kubicek

- Butler County
  Becky Romshek, 402-367-4537
- Fillmore County
  Rhonda Stokebrand, 402-759-4922
- Polk County
  Amy Theis, 402-747-5731
- Saline County
  Trudy Kubicek, 402-826-2463
- Saunders County
  Mary Dailey, 800-247-0938
- Seward County: 800-247-0938
- York County, Jerri Merklinger
  402-362-7626

SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

- 402-441-7070 or 800-247-0938

402-441-7070
In Nebraska **800-247-0938**
http://aging.lincoln.ne.gov

Aging Partners News and Events

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Health and Wellness

Health and Fitness Center
233 S. 10th St., Suite 101
Monday through Friday
8 a.m. - 4 p.m.

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. - 2 p.m., or by appointment. $10 monthly suggested contribution for people age 60 and older. $15 fee for people younger than 60.

All ages are welcome at the fitness center. If you are on a break from work, feel free to stop and check out all we have to offer. Cardio equipment, a universal weight machine, free weights, balance and other exercise aids also are available at the center.

For most Health & Fitness classes there is a $3 per class suggested contribution for people age 60 and older or a $4 per class fee for people younger than 60. Punch cards are available. Pre-registration is required.

Senior Health Promotion Center
1005 O St. - Lower Level

Services available to people age 60 and older include comprehensive foot care, ear care, blood pressure, glucose, cholesterol screenings and health education. This clinic is open on the lower level of the Downtown Senior Center.

$15 suggested contribution will enable these services to continue.

- Thursdays, 9:30 a.m. - 1:30 p.m.
  Oct. 1, 8, 15 and 29; Nov. 5, 12 and 19; Dec. 3

New Wednesday Location
Senior Health Promotion Center
St. Mark's United Methodist Church
Vermeer House, 8550 Pioneers Blvd.

Services available to people age 60 and older include comprehensive foot care, blood pressure, glucose, cholesterol, osteoporosis screenings and health education. This new clinic is open at the Vermeer House just north of the church.

$15 suggested contribution will enable these services to continue.

- Wednesdays, 9:30 a.m. - 1:30 p.m.
  Oct. 7, 14, 21 and 28, Nov. 4, 11 and 18 and Dec. 2 and 9

"Only Leaves Should Fall"
Malone Community Center
Joanne Maxey Senior Center
2032 U St.

This is a modified and shortened version of the Stepping On – Building Confidence and Reducing Falls workshop. Topics covered will include fall prevention exercises, home and outdoor safety, medication safety and vision.

- Wednesdays, 1 - 3 p.m.
  Oct. 14, 21 and 28 and Nov. 4

Stepping On – Building Confidence and Reducing Falls
(Lincoln sessions)

This program is funded in part by the Community Health Endowment of Lincoln.

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours one time per week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises, along with the roles vision, medication, safe walking outside and footwear play in fall prevention.

- Madonna ProActive
  7111 Stephanie Ln.
  Thursdays, 10 a.m. - noon
  Oct. 1 - Nov. 12
- St. Mark's United Methodist Church
  Vermeer House (located directly North of Church)
  8550 Pioneers Blvd.
  Tuesdays, 1 - 3 p.m.
  Oct. 6 - Nov. 17

Contemporary Yoga
Cotner Center Condominiums
1540 N. Cotner Blvd.

This renewing practice uses body postures, breath and relaxation to bring about a sound and healthy body. Movements consist of several positions and poses that have strengthening and restorative benefits.

- Mondays, 1:30 - 2:30 p.m.
  Sept. 21 - Nov. 9
  (8-week session)

Traditional Tai Chi-24 Form
Auld Recreation Center
3140 Sumner St.

Tai Chi has been shown to reduce stress, enhance core strength and balance, and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction.

- Tuesdays, 9 - 10 a.m.
  Oct. 6 - Nov. 24
  (Eight-week session)
- Fridays, 9 a.m. - 10 a.m.
  Oct. 9 - Nov. 20
  (Seven-week session)

Continuing Tai Chi-24 Form

This class is suggested for those who have completed the 24 Form instructional classes.

