

LivingWell

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Art Collection
in County-City
Building**

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Savings for People with Medicare

Help Paying for Medicare Premiums

To qualify for this program in 2014, you must be:

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Savings for People with Medicare

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What Do You Need To Apply?

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- Social Security number for you and spouse.
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- Value of any property or land you own (your home and the land it is on is not counted as an asset).
- Monthly Social Security benefit amount.
- Amount of any other income including railroad retirement, pensions, veterans' benefits, paycheck from work and workers compensation.
- To apply, contact Aging Partners at (402) 441-7070.

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Director's Corner

This issue of our Living Well Magazine celebrates many things, most focused on physical activity. The 292 walkers for our May Age Strong! Live Long! Walk On! event at Union College in Lincoln, illustrate Aging Partners' efforts to provide opportunities for fitness for all.

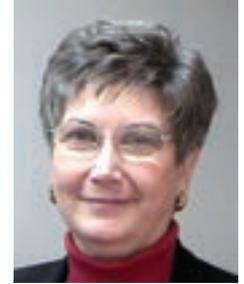
In the early summer, I have the opportunity to travel to each of our participating counties to share with their elected leaders a review of the programs offered to their elders led by our capable county program managers. In each county, one or more of their elected commissioners or supervisors serves as the liaison to the county program board. It pleases me when that elected leader participates in this presentation sharing with their colleague's information about how

older citizens in their counties are enjoying the activities, fitness programs and meals.

This year I've shared with them demographic information about the significant changes some counties have experienced in the 10 years between 2000 and 2010. Four of our counties have decreased in population overall, but every one of them has had an increase in the number of people who are 55 and older. Aging Partners service area (8 counties) increased in total population by 10 percent. The big surprise is that in those 8 counties, the number of persons age 55 and older increased 32 percent.

Nebraska's population grew 7 percent between 2000 and 2010. The number of Nebraskan's who were 55 and older grew by 23 percent. There is

an old quote that goes, "If I knew I was going to live this long, I would have taken better care of myself." Now that we know that's likely to happen, we have the opportunity to be proactive and take better care of ourselves now by staying active or becoming active. Aging Partners can help. 



June Pederson

June Pederson, Aging Partners Director

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On The Cover: Frank Blythe enjoys golfing at the Highlands Golf Course. 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.

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Seniors' Talent Inspires Live & Learn Audience

The abilities showcased at the second annual Lincoln Seniors Got Talent rivaled that of its inaugural year.

The live Live & Learn taping occurred April 18 at Auld Pavilion and featured 14 acts ranging from ballroom dancing to ukulele music. The show aired throughout May to correspond with Older Americans Month.

Here's a look at the talented performances:

Kris Beckenbach, Singer

The Live & Learn host lit up the stage with her rendition of "God Bless America." She loves singing and has been performing since age 3. Performing at the Auld Pavilion for the talent exhibition was a thrilling experience because it was where she auditioned for her first show many years ago—to play the role of Amaryllis in a Pinewood Bowl Production of "The Music Man."



"It's great to be back at such a beautiful venue," she said.

Joann Herrington, Singer

Herrington brought audience members to tears during her stirring vocal performance of "Keep on Climbing" by Wintley Phipps.



"I chose this song because I feel that dreams are not just

the purview of the young," she said. "We should always keep on climbing and seeking our goals."

Herrington sings at churches and has performed at the Omaha Opera. She is the choir director at Allon Chapel Seventh-day Adventist Church and Bethany Christian Church.

L.U.G. Nuts, Ukulele Band

Ten members of this 85-person group performed their unique versions of "Has Anybody Seen My Gal?" and "Rawhide." Learning about community ukulele groups across the country inspired Bob Deschaine to form the L.U.G. Nuts, also known as the Lincoln Ukulele Group, in 2010. The group plays at backyard parties, weddings and elsewhere. They jam together every second and fourth Tuesday of the month from 6 to 8 p.m., at CGS Music at 1244 High St. Deschaine encourages those interested in joining the group to attend their next jam session.



Dorothy Applebee, Pianist

The longtime accompanist and former Lee's Chicken organ player entertained the audience with Glenn Miller's "Chattanooga Choo Choo." She plays at Tabitha



Independent Living and Madonna Rehabilitation Hospital's weekly church services, Homestead Rehabilitation Center's Alzheimer's unit and other locations. Applebee enjoys being an accompanist because it's an entertainment role that keeps her out of the spotlight.

"I help other people perform," she said. "I'm much more comfortable in the pit than on the stage."

Tyler String Trio

Cellist David Tyler, Violinist Ginnie Tyler and Violinist Lori Adams serenaded the crowd with a sampling of international folk songs: "Morgan Mayan," "Ashokan Farewell" and "Highland Cathedral." The group typically performs as a quartet with their fourth member Anna Plettner, violist. The four formed their group two years ago and have since played at weddings, receptions, teas and luncheons. They play a variety of music, including traditional pieces, The Carpenters and Broadway music.



Kristen and Gene Stohs, Dancers

The married couple beautifully waltzed their way across the hardwood floor to "Dear Heart," a routine they put together with the help of a professional instructor four weeks prior to the event. Throughout their married life, the Stohs have taken

professional lessons on and off.

