

Living Well

July/August/September 2007
Volume 3, No. 3

A magazine published
by the Lincoln Area
Agency on Aging

It's a Win!

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of Events**

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Living Well
1005 O Street
Lincoln, NE 68508-3628

**FOR THE SAKE
OF SINGING**

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"Tomorrow is now." Eleanor Roosevelt is credited with this pithy statement. It appeared on a desk calendar I have on the page for December 31, 2006.

I pinned it up where I can see it frequently and told a friend recently, with some cynicism in my voice, I use it to keep my blood pressure from spending too much time in the "normal" range.

We all have days when it seems that the tasks given priority in the morning have been abandoned before noon, as we address the immediacy of an unplanned request or event. Flexibility in our ability to deal with change is a skill that comes in different forms. Sometimes we are able to "go with the flow." Other times we become resentful that our plans or activities are changed and we present a less "charming" side of ourselves to others.

So, if tomorrow is now, as Eleanor said, how do we manage our time, projects, and duties so that we get the necessary tasks completed on time? Asking yourself if this is a priority for you versus a request from someone else can be a starting point. Just because your cell phone rings, doesn't mean you have to be available to the person calling. Just because an e-mail request has just popped up on your computer screen doesn't mean it needs attention immediately.

Personally, I am working to fine tune my ability to concentrate on the important issues and set the crisis mode mentality on a more even keel. For the good of the Agency and my personal mental health, I must improve my focus on the big projects by closing my door, by not letting my e-mail determine my schedule and by beginning with the end in mind, (thanks Steven Covey for that nugget) or I will truly find that tomorrow is now.



June Pederson
Director, Lincoln Area Agency on Aging

“Tomorrow is now.”
-Eleanor Roosevelt

ON THE COVER Dale Comer, Lincoln Continentals musical director, is surrounded by some of the group's members, from left, Dale Heiliger, Warren Herr and Earl Elwonger.



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Lincoln, NE 68508-3628
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Living Well is a service of the Lincoln Area Agency on Aging (LAAA). The suggested contribution (tax-deductible) for the magazine is \$8. Contributions in any amount welcome! This magazine is for the 32,000 citizens, 60 years of age and older, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

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 LAAA. Contents may be reproduced with credit to the magazine.

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It's not a win or lose — it's just a win, for everyone involved; older adults, students, faculty and staff benefit from Lincoln Area Agency on Aging's expanding role as a training site for students.

"Students provide valuable services to older adults, while learning more about health promotion and prevention services," said Peggy Apthorpe, Lifetime Health coordinator.

Thanks to partnerships with educational institutions, particularly with the University of Nebraska Medical Center College of Nursing just three blocks down the street, students work under the supervision of Rita Antonson, geriatric nurse practitioner, providing a variety of preventive health services.

This summer, even though school is out, there are students, on-call registered nurses and staff who offer foot care services.

"We focus on foot care in the summer because it is vital," Apthorpe said. "You have to keep up with it, and many older adults cannot see or bend to do their own foot care."

Since the clients are still in their home, it offers students "a different type of opportunity than many students



Charlotte Lenser, student, front left, examines the foot of Kathryn Dwinell.

experience," Apthorpe said. "You can tell the clients feel part of giving students important opportunities, and they enjoy working together."

Although Kathryn Dwinell, whose 102 birthday is in August, can get some of the care where she lives, she chooses to come to the center.

"I like the care I get here," she said. "The students are all so nice, and they do the complete foot care, a soak, toenail trim, callous attention, and the cream rub is wonderful."

While foot care is the summer focus, the service offers many services for older adults that offer students experience in preventive health care services, health care fairs, free dental consultations,

personal training, nutrition education classes and consults, and the Farmers' Market Coupon Nutrition program.

The coupon program offers \$48 each summer for fresh fruits and vegetables from the Farmers' Market

Denise Boyd, division administrator, expects about 500 participants this year.

"Good nutrition is essential to good health," Boyd said. "Our services help people improve or maintain nutrition. We all need to increase the amount of fresh fruits and vegetables in our diet, and by targeting low-income older adults, we help improve the quality of their diet and, ultimately, their health."

Lifetime Health also collaborates with the City of Lincoln-Lancaster County Health Department for nutrition education classes and individual consultations, she said.

The Senior Health Promotion Center is open every Tuesday and Thursday at the Downtown ActivAge Center, 1005 "O" St., serving older adults in the Lincoln and Lancaster County area.

Call Lifetime Health at 441-7575 for a current schedule and information about other health and fitness programs offered through the program.



Terri Swanson, certified personal trainer and yoga fitness instructor, left, works with Alan Robb.



Bottom right: Nagamani Narayand, UNMC assistant professor, right, provides a consultation to John Lewis.

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A Healthier US Starts Here

The Centers for Medicare and Medicaid Services have a mission. They want to inform the 43 million people with Medicare about the importance of prevention.

This summer, as part of the “A Healthier US Starts Here”

initiative they will take a mobile tour of the United States to promote their message and recognize programs that are currently doing things to raise awareness of the importance of preventing and managing chronic dis-

ease and illness. They will be in Lincoln on Thursday, July 12.

Thanks to the efforts of Lincoln Area Agency on Aging Director June Pederson, LAAA’s Lifetime Health Program is one that will be recognized.

“When I started volunteering, I was 66 years old, and now I am 63!” Wouldn’t you love to feel that way? Well, you can – it’s a proven fact that volunteering directly affects mental and physical well-being and there is a volunteer program right here that can help you feel younger - RSVP!

According to Aging Today, “An increasing body of research exploring the benefits of volunteering, particularly for older adults, shows that volunteering goes well beyond just making people feel better about themselves, it helps them stay healthy and may even prolong lives. A number of studies have shown that older adults who volunteer regularly tend to be happier as a group than those who don’t volunteer.”