- Mondays, 2:45 - 3:15 p.m.
  Sept. 14 - Nov. 2
  (Eight-week session)
  Cotner Center Condominiums
  1540 N. Cotner Blvd.
- Fridays, 10:15 - 10:45 a.m.
  Oct. 9 - Nov. 20
  (Seven-week session)
  Auld Recreation Center
  3140 Sumner St.

Beginners Tai Chi for Balance and Fall Prevention Class Basic 8 Form
Auld Recreation Center
3140 Sumner St.

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

- Thursdays, 9 - 10 a.m. and 10:15 - 11:15 a.m.
  Oct. 8 - Nov. 19
  (Seven-week session)

Line Dance Class
Cotner Center Condominiums
1540 N. Cotner Blvd.

Whether your goal is weight loss, balance improvement or just plain fun, line dancing is a great option.

- Mondays, 5:30 p.m. - 6:30 p.m.
  Sept. 14 - Nov. 2
  (Eight-week session)

Educational

Bob Ross Oil Painting Class
Saturday, Nov. 14, 9:30 a.m.-3:30 p.m.
Lake Street Center, 2400 S. 11 St.

"Final Grace" – A snow-covered mountain overlooks the last of a late fall day. Paint along with certified instructor Donald R. Belik in this one-day painting class. No experience required. All materials and supplies are provided. To enroll, call 402-441-7158. Cost: $50

Entertainment

All Rural Senior Centers Get Together featuring music by "Hillbilly Hal" Cottrell
Friday, Oct. 16
Waverly Senior Center
First United Methodist Church
14410 Folkestone St., Waverly
Dinner: 5:30 p.m.
$8 meal suggested contribution for people age 60 and older.
$8 meal fee for people younger than 60.
Showtime: 6 p.m.
Show only: $5

Everyone's welcome! Even if you aren't already coming to one of our Aging Partners Rural Senior Centers, mark your calendar and plan to attend our annual "Get Together." Bring a friend and find out more about all the services being offered through our rural centers. Our entertainment for the evening is Hal Cottrell, an accomplished musician who plays banjo, guitar, fiddle, Dobro and mandolin. Born in the hills of West Virginia, Cottrell started his musical career at the age 3, joining his father's bluegrass band. He began playing professionally at age 15. He has performed at hundreds of bluegrass music festivals throughout the country and was voted four times the SPBGMA Midwest Mandolin Performer of the Year. Registrations required by Tuesday, Oct. 13; call 402-416-7693.

Menu: Chicken-fried steak with mashed potatoes and gravy, mixed vegetables, pineapple upside-down cake, tea roll/margarine and milk.

Saturday BINGO
Northeast Senior Center
6310 Platte Ave.
Oct. 17, 9 a.m. - 12:30 pm
Doors open at 9 a.m.
$4 meal suggested contribution for people age 60 and older.
$8 meal fee for people younger than 60.

Join us for BINGO at 10 a.m., followed by a hot lunch at 11:30 a.m. Please remember to bring a prize for the winner's table. Reservations required by 3 p.m. Wed., Oct. 14. For details or reservations, call 402-441-7151.

Showtime Theatre & Dinner
Thursday, Oct. 29
Northeast Senior Center
6310 Platte Ave.
Dinner: 5 p.m.; Show 6 p.m.
$8 meal suggested contribution for people age 60 and older.
$8 meal fee for people younger than 60.
Menu: Lasagna, tossed salad, garlic bread, pineapple upside-down cake.
Within Lincoln city limits, $4 van transportation suggested contribution.
Free-will donations to benefit the Northeast Senior Center accepted for the show.

Suspenseful Radio Theatre presents a staged reading from "Ebenezer Scrooge: Shadow Hunter" and Edgar Allan Poe's "The Masque of the Red Death."

For meal reservations, call 402-441-7151 before 1 p.m., Mon., Oct. 26.

Downtown Fright Fest
Friday, Oct. 30, 10 a.m. - noon
Downtown Center, 1005 O St.
$4 meal suggested contribution for people age 60 and older.
$8 meal fee for people younger than 60.
$4 transportation suggested contribution for people 60 and older.