The two love dancing together because it is sentimental to their past. The first time Gene saw Kristen was when she performed a dance at a Nebraska Junior Miss pageant in Grand Island. The two officially met a year and a half later and eventually fell in love.



Anne Bremer, Singer

Bremer, who performed a medley from the “The King and I,” has been singing since age 5.



She enjoys singing at Tabitha Independent Living where she’s been the life enrichment director for the past five years. She also sings at senior centers, funerals and assisted living facilities. Her selections vary from 1940s music and show tunes to new age spiritual music.

“Singing is how I worship,” Bremer said. “It’s my therapy and what keeps me grounded. It’s the thing I love most of all.”

Nebraska Christian Women’s Chorus

Under the direction of Judy Shonerd, the voices of 20 chorus members blended in perfect harmony during their performance of “Catch a Falling Star” and “Yes, My Jesus Loves Me.” The chorus, which performed at last year’s talent show, formed three years ago and has 36 members. They perform



twice a month at retirement and assisted living facilities. The group rehearses every second and fourth Monday of the month at Crestwood Christian Church from 6:30 to 8 p.m.

Oscar Blomstedt, Chromatic Harmonica and Ukelele Instrumentalist

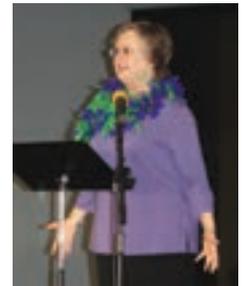
Blomstedt, who debuted his talents on Live & Learn in last year’s talent show, played a patriotic medley with his chromatic harmonica and ‘We Shall Gather at the River’ with his ukelele. He has played the simple harmonica since he was in his 20s, but he picked up the chromatic harmonica about 20 years ago. He plays by ear.



“I like performing to show people what I know,” he said.

Deb Miller, Theater Performer

Miller gave the audience a preview of her role in the May 19 OLLI-LCP Radio Active Players’ rendition of “Guys and Dolls Sr.” The talented thespian sang the character Adelaide’s most famous number from the musical, “Adelaide’s Lament.”



Miller has a background in theater and singing. She recently returned from a two-year stint in Malaysia, where she taught drama to 25 Burmese refugee students.

Nebraska Christian Men’s Chorus

Under the direction of new conductor David Galant, UNL orchestral conducting master’s

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Seniors' Talent Inspires Live & Learn Audience

Continued from page 5

student, the 19-member chorus sang “You Raise Me Up” by Josh Groban and “Til the Storm Passes By,” a traditional hymn by Mosie Lister. Founded in 1993, the group sings at Lincoln events, hospitals, social groups, retirement homes and service clubs. The group is actively seeking new members and welcomes men of all ages and faiths who share its mission of fellowship, friendship and community services through singing. For more information about the chorus, visit www.christianchorus.org.

Kent Bankson, Singer

Singing Johnny Cash’s “Sunday Morning Coming Down,” Bankson reprised his a capella singing talent at this year’s talent exhibition. The singer credits his wife for talking him into shifting from chorus member to soloist.

“I never sang solos because I thought I wasn’t good enough, but she told me that was nuts,” he



said. “I’m thankful I married a lady who helped me discover my talent.”

Tom White, Singer/Entertainer

The Live & Learn host proved he is a man of many talents with his commanding performance of classic tunes “Mack the Knife” and “New York, New York.” Both songs appear in his RSongs act, which he performs in retirement homes, senior centers and assisted living communities across Nebraska. In the past, he has performed at the Hollywood Bowl and a national political convention.



On Tap, Tap Dancers

Eight members of the 23-person On Tap group stepped in time to “With a Little Help from My Friends” by The Beatles. The tap group, which was founded seven years ago, has performed at fundraisers, the Food Bank of Lincoln, the Friendship Home and assisted living facilities. Its members come from diverse backgrounds, ranging from doctors and teachers to nurses and small business owners.

“We’ve created a sisterhood in our seasoned years,” said On Tap Director Stephanie Chase. “We enjoy music and making rhythms with our feet.”

To watch this episode of Live & Learn, visit lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live or on Live & Learn’s YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 



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Bahr Showcases Art Collection in County-City Building

The career of architect-turned-artist Deon Bahr came full circle this spring when he displayed his colorful art exhibition “I Mean It!” in the first-floor gallery of the County-City Building, one of the many Lincoln structures he designed.

After Bahr retired from his 41-year architectural career in 2002, his lingering creative urge manifested into a painting and sculpting passion.

“Painting, sculpture and architecture are all related,” said the former Bahr Vermeer & Haecker Architects principal. “I’m thankful I’ve had the opportunity to start a new career and keep doing the things I love.”

As Bahr began to pursue his art hobby, he completed UNL graduate classes and constructed a studio atop his garage. Soon, he had more projects in the works than he could manage.

His artistic style is minimalist and involves hard-edge images, pure shapes and primary colors. “I Mean It!,” on display from March 7 through May 31, featured

a mixture of his two- and three-dimensional art.

Most of Bahr’s work pays homage to phi, an irrational number found in nature, music, art, architecture, human bone growth, hurricanes, galaxies and credit cards. For example, in his painting entitled “Fibonacci 1-55 Freedom Tower,” he uses black and silver stripes to demonstrate a mathematical sequence connected with phi.