RSVP, a division of the Lincoln Area Agency on Aging (LAAA), has many volunteer opportunities that will match your skills, interests, and availability.

“The national emphasis on volunteering and healthy living,” according to Laurie McAdams, Director of RSVP,

RSVP | Your Ticket to Feeling Younger | RSVP

“is even more incentive for us to make sure that we continue to develop volunteer opportunities for seniors through our nonprofit organizations. We want to help everyone with their healthy living lifestyle!”

RSVP volunteers are 55 and older and receive benefits such as supplemental insurance protection while volunteering, mileage reimbursement to and from the volunteer site, choice in time commitment and where to volunteer, invitation to the recognition event, periodic social and educational events, and RSVP member discounts to various LAAA events.

**Health Insurance
is getting very
expensive!**

1. Save money with a lower priced supplement.
2. Save money with new plans being offered.

Saving Seniors Money

Wave goodbye to HIGH prices!



Classes:

Wednesday, July 11th	Tuesday, July 17th	Monday, July 23rd
Friday, July 27th	Thursday, August 2nd	Tuesday, August 7th

**Please join me at Old Country Buffet (22 & O, Lincoln) all classes start at 9:30 a.m.
FREE LUNCH served at 11:00 a.m. No RSVP needed.**

Jim Schueth can help seniors



SAVE MONEY

Everyone with Medicare Parts A & B should take the time to learn if they can save money with the new health plans being offered!

Jim Schueth has a series of upcoming classes that can teach you about these new opportunities (dates, times and location above).

Jim will also review the prescription drug programs and teach you how to find the right plan.

Of special interest to Jim is the Medicare Advantage plans. He believes that seniors need to learn about these plans!

There are multiple plans that offer different benefits. There are currently 8.3 million people enrolled in these plans!

More than 500 people have enrolled here in Lincoln.

"My emphasis is on education," said Jim

"My goal is to help Seniors save money. I don't believe in pressure sales, so I won't ask for anyone's name or phone number."

"In fact, I tell attendees not to buy if this is their first seminar. Go home and think about it, come back and listen to a second seminar, then decide. I'm in no hurry!"

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LINCOLN AREA AGENCY

MISSION

The Lincoln Area Agency on Aging is the principal agency which 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.

PUBLIC INFORMATION

Living Well Magazine L 441-6156

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes.

LIVE AND LEARN

A monthly TV show for and about older adults on 5-CITY TV, Channel 5 and video-on-demand on lincoln.ne.gv web site.

FIRST SERVICE

Information and Referral

LIFE provides help for individual older persons and their caregivers to resolve questions, and concerns, occurring with aging. Services include referrals, counseling, social work and care management. First Service is the starting point in determining alternatives, and arranging services for individuals and their families in the LAAA eight-county service area. Call (402) 441-7070 or (800) 247-0938.

SENIORS FOUNDATION

A charitable foundation focusing on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County.

(402) 441-6179 or www.seniorsfoundation.org

ACTIVAGE 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. Seven centers in Lincoln and five in Lancaster County. L 441-7158

ACTIVITIES & CLASSES

• Health

Physical activity and exercise classes to improve health and fitness. L 441-7575

• Travelogue

Travel films by professional photographers. L 441-7158

• Tickets, tours and events

Opportunities to enjoy cultural and educational events. L 441-7158

CAREGIVING

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

• ElderCare Connection

Caregivers receive information, support and assistance. www.eldercare.gov

• Caregiver Support Groups

Discuss issues and problems of caregiving with other caregivers.

• Senior Companion Program

Homebound older adults receive companionship. L 441-7026.

• TELECARE

Daily reassurance phone call to older adults. L 441-7849

• Caregiver Support Services

Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. (402) 441-7575

LONG TERM CARE OPTIONS/ CARE MANAGEMENT

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

• Care Management Services

• LifeLine Emergency Response System

24-hour emergency access by pressing a button.

• Long Term Care Ombudsman

Protects the rights of residents in long term care facilities.

• Resident Services

Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor and Crossroads House in Lincoln and in Geneva. Fillmore & Lancaster only.

• Senior Care Options

Long term care and assessment for Medicaid-eligible persons seeking nursing home care.

• Supportive Services Program

Eligible older persons can receive assistance with the cost of in-home services and adult day care.

• Medicaid Waiver Services

State funded in-home services for those who are Medicaid eligible who choose to live at home or use community-based services.

• Harvest Project

Mental health and substance abuse services. L 441-7070

EMPLOYMENT

(402) 441-7064 or (800) 247-0938

• OperationABLE

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

FINANCIAL

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

• Financial Counseling

Information on Medicare, private insurance policies, reverse mortgages and home equity loans. L

ON AGING SERVICES

- **Medicare & Medicaid Fraud**

SMP seeks to reduce waste and fraud in the Medicare & Medicaid Program.

- **SHIIP**

Senior Health Insurance Information Program.
Information concerning Medicare and Medicaid.

HEALTH & FITNESS

(402) 441-7575

- **Lifetime Health Program**

Health assessments, physical activity and exercise classes.
A variety of health education presentations. Exercise classes, Forever Strong, Exercise for a Lifetime, Yoga and Pilates on 5-City TV daily. L

- **Forever Strong Health Club**

Fitness equipment and consultations with certified personal trainers. L

- **Senior Health Promotion Center**

The University of Nebraska - Medical Center and LAAA provide Health screenings. L 441-6687

- **Alzheimer's Disease**

The LIFE office provides information and referral.
(402) 441-7070 or (800) 247-0938
lincoln.ne.gov keyword: aging

- **Widowed Person Service**

Support for people who are widowed. L 441-7026

- **Fit to Care**

Tips from a registered nurse, dietician and certified personal trainer to help decrease the effects of chronic tension often associated with caregiving. Free service.