What isn't there to love about Halloween? Candy, movies, decorations, ghost stories, costumes and that's just barely scratching the surface! Therefore, join us for our annual Halloween party. Come dressed as your favorite spook or character and win the costume contest. Be warned: we might just scare the ugly outta ya! Party begins at 10 a.m. Lunch served from 11:30 a.m. to 12:15 p.m.

For reservations, call 402-441-7154 by 1 p.m. Wed., Oct. 28.

Halloween Hi-Jinx
Friday, Oct. 30
Northeast Senior Center
6310 Platte Ave.
Live Music: 10 a.m.
Spooky Tales: 11 a.m.
Lunch: 11:30 a.m.
$4 lunch suggested contribution for people 60 and older.
$8 lunch fee for people younger than 60.
Within Lincoln city limits, $4 van transportation suggested contribution.

Join us for Halloween fun and live music. For reservations, call 402-441-7151 by 1 p.m. Wed., Oct. 28.

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Annual Senior Prom featuring "Fine Wine"
Sunday, Nov. 1, 2 p.m. - 4 p.m.
Nebraska East Campus Union

The "Pepsi Service Scholars" are a group of UNL students from various locations across the state selected to take a class about service-learning. Each year the class holds a Free Senior Prom for the older adults in the community to dance, eat and have a good time. There will be a photo booth, music from "Fine Wine" and food catered for the event. Put on your dancing shoes and join the Pepsi Scholars for a wonderful afternoon of fun! For more information, call 402-441-7157. Sponsored by Pepsi Service Scholars.

Veterans Recognition and Lunch
Tuesday, Nov. 10, 10 a.m.
Northeast Senior Center
6310 Platte Ave.
Lunch: 11:30 a.m.
$4 meal suggestions contribution for people age 60 and older.
$8 meal fee for people younger than 60.
Within Lincoln city limits, $4 van transportation suggested contribution.

A special performance about the City of Lincoln and State of Nebraska during the 1940s. Veterans eat free in honor of their service. Call 402-441-7151 for reservations by 1 p.m. Fri., Nov. 6.

Veterans Celebration Dance
featuring "The Humdingers"
Tuesday, Nov. 10, 6:30 p.m. - 9:30 p.m.
Auld Pavilion, 1650 Memorial Dr.

Aging Partners values the contributions our servicemen and women have made to our country and community. So, as a special thank you, we are celebrating with an evening of great classic country and 1950s and '60s musical nostalgia. We'll have live music by Omaha's own "Humdingers" and dancing, refreshments and a surprise or two. So, put on your dancing shoes and help celebrate our veterans. All ages are welcome! Freewill offering at the door. Veterans get in free! Sponsored with Quick Nick's and Walker Tire.

Native American Heritage Month Event
"Song of the Elk, Wisdom of the Horse"
featuring Michael Murphy &
Pete Spotted Horse
Thursday, Nov. 12
Cotner Center Condominiums
1540 N. Cotner Blvd.
Dinner: 5:30 p.m.
$8 meal suggested contribution for people age 60 and older.
$8 meal fee for people younger than 60.
Show: 6:30 p.m., $5 admission
$4 transportation suggested contribution for people 60 and older.

Next to the drum, the most important Native American instrument is the hand-carved flute. Join us as Omaha musician and recording artist Michael Murphy (of Mohican and Huron heritage) brings us his musical talent, together with Lakota "Spiritual Leader" Pete Spotted Horse. The evening features the mesmerizing beauty of this ancient instrument, together with a presentation of Native American spirituality and ceremony to bring us the special perspectives and customs of the first Americans. Pre-registration required. Call 402-441-7158 by Mon., Nov. 9.

Free December Health Fair
Tuesday, Dec. 1, 1:30 p.m. - 3:30 p.m.
Auld Pavilion, Antelope Park
1650 Memorial Dr.

Aging Partners and Nebraska Wesleyan University RN-BSN nursing students will provide screening opportunities and educational assistance for interested participants. These NWU students are currently licensed registered nurses who are completing their Bachelor of Science in nursing, and they will provide education on various health issues. Have any health questions? Ask a nurse! For details about specific topics or health screenings, call 402-441-7158. Provided by Aging Partners & Nebraska Wesleyan University.