The exhibition featured some of his changeable art series. These pieces allow the owner to create a new visual by altering the art, such as by turning a painting’s frame or rotating a sculpture’s cube. Every change the artist makes creates a new visual illustrating phi.

“I’m fascinated by the fact that artists can allow people to change the art,” Bahr said. “It allows opportunities to see the piece in many ways.”



Deon Bahr displays Double Means Yellow, one of the many phi-themed paintings from his “I Mean It!” exhibition.

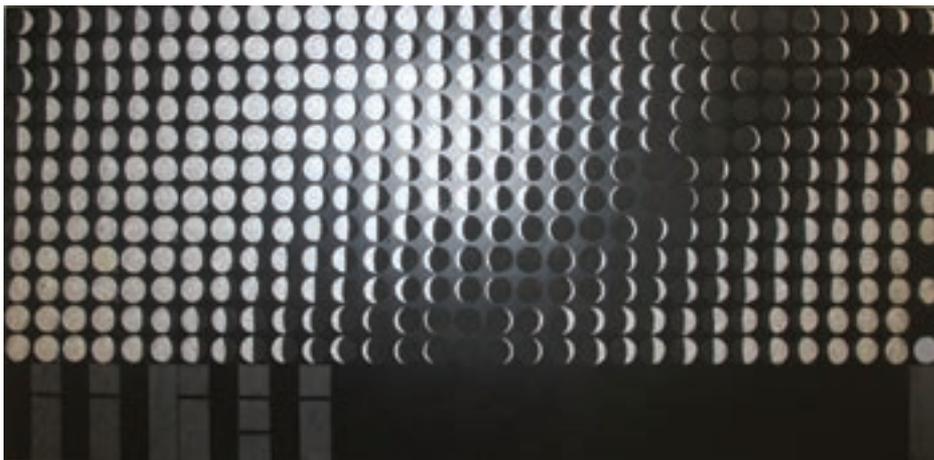
One unique painting in his exhibition was “Blue Moon 2009,” which illustrates the moon’s phases between Jan. 1 and Dec. 31, 2009.

“This is much different than my other paintings,” Bahr said. “It’s fascinating when you look at the moon’s patterns. Every year is different. It makes such a pleasing art piece, and it’s artistically beautiful.”

In fact, his fascination with moon phases inspired him to create small paintings for his grandchildren that illustrate the moon phase present on the day they were born.

Although Bahr’s art is no longer on display at the County-City Building, people can view his work online at www.bahart.com.

To watch this episode of Live & Learn, visit lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live or on Live & Learn’s YouTube channel at www.youtube.com/user/aginglivelearn?feature=mhee. 



Blue Moon 2009, illustrates the moon’s phases between Jan. 1 and Dec. 31, 2009.

Hospital Myths Revealed

For most older adults, unanticipated hospital visits due to illness or injury are inevitable.

Older adults can prepare for the unexpected by expanding their knowledge about the health care system and debunking common myths.

Myth No. 1: Medicare will cover my ambulance ride.

Sometimes Medicare beneficiaries receive an unpleasant surprise in the mail soon after an ambulance ride — a bill from the ambulance company for the full amount of the services received.

The two main criteria that must be met for Medicare to cover an ambulance ride are the “medical necessity” of the trip and whether or not it meets origin and destination requirements.

Medicare covers ambulance transfers from any point of origin to the nearest hospital or skilled nursing facility that is capable of furnishing the required level of care for the beneficiary’s illness or injury, according to Houston Doan, Aging Partners financial and insurance counselor.

“Medicare will only cover trips from any point of origin to the ‘nearest appropriate facility,’” he said. “It will not cover a transfer to a medical facility based on the beneficiary’s preference. This is important, because many people prefer one medical facility to another. We have had Medicare beneficiaries demand to go to a medical facility that is farther away than the nearest facility that could have treated their medical situation. The result was Medicare

would not pay for their ambulance trip. This applies to air ambulance transfers as well.”

Issues with origin and destination requirements most often arise when a Medicare beneficiary experiences a medical crisis outside of their hometown or state and wishes to be transported back to a hometown facility for treatment.

“We’ve had clients who have had a heart attack out of town and want have the bypass surgery in their hometown,” Doan said. “Medicare will not cover that expense.”

All Medicare services are based on whether the service delivered was medically necessary treatment. Medicare will presume this requirement is met if the beneficiary was transported in an emergency situation or was unconscious; exhibited signs and symptoms of respiratory or cardiac distress, stroke or severe bleeding; or needed to be constrained or remain immobile because of a fracture or possibility of a fracture.

“Many times, we find clients who are reluctant and/or embarrassed to take a trip in the ambulance,” Doan said. “We tell our clients not to say things like, ‘I really do not need this,’ or ‘I am just fine.’ We also encourage clients not to get off of the gurney and walk into the ER when they arrive at the hospital. The ambulance’s personnel are required to turn in reports on what happened on all ambulance runs. These client statements may look like the ambulance ride was not medically necessary to the billing agents when they file the Medicare claim.

If older adults receive an ambulance bill and they feel it meets the medically necessary and origin and destination requirements, they should appeal the Medicare denial.