- **Health Education Programs**

A variety of topics assisting individuals to make healthy lifestyle choices.

- **Health Screenings**

Screenings include blood pressure, cholesterol, glucose, bone density and more.

- **Exercise**

At several location: Pilates, Yoga, Stretch and Tone classes.
Daily fitness programs on 5-CITY TV, Channel 5. L

HOUSING & HOME REPAIRS

- **Home Handyman Service**

Handyman services from mowing to leaky faucets to painting to broken light fixtures. L 441-7030

- **Assisted Living and Nursing Facilities**

Listings are available from the LIFE office.
(402) 441-7070, (800) 247-0938
lincoln.ne.gov keyword: aging

NUTRITION

(402) 441-7158

- **Nutrition Consultation**

Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers.

- **Meals**

Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some Centers.

TRANSPORTATION

- **Transportation to the ActivAge Centers**

L 441-7158

- **Lancaster County Rural Transit**

Fixed schedule transportation from rural Lancaster communities into Lincoln. L 441-7031

- **Other options in the community**

Listings available at 441-7070, lincoln.ne.gov keyword: aging

VOLUNTEERING

- **RSVP / Retired & Senior Volunteer Program**

Volunteer experiences for those ages 55+.
Coordinates between community needs and the talents of the volunteers. L 441-7026

- **Foster Grandparent Program** 441-7026

- **Guardian and Conservatorship** 441-7070

- **Long-Term Care Ombudsman** 441-7070

- **Senior Companion Program** 441-6105

- **SHIIP** 441-7070

- **TELECARE** 441-6571

- **Widowed Persons Service** 441-7026

MULTI-COUNTY PROGRAMS

- Butler County Senior Services (402) 367-6131

- Fillmore County Senior Services (402) 759-4921

- Polk County Senior Services (402) 764-8227

- Saline Eldercare (402) 821-3330

- Saunders County Senior Services (402) 443-4896

- Seward County Aging Services (402) 761-3593

- York County Aging Services (402) 362-7626

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Livin' the ActivAge!

LAAA's ActivAge Programs & Events offers opportunity for people to "Live, Learn and Explore" in the coming months.

With assistance and cooperation from co-sponsors, a variety of events have been planned for active older adults.

The **Older Nebraskans' Festival** has been scheduled Aug. 28-29 in conjunction with the Nebraska State Fair. It will be at the Open Air Auditorium from 9 a.m. to 1 p.m. each day and is sponsored by Tabitha Healthcare, Nebraska State Fair and the Lincoln Area Agency on Aging.

"There will be good food, fun and entertainment," said Elisa Stutheit with LAAA's ActivAge Programs & Events.

Bob Esquivel, LAAA's ActivAge Programs & Events coordinator, said this two-day event serves as a great way for the Nebraska State Fair to recognize and honor older Nebraskans for their long history of supporting the fair.

A reduced gate ticket price of \$3 will be offered to older adults. There will be free entertainment at 11 a.m. Aug. 28 from musical comedians Williams & Ree, while Tom Netherton, Lawrence Welk Show alumni, Broadway Star ("Oklahoma" and "Carousel") and veteran performer will be featured.

Other features of this festival are a Golden Age Couples Celebration, to honor those couples with 50 or more years of marriage, and an ice cream social.

Free health screenings that include a senior fitness test for older adults will be available both days of the festival. This test by LAAA's Lifetime Health Program will measure an individual's fitness compared to other people of their age and then advice will be given on how to improve fitness.

Older adults with artistic talent will have the opportunity to display that ability Sept. 7-9 during **Fine Art of Experience: LAAA's First Annual Juried Art Show & Sale.**

This show will feature artwork done exclusively by artists 55 or better at The Loft at the Mill, 800 P St., in Lincoln's Historic Haymarket. It is co-sponsored by the Nebraska Arts Council, Seniors Foundation and LAAA's ActivAge Programs & Events.

Esquivel said this will be a great opportunity to see work from artists who have recently reached their 50s and have

had some unique influences from society and the art world.

Each piece submitted must have been completed after the artist's 55th birthday and the artist must reside in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward or York counties. Oils, acrylics, charcoals, mixed media, watercolors, drawings, photographs and weavings will be accepted. Digital images or slides will be juried for show entrance by

area arts advocates: Norman Geske, Anne Pagel and Dean Settle. An application fee of \$20 allows submission of one to three works, up to six works can be submitted for \$30. **Applications must be received by Aug. 17 at 4:30 p.m.**

A public reception will be held Sept. 7 from 7 p.m. to

9 p.m. as part of the Lincoln art community's First Friday Gallery Walk. The show also will be open from 10 a.m. to 5 p.m. Sept. 8 and 1 p.m. to 4 p.m. Sept. 9.

Cash prizes will be awarded and works will be available for sale. Application materials are available by calling LAAA's ActivAge Programs & Events at (402) 441-7158.

Wanting to see a destination you have never been to, revisit a destination or planning a trip. The **ActivAge Travelogue Film Series** in the Fall is your ticket.

"These are extremely well done, professional films and narrated live by the filmmakers themselves," Esquivel said. "It's a neat program."

Show times at the Edgewood Theatre near 56th Street and Highway 2 in Lincoln have been scheduled for 2 p.m. and 7 p.m. on Tuesdays and 2 p.m. on Wednesdays. Season ticket holders can choose which day and time to watch the show. See the schedule of films in this publication.

Tickets are available at the door for \$7 per person, or for youth (12 and under) tickets are \$4.50. For a group of 10 or more, call LAAA ActivAge Programs & Events at (402) 441-7158 to prearrange the group at a rate of \$5 per person. Season tickets will be available until Sept. 17 for \$18 per person. At the Sept. 18-19 Travelogue, season tickets will be available for \$24 per person.