Holiday Lights Tour
Thursday, Dec. 10
Downtown Senior Center
1005 O St.
Snow date: Thurs., Dec. 17
Dinner and holiday music: 5:30 p.m.
Lights tour departure: 6:30 p.m.
$8 meal suggested contribution for people age 60 and older.
$8 meal fee for people younger than 60.
$6 transportation suggested contribution for people 60 and older.

Who doesn't love the holidays? Holiday treats, holiday sweaters and of course, all those glowing holiday lights brightening our fair city! Join us for holiday music with Gary O'Brien at the piano, a tasty meal at the Downtown Senior Center and a "Holiday Lights CaraVAN Tour" of some of Lincoln's most beautiful holiday light displays! Seating is limited. For reservations, call 402-441-7158 by Mon., Dec. 7.

Happy Holidays: Then and Now
Saturday, Dec. 19
Northeast Senior Center
6310 Platte Ave.
Lunch at 11:30 a.m.; Show at 12:30 p.m.
$4 lunch suggested contribution for people age 60 and older.
$8 lunch fee for people younger than 60.
Within Lincoln city limits, $4 van transportation suggested contribution.

A heartwarming performance of holiday music and memories. Make your lunch reservations by 1 p.m. Mon., Dec. 14 by calling 402-441-7151.

Special Holiday Celebration Meals
Nov. 16 - 20 and Dec. 14 - 18
$6 meal suggested contribution for people age 60 and older.
$9 meal fee for people younger than 60.

If you have never eaten a delicious meal at one of our Aging Partners Centers, the holidays are the best time to give us a taste. Make us a special part of your holiday plans. Many centers will even feature holiday entertainment. Make your reservations at your nearest center or call 402-441-7158 for our center locations.

- November holiday meal schedule:
  Monday, Nov. 16: Firth
  Tuesday, Nov. 17: Belmont, Bennet, Northeast
  Wednesday, Nov. 18: Hickman, Lake
  Thursday, Nov. 19: Asian, Bennet, Downtown
  Friday, Nov. 20: Maxey, Waverly
  Menu: Turkey, dressing, mashed potatoes, gravy, green beans with almond slivers, cranberry surprise salad, whole wheat roll and pumpkin pie with non-dairy whipped topping

- December holiday meal schedule:
  Monday, Dec. 14: Firth
  Tuesday, Dec. 15: Belmont, Bennet, Northeast
  Wednesday, Dec. 16: Hickman, Lake
  Thursday, Dec. 17: Asian, Bennet, Downtown
  Friday, Dec. 18: Maxey, Waverly
  Menu: Stuffed chicken breast, twice baked potato, California vegetable casserole, whole wheat roll, berry pie and ice cream

55+ and want to make a difference in the life of a child?

If you are interested in improving our community by helping youth get a good scholastic start, we are seeking volunteers in the Foster Grandparent Program. Volunteers receive a tax-free hourly stipend of $2.65 per hour. This stipend will not affect income taxes, Social Security, food stamps, housing or supplemental security income. Volunteers also receive mileage reimbursements or a bus pass, paid leave and paid holidays. If you can commit to at least 15 hours a week, call 402-441-7158 to learn more!

Warm Hands, Warm Feet, Warm Hearts Aging Partners Foster Grandparent Program (FGP)

Aging Partners Foster Grandparent volunteers are collecting mittens, gloves and socks to warm the hearts, hands and feet of elementary school students. Your donations should be new, gender-neutral, general wear styles and made of warm, durable materials. Donated socks should be sizes from toddler 9 to men's and women's 8. No dress gloves, dressy socks or tights. The community is encouraged to deliver their donations to the Aging Partners FGP office at 1005 O St. anytime before Fri., Jan. 22. For more information, please call 402-441-7158.

Winter Storm Closings

In the event of severe winter weather or dangerous icy conditions, the Aging Partners Centers may be closed. As a rule, if Lincoln Public Schools are closed, Aging Partners Senior Centers will also close. Please listen to KFOR-FM 103.3/1240 AM radio for the most accurate and up-to-date Senior Center closings information.

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A special invitation to the 57,200 and counting 60-plus adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward, and York counties in Nebraska.

Your contribution helps Aging Partners publish the area's premiere resource for those 60 and older. Join us in supporting healthy, full and independent living.

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