Myth No. 2: I can take care of myself, so I don’t need a health advocate with me during my hospital visit.

Due to medication, stress, lack of education or shock, it can be difficult to comprehend everything the doctor says during a hospital visit. This is where a health advocate can help.

Health advocates can be anyone—friends, family members, neighbors, co-workers or hired professionals. Their primary goal is to speak up for older adults so they can receive the care they need. According to the Agency for Healthcare Research and Quality, health advocates can:

- Ask questions and voice patients’ concerns to their doctor.
- Record any necessary information about an injury, illness, test or procedure.
- Compile or update the patient’s medicine list.
- Arrange transportation.
- Research treatment options.



“Hospital stays can be overwhelming for anyone,” said Sue Kramer, aging specialist III at Aging Partners. “Even if you’re totally alert, you need an advocate.”

When people determine their health advocate, AHRQ recommends choosing someone who is calm, attentive to details, inquisitive and knows them well.

If an older adult does not locate an advocate before an important medical or hospital visit, some hospitals and assisted living facilities may have an advocate on staff who will provide the service free of charge. Aging Partners also can provide advocates for local older adults in need.

Myth No. 3: Medicare will cover physician-ordered rehabilitative therapy after my hospital stay.

When older adults experience a health episode that lands them in the emergency room, they should inquire if they have been admitted to the hospital as an inpatient or under observation.

“I get many calls from caregivers, usually sons or daughters, who say their mom needs rehabilitation services, but Medicare will not cover them.” Kramer said “The unfortunate truth is that their loved one was never admitted into the hospital as an inpatient.”

If a Medicare beneficiary needs to go to the hospital, Aging Partners advises asking the hospital staff about their admission status. This

simple act could be the difference between Medicare Part A paying for rehabilitation and skilled care after hospitalization or having to pay privately, out of pocket, for that care.

In order for Medicare to pay for rehabilitation and skilled care, a Medicare beneficiary must first be admitted to a hospital for at least three consecutive midnights. Hospitals are not required to tell patients they are in observation status.

If the hospital says a family member is in observation status, demand an immediate review by the hospital in hopes of being admitted as an inpatient. The hospital decision can be appealed to the Centers for Medicare and Medicaid Services (CMS). 

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The Truth About Hospital Discharge

When a loved one is admitted to the hospital, caregivers' thoughts and efforts usually focus on the person's medical treatment, not what happens when they leave the hospital.

Yet, a smooth transition to the next stage of care is the key to a patient's long-term health and well-being, according to the Family Caregiver Alliance.

Assessing The Patient

Quality hospital discharge planning requires collaboration among patients, caregivers and hospital staff. The process typically begins within the first 24 hours a patient is admitted to the hospital, even if the doctor does not plan to discharge a patient for several days.

The hospital's social worker or care manager overseeing the patient's discharge will meet with patients and their family members to listen to their concerns and discuss discharge options.

"We realize that family members know the patient best, and we need their insight in order to serve the patient better," said Ann Kansier, assistant manager – Care Management at Bryan Health.

"It's best if the family can visit the hospital or makes themselves available in some way throughout the discharge process. We don't mean to interrupt their day; we just want to make sure they're involved in the discharge-planning process."

The patient and their family can help by answering questions about the patient's prior level of function, if they have any current services in their home, whether or not durable medical equipment is in place, if the person has been to rehabilitation previously, and other similar questions.

Outlining Future Care

Throughout the patient's stay, the hospital discharge planner reviews the patient's progress with an interdisciplinary team to help create the best discharge plan for the patient's individual medical situation. If a care manager is advised that a therapist recommends rehab or nursing home placement, they help the patient identify at least three facility preferences. They also work to consider the patient's preferences for discharge, even if the patient's wishes don't fit with the recommendations of the medical team at that point.

Although the discharge planner can provide a list of facility options, Kansier recommends older adults explore and tour rehab, assisted living, and nursing homes in their area before an unexpected hospital visit occurs.

"People who have enjoyed good health may have assumed it will always be that way, but then something happens," she said. "You may not think you would like assisted living facilities or nursing homes, but you might if you went out and looked at a few. Find what you like and don't like, and make a list. Help yourself and your family to be prepared for an unexpected event."

In the event that all of their rehab or nursing home preferences are unavailable, the discharge planner will work with the family to find additional options.

"I've worked with some patients who fear that if they don't have a safe plan, they will be discharged anyway," Kansier said. "That's not true. The patient's safety is of utmost importance to the hospital team. If any patient finds otherwise, we want to know about their concerns."

If a patient is returning home, the discharge planner will work with the patient and family to determine if in-home care and services are needed, what equipment may be required and how to best move the patient from the hospital to the home.

Preparing For Discharge

The day of discharge can be stressful for patients and their families, Kansier said. The physician's decision to discharge may not be made and reach the patient until hours before he or she is expected to leave the hospital. Some patients feel stressed because they thought they would remain at the hospital until their condition was totally resolved to their understanding.

"People are discharged from the hospital when their physician feels they are appropriate for discharge. The patient may not always feel they are totally recovered, but their physician and medical team are trained to help plan timing for discharge," Kansier said. "We work hard to prepare patients and families for discharge from day one. We ask patients to be open to the plan presented by the hospital staff for recovery, even though it might be different from what they originally expected."