Call the LAAA ActivAge Programs & Events office at (402) 441-7158 for more information about these programs.

ActivAge Travelogue Film Series FALL 2007

Sept. 18-19: "The Great Canadian Train Ride," by Doug Jones

Oct. 16-17: "Yellowstone - High Country Treasure," by Dale Johnson

Nov. 13-14: "LaManche / The English Channel," by Monty Brown

Dec. 11-12: "Postcards from Italy," by Steve McCurdy

In Memory of Sunny Kontor

On March 26, 2007, Sunny Kontor, program manager for the Saline Eldercare Program, was in the middle of a meeting of the Eldercare Advisory Board when she experienced a fatal brain aneurysm. The trauma of that moment has affected and changed her family, friends and colleagues forever.

Sunny served the Saline Eldercare program for 15 years helping people throughout the Saline County area in so many ways. She was the originator of the program and was involved in all aspects of human service programs in the county. She contributed to the growth and training of program managers in the other counties and encouraged participation of Saline county elders in the work of the LAAA as a whole.

Sunny's husband and three sons surely found comfort in the hundreds of friends who attended the service held at the Wilber Sokol Hall. Stories about her good works and stories of the fun she had enjoying life were an important part of that opportunity to say goodbye. Although it was much to soon, we are grateful for all of her 63 years. Her colleagues, friends and family will miss this woman who was so appropriately named Sunny.

Want to receive Living Well via e-mail?

If you would like to receive Living Well by e-mail instead of in the mail, please call Deb Baines of Lincoln Area Agency on Aging at (402) 441-6146 or e-mail dbaines@lincoln.ne.gov



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Lela Shanks receives Seniors Foundation 2007 Community Service Award

Lela Shanks, a resident of Lincoln for over 42 years, was honored recently for being selected as the 2007 Seniors Foundation Community Service Award recipient. The award recognizes Lela's positive impact in the quality of lives of older adults residing in the City of Lincoln and Lancaster County.

Lela has authored several books on caregiving and is an active member of the Lincoln Area Agency on Aging Lifetime Health Strength and Conditioning Program.

Read more about Lela and her services to local residents at the Foundation website www.seniorsfoundation.org or for a copy of the article call 441-6179.



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- * Community Education
- * Social Transportation

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402-441-6179

Be part of something new in Lincoln Volunteers sought for Social Transportation Pilot Project

If you are interested in being a member of a pilot social transportation project in Lincoln we can use your help.

We are seeking volunteers to help drive, serve as ride coordinators and office help as we launch the Lincoln Seniors Social Transportation Program.

The pilot project will run this summer and fall. If you are interested in volunteering an hour or two a week or over a month or would like additional information please visit the Foundation website at: www.seniorsfoundation.org or call the Seniors Foundation office at 441-6179.



*h*ow does Dale Comer spell relief? S-I-N-G.

For Comer and other members of the Lincoln Continentals, many benefits can be derived from their involvement in the 55-voice acapella chorus. Comer, 58, sees it as a great avenue to leave behind the day-to-day stresses of being a Nebraska assistant attorney general.

"I think this chorus provides stress relief, fellowship and the general benefits of doing things with music such as keeping you mentally and physically active with notes, actions and memorizing words to songs," Comer said.

Comer has been a chorus member 31 years and served as the group's leader for 27 of those years. The group recently celebrated its 60th anniversary with a special concert at Kimball Recital Hall.

Earl Elwonger, 23-year chorus member, says the group, along with other performers, gave attendees their money's worth and he was pleased with the performance. More than 1,100 people attended during two performances.

The group was founded in 1946 and represents one of more than 800 chapters of the Barbershop Harmony Society throughout the country and Canada. The original charter members numbered



Dale Comer leads the Lincoln Continentals during a rehearsal.

for THE Sake OF Singing

52 and included men from all walks of life. That's also a true statement today as members show a range in age with the oldest member being 90, Warren Herr. Dale Heiliger is the longest-standing member with 60 years of service.

They conduct an annual spring concert and compete at regional and national events each year. They have an annual holiday concert and try to perform at least once a month at venues from county fairs to corporate functions.

"Myself and the others in the group have loved singing since a young age," Comer said. "Some people like string quartets or piano concertos, these guys like barbershop."

Comer found barbershop singing in high school and continued to pursue the style in college at Nebraska Wesleyan University. He earned a music degree and taught high school





Dale Comer, Lincoln Continentals musical director, surrounds himself with talent in the 55-voice chorus. Some members pictured include, from left, Dale Heiliger, Warren Herr and Earl Elwonger.

music in Syracuse, Neb., for three years before attaining a Regent's scholarship to the University of Nebraska Law School.

Comer has become a certified judge in the barbershop society and judges about four to five contests per year. He has been to Texas this year and this fall will travel to New Zealand and Australia.



Because I like to sing

by June Titus

"Why did you join the Continentals?" was the question asked of Art Tschetter who is now 90 years old.

"Because I like to sing," was the prompt answer.

Art's love for singing began at the early age of 4 when his father, a self-taught musician, taught him to sing by the do-re-mi method. There was little music taught in his school years in central South Dakota where he lived and had his early education. However, at age 16, he did sing in his church choir although most of the other members were older.

Loving to sing led him to be the baritone in two male quartets in college at Huron, S.D. One quartet consisted of three brothers and himself and proved to be very popular and was asked to sing for many occasions. After college, Art taught four years in South Dakota and in the fifth year was Superintendent of schools at Owanda, S.D., when World War II began. He served in the Coast Guard under Navy jurisdiction for 3 1/2 years.

At the close of the war, Art returned to South Dakota and accepted a position as Head of the Business Education Department at Southern State College in Springfield. He was married to Ethel Tieszen in 1943. They had two sons and one daughter.

A friend began encouraging him to come to Lincoln. In 1963, he became dean of the Lincoln School of Commerce. At this same time, he heard of the Continentals, a group of men who loved to sing and he joined the barbershop chorus. They sang each year in national competitions and enjoyed traveling to locations such as Kansas City and Denver for the contests. Art also served for some time on the Continentals board of directors.

Art retired from the Lincoln School of Commerce in 1977. He sang with the Continentals 12 years and enjoyed the fellowship and friends he made.

In later years, Art sang with a quartet at his church and especially remembers singing at the 50th wedding anniversary of friends. The group members were all becoming older, but they had never stopped "loving to sing."



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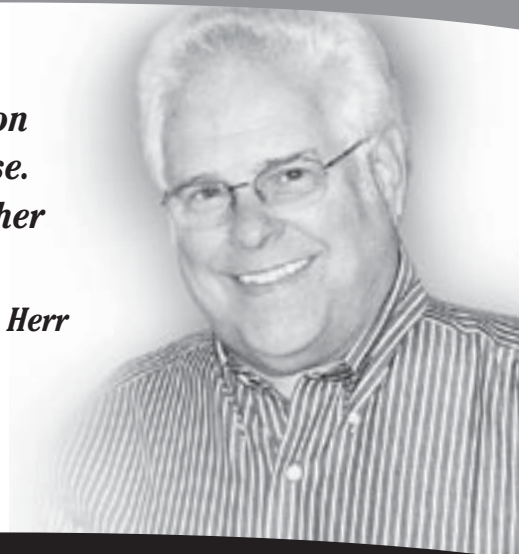
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-Gary Herr

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Call (402) 441-7158 for reservations or information.

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July 27 - MYSTERY TOUR

Oct. 19 - "QUIK AS A WINK" AT THE DOUBLE D RANCH near Ashland

Nov. 3 - HUSKERS FOOTBALL: Nebraska Huskers versus Kansas Jayhawks

Dec. 1 - SINGING CHRISTMAS TREE, Grand Island

Dec. 14 - RADIO CITY ROCKETTES, Des Moines, IA

ASSISTANCE EVENTS

HOME HANDYMAN TAKING OUTDOOR WORK ORDERS

Make your "to do" list for yard work, carpentry, plumbing, gutters, electrical, windows, painting, and more. You must be an older adult and own your own home. Charges are based on an hourly rate on a sliding scale. If you are "handy," would like to help others, and earn some extra cash, please call the LAAA Handyman Program. For more information and Handyman requests call (402) 441-7030.



COMPUTER ASSISTANCE

Learn how to use the public access computer, the internet, or to send an e-mail. Make an appointment to see Catherine, from 10 a.m. - 2 p.m. on Tuesdays, at the LAAA Downtown ActivAge Center, 1005 "O" St. Schedule your one-hour appointment by calling (402) 441-7506. This service is Free.

WIDOWED PERSONS SERVICE MEETINGS

WPS is a program of the Lincoln Area Agency on Aging. The program is concerned about the newly widowed in our community and offers various groups for widowed men and widowed women. If you would like to visit with a trained volunteer or receive more information, please call (402) 441-7026, there's no charge. You are invited to attend these get-togethers. Call 441-7028 for the current locations:

-Friendship Group meets every Sunday from 2 p.m. - 3:30 p.m. Open to all ages.

-Widower's Breakfast meets every Thursday at 8 a.m. at Stauffer's Café.

-Widow's Luncheon meets the first Thursday of each month at 11:30 a.m.

-Just Pals, a social group meets once monthly on a Saturday night.

EDUCATION EVENTS

BRIDGE CLASSES

Classes taught by Bruce Burns. 1:30 p.m. - 4 p.m. at Savannah Pines. Books \$5, class \$20, or you may try a class for \$5 per single class.

"Win at Bridge" - Aug. 27, Sept. 10, 17, 24

"Let's Play Bridge" - Sept. 5, 12, 19, 26

"Let's Play Bridge" - Oct. 1, 8, 15, 22

"Improve Your Bridge" - Oct. 3, 10, 17, 24

"Improve Your Bridge" - Oct. 29, Nov. 5, 19, 26

"Win at Bridge" - Oct. 31, Nov. 7, 14, 28

HEALTH PROMOTION EVENTS

Call (402) 441-7575 to register or for more information.

SENIOR HEALTH PROMOTION CENTER

The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging's Lifetime Health program, perform health and dental screenings at the Downtown ActivAge Center, 1005 "O" Street. No appointment needed

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ACTIVAGE EVENTS

Continued from Page 19

for most services, walk-ins are encouraged. Dental screenings do require an appointment; please call (402) 441-6687. The Clinic is open from 9:30 a.m. - 2:30 p.m., on almost every Tuesday and Thursday during the school year. Call LAAA's Lifetime Health Program at (402) 441-7575 for more information. Also, check with your closest LAAA ActivAge Center for transportation to the Clinic.

-July 24 (foot care only), **26** (foot care only)

-Aug. & Sept.: to be announced

LIFETIME HEALTH EXERCISE CLASSES

Classes include Fitness 101, Gentle Pilates Mat Class, Stretch & Tone, Easing into Yoga, and Yoga Refresh & Renew. Watch 5 City-TV for the Lifetime Health fitness classes. Call for class schedules.

MY HEALTH BUS TOUR

"A Healthier US Starts Here," an initiative focused on motivating seniors and others with Medicare to make the most of Medicare's preventive services. During the spring and summer, the Medicare Prevention tour bus will visit each of the 48 continental United States to promote conversations between people with Medicare, families, caregivers, health professionals, and community organizations. The bus will be in Lincoln the morning of July 12. Watch for more information.