If patients believe they're being discharged from a hospital too soon, they should talk to their doctor about their concerns, Kansier said. He or she will help explain the reasoning behind the plan to return home or to another health care setting. If patients continue to believe their discharge is premature, Medicare offers them the right to file an appeal with the local Quality Improvement Organization.

Continued on page 11.

What is the Right Rehabilitation Facility for Me?

Choosing the perfect rehabilitation facility for one's health needs directly influences how soon they can return home to their daily activities following an illness or injury.

It's not a choice to take lightly; rather, one that involves careful consideration and research, according to Marcia Matthies, Nebraska State Stroke Association. She recommends older adults begin their rehabilitation search by requesting recommendations from their doctor.

"Long before the condition occurs — whether it's a stroke, a heart attack, knee replacement, etc. — ask your doctor, 'if I had such-and-such injury or illness, what three rehab facilities would you recommend I consider?'" she said.

In addition to soliciting a doctor's advice, Matthies recommends people complete their own research. Older adults should look for facilities that have extensive experience helping people with their medical condition.

"In most cases, the more experience the staff has, the better the rehab will be for the patient," she said.

Quality rehab facilities will willingly produce data that proves their experience, according to Chris Lee, vice president of rehabilitation at Madonna Rehabilitation Hospital. This information typically includes the number of people they've treated

with a similar condition and how many of them were sent home versus a skilled-nursing or assisted living facility. Facilities that cannot or will not produce data should be avoided, he said.

"Good rehabilitation programs can compare themselves to national benchmarks and say that they were able to match or exceed them," he said. "As complex as our patients are at Madonna, we still return more people to their homes than other facilities. We never hesitate to show our numbers."

While shopping for potential rehab facilities, older adults should inquire about their equipment — how it will be used, how often it will be used and what role it will play in their recovery. For patients with complex conditions, rehabilitation facilities like Madonna may be a better fit due to its focus on research, which has produced advanced rehabilitation technology and equipment that cannot be found anywhere else in Lincoln. Patients requiring less-complicated therapy may not require such elaborate equipment and can choose a facility based on its location or recreational activities.

Matthies said asking facilities about their specialists on staff is a must. A typical rehabilitation has a multidisciplinary staff, which

may include physical therapists, rehabilitation nurses and occupational therapists, speech and language pathologists. The more diverse the staff, the more rounded the care will be, she said.

The National Institute of Health recommends older adults also inquire about the length of their therapy sessions and if the facility provides therapy every day. Facilities that offer treatment seven days a week can help patients return home sooner.

Eldonna Rayburn, Homestead Rehabilitation Center Facility Relations Director, said another sign of a quality rehabilitation center is one that incorporates the family throughout the rehabilitation process.

"The family plays an integral role in the success of their loved one's recovery," she said. "We involve the family from the very beginning. With every admission, our care team sits down with them to discuss the patient's dietary needs, what activities might interest them and their discharge options."

Matthies recommends everyone be proactive and choose their top two or three rehabilitation facility now.

"Get out and tour a facility to find what you like," she said. "Don't wait for a crisis to come before you consider your options." 

The Truth About Hospital Discharge

Continued from page 10.

Hospital staff will help them with this process if desired.

The final piece of the puzzle is the written discharge instructions, which outlines patients' medication

lists, health tasks, any follow-up appointments, and names and contact information for doctors and other health professionals they may need to call. Before leaving, the discharge instructions are clearly

explained to the patient and to their family if they are present.

"If any part of the plan is unclear, the patient should speak up," Kansier said. "The more they know how to care for themselves, the better they'll recover." 

Stay Independent with Aged Medicaid Waiver Program

After suffering from a serious injury or illness, loss of independence may seem inevitable. Thanks to the home- and community-based Aged Medicaid Waiver Program, it doesn't have to be.

This program monthly connects about 600 eligible local older adults who live in the eight counties Aging Partners serves to affordable home- and community-based service options that can help them with activities of daily living. The Aged Medicaid Waiver Program provides case management to eligible Nebraskans through local area agencies on aging throughout Nebraska.

“Ultimately, it helps people avoid nursing homes if that's their desire to do so,” said Sandy Lutz, Medicaid Waiver supervisor. “It's a client-driven service.”

Those 65 and older may be eligible for waiver services if they:

- Are eligible for Medicaid.
- Agree to participate in needs identification and choose to accept support services.
- Have needs that would otherwise require them to live in a nursing home.
- Can be safely serviced at home at a cost not more than Medicaid would pay for nursing home care.

Once interested older adults apply for the program and are deemed eligible, Aging Partners

case workers collaborate with clients to develop an appropriate service plan.