FITNESS 101

This free, drop-in, on-going class is designed for the person new to exercise or the person who has not exercised regularly for some time. LAAA Calvert ActivAge Center, now at 3801 La Salle, meets Mondays, 10:30 a.m. - 11:15 a.m. and Wednesdays, 12:30 p.m. - 1:15 p.m. The class at the LAAA Northeast ActivAge Center, meets Tuesdays, 9:45 a.m. - 10:30 a.m.

FOREVER STRONG HEALTH CLUB

Open weekdays, 8 a.m. - 4 p.m., and Saturdays (except holidays), 9 a.m. - Noon. Located at the LAAA Downtown ActivAge Center, 1005 "O" St. Free for those 60 and better. Free parking, and free transportation. Certified Personal Trainers are available at the LAAA Forever Strong Health Club on Tuesdays, 1 p.m. - 3 p.m. and Thursdays, 9 a.m. - 11 a.m. and 1 p.m. - 3 p.m.



ACTIVAGE CENTERS

Choose from a variety of activities, classes, and events. Healthy noon meals, holiday meals, and sack lunches for home. Many Centers offer rides to grocery stores. Make your meal reservation two days in advance. There is a suggested contribution of \$2 for those 60 and better and a \$5 price for those under 60. Transportation to your neighborhood Center is available for 50 cents each way. For the Center nearest to you, or to receive a calendar, call (402) 441-7158. For on-line information go to the City of Lincoln website at lincoln.ne.gov, keyword: aging, choose "ActivAge Centers" from the sidebar on the left, click on the Center you wish to view. You will need Adobe Acrobat Reader to view.

Monday-Friday, 8 a.m. - 3 p.m., Pool, Northeast;
8:30 a.m. - 2:45 p.m., Walking, Calvert;
10 a.m., Cards: Skipbo, Belmont.

Mondays, German Class, Calvert, 10 a.m. - 11 a.m.;
Music by The Clefs, Downtown.

Tuesdays, 9 a.m., Cards: Pinochle, 9 a.m. - 11:30 a.m.;
Art Group, 12:30 p.m.; Cards: Bridge Tuesdays, Calvert.

Wednesdays, 10 a.m., Cards: Pitch and Skipbo;
11 a.m. - Noon; Writers Group, Calvert, 12:30 p.m.; Cards:
Pitch and Bridge, Northeast.

Second Wednesday, 9 a.m., Cribbage Tournament (\$1),
Downtown.

Thursdays, 9 a.m. - 11:30 a.m., Book Club, Calvert, 11 a.m. - 11:30 a.m.; Bilingual Bingo, Downtown; Cards: Pinochle,
Lake Street.

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Fridays, 9:30 a.m., Cards: Pitch and Skipbo, 10:30 a.m.; Bingo, Calvert, 10:30 a.m.; Bingo, Northeast, 11:30 a.m.; Bingo, Belmont, 12:30 p.m.; Cards: Pitch, Bridge, and Pinochle, Northeast; Cards: Pitch; Lake Street.

Saturdays, 11 a.m. -11:30 a.m., Bilingual Bingo, Downtown;

Third Saturday, 9 a.m., Pool Tournament (\$1) Downtown.

July 13, Grand Island Road Trip; includes lunch at the Grand Generation Center, Stuhr Museum to see the "Survival of the Fittest: Settling into Life on the Plains" exhibit, celebrate the 40th Anniversary of Stuhr Museum and the 150th Anniversary of Hall County, and ice cream at Stuhr's Railroad Town. Departs from Trinity Baptist Church, 3801 La Salle. Price is \$25. Call the LAAA Calvert ActivAge Center, 441-8483.

July & Aug. Nebraska Senior Farmers' Market Nutrition Program 2007 Coupon Distribution, call your neighborhood ActivAge Center.

Aug. 22, 18th Anniversary Celebration for the Downtown ActivAge Center, featuring a Czech-style lunch at 11:30 a.m., entertainment, and door prizes.



NATIONAL SENIOR WEEK

"Senior Centers Work!"

Come and visit an ActivAge Center and see for yourself how "Senior Centers Work!" Join the Centers for a special meal and entertainment, Sept. 9-15. The Downtown Center will host a "Customer Appreciation" Week. Call your neighborhood ActivAge Center or (402) 441-7158 for more information.

DINNER & A SHOW SERIES 2007

Shows are held at the Cotner Center Condominiums. The LAAA ActivAge Centers, Cotner Center Condominiums and Seniors Foundation are sponsors. Reservations (and cancellations) must be made by 10 a.m. on the Tuesday before that week's event by calling (402) 441-7158. The meal is served at 5:30 p.m., with entertainment following. Price is \$6 for people over 55; and \$7 for people under 55. Van is an additional \$1 fee.

"Pay at the door; 2 dollars more!" Show only is \$3.

July 19 - The Throwing Picassos (juggling) and Blue Peanuts presents comedian/magician Bill Maltas.

Aug. 2 - Emanon.

Sept. 13 - The Retro Mantics, two people creating the Big Band Sounds of the '20s, '30s, '40s, and '50s.

Oct. 25 - "Goodbody's Gold" a melodrama for the entire family by D. Chapelle. This will be the only Lincoln performance.

Nov. 8 - "Old Time USO Show" at the Downtown ActivAge Center.

CLOSINGS

LAAA facilities, LAAA ActivAge programs such as Centers, classes, events, and LAAA transportation services will be observing these holidays:

Independence Day - July 4

Labor Day - September 1-3

During times of severe weather, listen to KFOR Radio (1240AM) for storm closing information. ActivAge programs usually close if the Lincoln Public Schools have closed due to weather conditions. This includes LAAA facilities, Centers, classes, events, Travelogue, and transportation services.

"I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it."
— editor Frances Lear

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Compute This!

Some important terms you need to know to keep your computer safe.

Spam

Spam describes any unsolicited communication—sent either via email or instant message (IM)—intended for commercial gain. The term spam encompasses a broad array of activities, many of which—such as the distribution of phishing emails.