Medicaid Waiver services include:

- **Adult day health care** – Older adults are connected to a local day program that provides social, rehabilitation and health activities for at least four, but no more than 24, hours a day and from one to five days a week.
- **Assistive technology and supports** – Aging Partners make referrals to this program and helps clients identify and obtain the equipment they need to remain living in community.
- **Home care/chore** – Aging Partners authorizes qualified persons to visit the client's home to assist with bathing, dressing, toileting and other activities required to maintain the client in a healthy, safe environment.
- **Home-delivered meals** – This service provides meals prepared outside clients' residence and delivers them to their residence.
- **Home modifications** – This service helps people pay for physical home adaptations that enable the client to function at home with greater independence. Home modifications can include grab bar installation, widened doorways and bathroom facilities modification. A referral to Assistive Technology Partnership is made, and they will complete an assessment for appropriate home modifications.
- **Nutrition services** – Authorized registered dietitians visit clients in the home to intervene, plan and improve their nutritional care. This service involves assessment, education and/or counseling and follow-up.
- **Personal emergency response systems (Lifeline)** – Medicaid Waiver can help pay for a telephone assistance program, which provides adults immediate access to emergency help at any time through communication connection systems.
- **Respite care** – This service provides temporary care for the client to relieve the in-home caregivers of their responsibilities. The amount of approved respite care varies by client circumstances and is determined during an evaluation with a services coordinator.
- **Transportation** – Aging Partners authorizes non-medical transportation to and from community resources identified as directly contributing to the client's ability to remain at home.
- **Assisted living service** – For those who wish to leave the home, Medicaid Waiver can help pay for the cost of an assisted living facility.

In order to create the perfect service plan, Lutz asks potential clients not to underexaggerate their needs and overexaggerate their abilities during the service assessment because this could

disqualify them from services they need.

“Some people don’t want to say they need help because they’re scared our job is to put them in a nursing home, but that’s not the case,” Lutz said. “We don’t have that power.”

Services are only included in a client’s plan if he or she chooses to accept them.

“We meet with clients and explain their different options,” said Amy Hemje, Medicaid Waiver supervisor. “It helps if clients have a clear idea of what they want as much as possible and are willing to accept

the services. The person must agree before we put it in place.”

Some service plans may involve one service, while others may involve several. In some cases, clients may start small and add services as they become used to accepting help. Clients’ plans are evaluated monthly to ensure their success.

“We may add or discontinue services — whatever the client needs to continue maintaining their independence,” Lutz said.

For questions about the Aged Medicaid Waiver Program, to apply or to refer someone, call

“Some people don’t want to say they need help because they’re scared our job is to put them in a nursing home, but that’s not the case. We don’t have that power.”

– Sandy Lutz

402-441-7070. To apply for Medicaid, contact your local Health & Human Service Office. 

This publication was supported in part by Grant No. 1-470491233-D8 under a subgrant from the Administration on Aging and the Nebraska Department of Health and Human Services.

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Health Benefits and Culinary Uses of Nuts

Tree nuts are plant-based proteins containing fiber and a combination of vitamins, minerals and antioxidants for each variety. They also are rich in plant sterols and fat, particularly the heart-healthy monounsaturated and polyunsaturated kinds.

The U.S. Food and Drug Administration approved a qualified health claim that states eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. These nuts include almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachios and walnuts, which contain less than 4 grams of saturated fat for a 50-gram (about 1.5 ounce) serving.

Nuts share a combination of fiber, protein and fat that provides satiety to meals and snacks. Although nuts are healthy, they are calorie dense, ranging from 160 to 200 calories per ounce. To get their health benefits without breaking the calorie bank, it's best to substitute them for other foods in your diet, particularly those high in saturated fat.

What makes each nut special is its unique package of nutrients, taste and texture. Here's a taste — in a nutshell.

- **Cashews.** Approximately 18 nuts per 1 oz. serving, are an excellent source of copper and magnesium. They have a soft consistency with delicate, sweet flavor. They're commonly eaten as a snack, raw or roasted, and used in Asian recipes and to make a rich, creamy nut butter or vegan cheese.
- **Brazil nuts.** Approximately 6 nuts per 1 oz. serving, grow wild on trees in Amazon rain forests. In addition to polyunsaturated and monounsaturated fats, they contain more than 100 percent of a person's daily antioxidant selenium value. Their rich, creamy texture lends well to snacking, raw or roasted, and confections.
- **Hazelnuts.** Approximately 21 nuts per 1 oz. serving, also are known as filberts. They are rich in monounsaturated fats and an excellent source of vitamin E, copper and manganese. They are available in-shell, whole, diced, sliced and as a meal for gluten-free baking. It pairs well with savory, citrus and sweet flavors — particularly chocolate — and is commonly used in confections.
- **Walnuts.** Approximately 14 halves per 1 oz. serving, are an important part of a Mediterranean diet. They are rich in antioxidants and excellent source of alpha-linolenic acid (ALA), the plant-based form of omega-3. Grooves of the nut hold onto flavors well and are delicious when seasoned sweet or hot. Walnut oil can be used in dressings and sautés.
- **Pistachios.** Approximately 49 nuts per 1 oz. serving, are native to the Middle East, home of favorites like baklava and ma'amoul, a shortbread pastry. They contain antioxidants, including lutein and zeaxanthin. Eating in-shell helps slow consumption. Their bright green color makes for great additions to salads, grain dishes and as a coating for meats.
- **Pecans.** Approximately 19 halves per 1 oz. serving, are rich in antioxidants and heart-healthy monounsaturated fats. Their sweet, mellow flavor and meaty texture lend well to a variety of dishes including salads, fish coating and sweets, such as pralines and pies.
- **Pine nuts.** Approximately 167 nuts per 1 oz. serving, are a soft nut found inside cones of several varieties of pine trees. They are a good source of vitamin E and phosphorus and are a standard ingredient in Italian cuisine, particularly pesto. Their light, delicate flavor also lends well to pastas, salads, sautés, breads and other baked goods.
- **Macadamias.** Approximately 10-12 nuts per 1 oz. serving, are native to Australia's subtropical rain forests. This nut is high in fat, yet 17 of the 22 fat grams are monounsaturated. They are an excellent source of manganese. Their unique, rich, buttery taste and smooth texture make them suitable to eat as a snack raw or roasted. They are often baked into cookies and coated with chocolate.
- **Almonds.** Approximately 23 nuts per 1 oz. serving, are an excellent source of vitamin E and magnesium as well as calcium and folate. It is a versatile ingredient that can be used whole, sliced, blanched to remove skins and as flour, paste or butter. California provides 80 percent of the world's