Recently, image spam—spam that displays its message in an image rather than in body text—has emerged in an effort to evade detection. Spammers also randomize these images using different sizes, backgrounds, and borders to prevent being blocked by spam signatures.

Phishing

Phishing is any attempt—via phone, email, instant messaging (IM), or fax—to procure your personally identifiable information with the intent of stealing your identity (and, ultimately, your money). Most of these attempts are in the guise of a legitimate purpose; in other words, they appear to be valid, yet are indeed a criminal enterprise.

A typical electronic phishing attack comprises two components: an authentic-looking e-mail and a fraudulent web page. This renders phishing a particularly insidious and damaging activity, because its perpetrators are adept at appealing to a victim's sense of legitimacy. HTML-based emails often include company logos, colors, graphics, font styles, and other elements, and cover topics such as account problems, account verifications, security upgrades, and new product or service offerings. Web links included in these e-mails almost always possess the look and feel of the legitimate sites they copy, making the fraud almost impossible to detect.

Pharming is similar to phishing. Instead of directly soliciting personal information, however, pharming hijacks legitimate URLs—such as “www.mybank.com”—and redirects them, via the domain name server (DNS), to fraudulent IP addresses which look like the originals. These spoofed URLs then collect, via a graphical user interface, your personal information without your ever noticing the difference. Because pharming requires a much higher degree of technical acuity to perform—and because the DNS is very difficult to manipulate—it is far less common than phishing. However, it is still possible



that pharming will become an increasing threat in the near future.

Viruses/Trojans/Worms

Malware is generally described as a software program that is surreptitiously and discreetly placed on a user's computer that performs unexpected or unauthorized, but always malicious, actions. It is a common term used to refer to viruses, Trojan horse programs, and worms.

A computer virus is a program that has the unique ability to replicate, and like biological viruses, can spread quickly. While some viruses carry a damage routine that may only display messages or images, others may destroy files, reformat your hard drive, or cause other damage. If the virus does not contain a damage routine, it can cause trouble by consuming storage space and memory, and degrading the overall performance of your computer.

A Trojan horse program performs a malicious action but has no replication abilities. Like the Trojan horse, a Trojan horse program may arrive as a seemingly harmless file or application, but actually has hidden malicious intent within its code. When a Trojan horse program is executed, you may experience unwanted system problems in operation, and sometimes loss of valuable data.

A computer worm is a self-contained program (or set of programs) that can spread copies of itself to other computer systems via network connections, e-mail attachments, instant messages (via file-sharing applications), and by collaborating with other malware. Some worms may also prevent you from accessing security Web sites, or steal the licenses of installed games and applications.

Spyware/Adware

Spyware and adware are closely related threats. Spyware is any piece of software, installed or employed without your knowledge, that watches, logs, and reports on your electronic movements. Spyware can track your per-

Continued on Page 25

Live & Learn

Delores Lintel is finding out that it's never too late to "Live & Learn" as she becomes the newest host to the show for and about older adults sponsored by Lincoln Area Agency on Aging.

"Live & Learn" airs on 5-City TV. The hosts interview older adults or talk to people with pertinent information for older adults.

"I'm looking forward to being part of the show," Lintel said. "There are many interesting older generation folks in the Lincoln area and this provides a platform for them to tell about some of the things they have done."

Lintel, herself, has been active in her community throughout the years.

During the past four years, Lintel headed up the statewide program for Project Linus. This program provides blankets, quilts and afghans to neglected or abused children or those going through tough times.

"We want them to know we care about them and want to give them a hug when they need it most," said Lintel, who



Delores Lintel stands as the newest host for the Live & Learn show on 5-City TV.

believes these blankets can go a long way in comforting these children.

The program has a presence in Lincoln hospitals as well as 70 rural hospitals throughout the state.

She played a role in the 1960s to form the first neighborhood organization when Lincoln planned the Northeast Radial, The Clinton Neighborhood Organization. In fact, a park along Holdredge and 21st streets is named Lintel Park.

Lintel and her husband moved to Lincoln in 1956 with their four children. She has nine grandchildren.

She made a business of one of her favorite hobbies, making jams and jellies from native Nebraska wild fruits, and Grama's jellies can be found in various stores.

Lintel hopes to continue making a positive impact in the community through her new role as a "Live & Learn" host.

"I thought it might be fun to get involved," she said.

Continued from Page 24

sonal information (name and address, for example); your demographic information (your age and gender, for example); and your psychosocial information (your stance on current issues). It comprises the following subset of technologies:

Keyloggers – software that tracks your keyboard strokes for the purposes of logging the web sites you visit, or for recording your passwords.

Screen-capture technologies – software that periodically takes screen shots of your desktop and can record information such as your

login name(s).

Event loggers – nefarious software which reports on the web sites you visit, or any other similar effort to collect demographic intelligence (generally for adware targeting).

Commercial spyware sells the information it collects to marketing entities; criminal spyware uses it to steal your identity—one of the most powerful threats facing consumers today.

Adware is software that generates electronic advertisements—such as pop-ups or Web links—without your consent. In many instances,

adware employs information gathered via spyware to display highly targeted messaging based on your personal preferences and habits—a subset Trend Micro calls grayware.

Spyware and adware usually are installed surreptitiously via backdoor Trojans horse programs, or as part of a desired program (such as a free e-mail client or file-sharing program) you willingly download. Both can expose your PC to other vulnerabilities.

Contributed by Jeff Jones, Network Supervisor, Information Services, City of Lincoln

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Leta Powell Drake as Grace, left, and Tammy Meneghini as Glorie rehearse a scene for Grace and Glorie to be performed in August and September at the Savannah Pines Theatre, 3900 Pine Lake Road. Photo: David Dale Photography

Grace & Glorie

A poignant comedy about conflict and acceptance, humor and hope will be performed at Savannah Pines Theatre in August and September.

"Grace and Glorie" is about two very different women. Leta Powell Drake plays the role of Grace, while Glorie is performed by Tammy Meneghini. Grace, a deeply religious, elderly woman with terminal cancer, is comfortable with her place in the world and her imminent exit from it. Glorie is a volunteer hospice worker who is a successful businesswoman-turned-socialite with a lot of emotional baggage.

The relationship grows into a journey of self-discovery.

The play is directed by Judith K. Hart and will be presented at the Savannah Pines Theatre, 3900 Pine Lake Road, Lincoln, Aug. 24, 25, 30, 31; Sept. 7, 8 at 7 p.m. and Sundays Aug. 26, Sept. 2 and 9 at 2 p.m. Outreach discussions focusing on "end of life" issues will follow the Sunday performances. The talk-back is facilitated by Dr. Bob Bleicher, medical director, and registered nurse Susan Burkey of HoriSun Hospice. Dr. Julie Masters of the University of Nebraska department of gerontology, Tim Clare and Tim Moll of Rembolt Lutdke Law Firm, and others will also participate.

Partners for this project include: HoriSun Hospice, Savannah Pines, Home Instead Corporations and The Angels Theatre Company. Proceeds from the production will benefit The Angels Company's Women & Aging Project, The Salvation Army, and Mourning Hope, a grief support program for children and families.

General admission will be \$12 or \$10 for students and seniors. Group rates are available for parties of 12 or more. For more information or to reserve tickets, call (402) 474-2206.

DISCOVER Nebraska State Parks!

We will visit Fort Atkinson State Historical Park, Ponca State Park, Gavins Point Dam, Lewis and Clark Lake, Niobrara State Park, Smith Falls State Park, the Cowboy Bridge, Chadron State Park, Toad Stool Park, Fort Robinson State Park, Chimney Rock, Lake McConaughy State Recreation Area, and Mahoney State Park.

The Park Superintendents have lined up special meals and tours. We will also enjoy one night at the Rosebud Casino Hotel just North of Valentine, the Front Street Shoot-out and musical at Ogallala (if still playing), a stop at the Great Platte River Road Archway and a tour of James Arthur Winery, Nebraska's largest. Call now for more information and to reserve your spot!

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Danny Ladely stands in front of The Ross, where "Sweetland" will be shown free to older adults July 26.

Tired of Hollywood films catering to the bottom line by using violence to draw crowds? Come to The Ross.

Danny Ladely, director, Mary Riepma Ross Media Arts Center, tells Nebraskans that The Ross is a unique facility, providing patrons opportunities to view films they normally would not and a forum to impact student filmmakers.

"The Ross has an eclectic choice in films," Ladely said. "We look for films of interest that fulfill our mission; they are not for mainstream audiences."

That mission includes promoting film as art and educating the public about film.

"Since we are part of the university, our mission includes education," he said. "We look for films that teach yet entertain; it is a balancing act."

Ladely works with the Film Selection Advisory Committee to choose films that meet the criteria.

With the Student Academy Awards in the spring or the Telluride Film Festival, one of the world's most prestigious film festivals, May - June, The Ross' audience impacts student filmmakers.

"Our audience does the judging," Ladely said.

Anyone can check out the short films, take them home, and fill out a

judging form; or come to special screening sessions. This process could not be further removed from mainstream filmmaking.

"Hollywood is a business industry with its focus on making money; there may be a little art thrown in," Ladely said. "The films we show are made by artists who have a passion for film and for the stories they are telling. These films rarely make money."

While photojournalism and New Mexico were in his plans as a teen, Ladely began working at his hometown theaters in Gordon — the theater downtown in the winter and the drive-in in the summer.

"I did everything from running the projector to cutting the grass," he said.

As a University of Nebraska-Lincoln student, he was involved with the University Program Council, then the Union Program Council, where he was "the token hippy." Continued film involvement through the university, the Sheldon Art Gallery and a special film series, his experience and passion brought him to the offer and acceptance of the director's position in June 1973. Nearly 34 years later, he still finds himself at The Ross.

"It's been a great job — rewarding," Ladely said.

Sweet Land

Shown at The Ross in January and scheduled for a showing free to older adults age 55 or better July 26, "Sweet Land" portrays "a poignant and lyrical celebration of land, love and the American immigrant experience" and was based on and filmed in Minnesota.

"The film is beautifully photographed, superbly acted," said Danny Ladely, director, Mary Riepma Ross Media Arts Center. "For an independent, low-budget film, it is just superb."

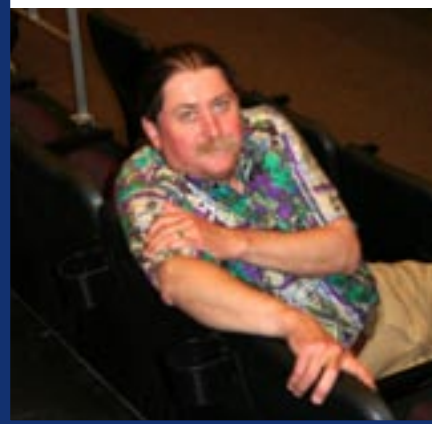
Ladely said writer/director Ali Selim traveled with the film and was in Lincoln for the opening weekend. He held not only a Question and Answer session with the film's audience, but also met with student filmmakers.

The showing of this film is co-sponsored by Roper & Sons Funeral Care, Metcalf Funeral Services and LAAA's ActivAge Programs & Events with cooperation from Ladely and The Ross.

People are encouraged to make reservations by calling (402) 441-7158 as there are 250 seats in the theatre.

For more information, go to: <http://www.theross.org>

Danny Ladely serves as the director of the Mary Riepma Ross Media Arts Center.





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