supply, but almonds are enjoyed in savory and sweet dishes globally.

What's in a Heart-Healthy Nut?

Besides being packed with protein, most nuts contain at least some of these heart-healthy substances:

- **Unsaturated fats.** It's not entirely clear why, but it's thought that the "good" fats in nuts—both monounsaturated and polyunsaturated fats—lower bad cholesterol levels.
- **Omega-3 fatty acids.** Many nuts also are rich in omega-3 fatty acids. Omega-3s are a healthy form of fatty acids that seem to help your heart by, among other things, preventing dangerous heart rhythms that can lead to heart attacks. Omega-3 fatty acids also are found in many kinds of fish, but nuts are one of the best plant-based sources of omega-3 fatty acids.
- **Fiber.** All nuts contain fiber, which helps lower your cholesterol. Fiber makes you

feel full, so you eat less and is thought to play a role in preventing diabetes.

- **Vitamin E.** Vitamin E may help stop plaque development in the arteries, which can narrow them.
- **Plant sterols.** Some nuts contain plant sterols, a substance that can help lower your cholesterol. Plant sterols often are added to products like margarine and orange juice for additional health benefits, but sterols occur naturally in nuts.
- **L-arginine.** Nuts also are a source of l-arginine, which is a substance that may help improve the health of your artery walls by making them more flexible and less prone to blood clots that can block blood flow.

Fun Facts About Nuts

Cashews are not the enemy, but their shells are. Wondering why you can't find a cashew sleeping inside its shell like you can other nuts? It's because that shell can



actually hurt you. Cashews are in the same plant family as poison ivy and poison sumac and their itchy oil is contained almost entirely in the shell of the nut. That's why you find cashews sold out of the shell.

You can use walnuts as a gluten-free base for anything that needs a crust—think healthy pies and tarts.

Peanuts aren't nuts. They're actually legumes and are grown underground.

Pistachios are nicknamed the laughing nut. They split naturally when they are fully ripe and have earned the nickname laughing nut because they appear to smile before you crack them open. 

Walnut Balls in Apricot Sauce*

- 12 oz. organic bread crumbs
- 5 3/4 oz. chopped walnuts, almonds or any other nut
- 1 tsp. salt
- 2 1/4 oz. chopped fresh yellow onion
- 2 tsp. ground sage
- 1 1/4 tsp. ground oregano
- 2 2/3 oz. shredded cheddar cheese
- 1/2 oz. chopped fresh garlic
- 3 1/4 tbsp. chopped parsley
- 2 eggs
- Apricot barbecue sauce, recipe at right

Mix all ingredients in a mixer at low speed. Form into balls about the size of a ping-pong ball. Bake at 350 degrees until golden brown, 15-20 minutes. Or they can be pan fried.

**Adapted from Loma Linda University's recipe Vegan Walnut Balls and Apricot Sauce*

Apricot Barbecue Sauce

Make homemade apricot barbecue sauce by mixing together:

- 1 tbsp. olive oil
- 1/2 cup minced onion
- 1 tbsp. minced ginger
- 1 cup apricot preserves
- 1/2 cup BBQ sauce (prepared)
- 1/4 cup fresh lime juice
- 1/2 tsp. red pepper flakes

NAND Honors Ritter-Gooder with Award

For her outstanding credentials and practice, Aging Partners Dietitian and Nutritionist Consultant Dr. Paula Ritter-Gooder received the Nebraska Academy of Nutrition and Dietetics Outstanding Dietitian Award at the organization's annual meeting April 10 in Omaha.

The award, given annually, recognizes a Nebraska dietitian who has continued his or her career development, is involved in policy and advocacy, actively participates in research, volunteers regularly and demonstrates leadership.

"I was honored to receive the award because it was a peer-nominated award granted by my colleagues," Ritter-Gooder said. "It was a confirmation of my passion for promoting nutrition and health in our state and nation."

She received her doctorate from the University of Nebraska-Lincoln in 2009. She is a registered dietitian nutritionist, certified specialist in gerontological

nutrition, licensed medication nutrition therapist and a fellow of the Academy of Nutrition and Dietetics. At the Academy's national level, she chaired an evidence analysis project on the role of dietary fatty acids in health promotion. She is current chair of the Nutrition Care Process and Standardized Language Committee charged with advancing standard terminology for nutrition care.

Among Ritter-Gooder's many notable accomplishments are numerous research publications on food safety, Omega-3 fatty acids, leadership development and nutrition terminology. She also is involved in various volunteer activities at the state level including board member of Medical Nutrition Therapy for the Nebraska Department of Health and Human Services.

In the 15 years she has worked part time at Aging Partners, her role hasn't changed much. One of her primary responsibilities has been ensuring senior center meals follow U.S. Dietary Guidelines and provide at least one-third of the Dietary Reference Intake for nutrients.

Another of Ritter-Gooder's responsibilities at Aging Partners is providing nutrition care to older adults within the eight-county area who screen at risk for poor nutrition. Those clients who score six or higher on an 11-question, yes-or-no survey are automatically referred to her.

"The next course of action may be a phone call to check in on the individual or an in-home or clinic



From left, Jessie Coffey, Nebraska Academy of Nutrition and Dietetics president, presents Dr. Paula Ritter-Gooder, Aging Partners Dietitian and Nutritionist consultant, with the NAND Outstanding Dietitian Award at the organization's annual meeting April 10 in Omaha.

visit to provide nutrition care—it depends on the situation," she said. "I use my education and experience to hone in on what someone's nutritional challenges might be and execute an intervention treatment that will produce a positive outcome for the client."

Denise Boyd, Areawide Programs & Nutrition division administrator and Aging Partners registered dietitian, admires Ritter-Gooder's organizational skills and extensive knowledge. As the former NAND award chair, she feels no one else is more deserving of the award than her colleague.

"We are fortunate to have someone at Aging Partners who is this talented and has experience working in rural areas," Boyd said. **LW**

“ I use my education and experience to hone in on what someone's nutritional challenges might be and execute an intervention treatment that will produce a positive outcome for the client.”

– Paula Ritter-Gooder

Boyd Brings Nutrition Education to Refugees

Denise Boyd, Areawide Programs & Nutrition division administrator and Aging Partners registered dietitian, broadened the nutritional horizons of local refugees this spring by leading education presentations at the Asian Community and Cultural Center.

With the help of interpreters, Boyd taught Karen refugees from Burma about high blood pressure March 4 and Sudanese refugees about basic nutrition facts label reading April 12.

She is one of four Aging Partners Nutrition staff members who travel into the community as

needed to present 30- to 60-minute programs on topics including portion sizes, living with diabetes and eating healthy on a budget. On average, staff members conduct four presentations monthly.

While presenting to the refugees, Boyd learned that they are anxious to learn what healthy foods they should purchase at an American grocery store. Weeks later, she followed up with the refugees by accompanying them on a store visit.

“I showed them what to buy and how to prepare it,” she said.

Aging Partners nutrition education programs are presented

at churches, senior centers, social groups and wherever needed. Although the presentations are free for older adults, Aging Partners gladly accepts contributions.

To schedule an Aging Partners’ nutritional program, call 402-441-7159. For more information about program topics offered this semester, visit lincoln.ne.gov/city/mayor/aging/pdf/NutritionEd.pdf. 

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Celebrating 40 Years of Aging Partners Senior Centers

In 1974, Aging Partners, an area agency on aging, opened the doors to the first senior centers in Lincoln, Nebraska. This September, in conjunction with National Senior Center Month, Aging Partners will celebrate with events highlighting these wonderful senior centers and the fun participants have experienced.

The Fine Art of Experience 2014 "Older Nebraskans Art Show"

The public reception for the "Older Nebraskans Art Show," will occur Sept. 5 from 5 to 7 p.m. at the Milestone Gallery in Aging Partners' Downtown Senior Center. The artwork will be displayed until Oct. 3. Featured will be the works of artists 60 and older whose task was to complete portraits of other artists from a variety of artistic endeavors who are also over 60. Don't miss an opportunity to see specially completed works in a variety of mediums, of artists, by artists. For more details, call 402-441-7158.

"1970s Tailgate Memories"

The 1970s was an important decade for our senior centers. Help us celebrate by attending the "1970s Tailgate Memories" fundraising, Big Red tailgate party and dance held from 7 to 11 p.m. Sept. 19 at Pla Mor Ballroom, 6600 W. O St. The event features musical guests Johnny Ray Gomez and Jimmy Mack, refreshments, raffles, a silent auction and a few surprises. If you're daring, wear those 1970s fashions hiding in the back of your closet. Tickets are \$10 for

individuals and \$18 for couples if purchased in advance. Individual tickets purchased at the door are \$15. Tickets are available for purchase at sponsor locations and Aging Partners, 1005 O St.



Aging Partners Senior Centers.

Brain Matters: A Brain Health Fair

We all want to maintain our mental capacities as we age. Much has been learned in recent years regarding the "care and feeding" of our body's most vital organ. This in-depth, one-day seminar will investigate what environmental and genetic factors impact the brain and cognition as we age. We'll examine how health factors such as stress, hypertension and diabetes contribute to brain aging and cognitive decline. In addition to an impressive lineup of presenters who will shed light on these and other

related areas, there will be a "Drop In" Vendor Fair that will give you additional opportunities to talk with people working in fields that challenge and sharpen mental function. Don't miss this free event; it's a "No Brainer!"

Featured Speakers: Dr. Ally Dering-Anderson, Pharm.D, RP; Don McKenna, Meditation & Relaxation Instructor

Date: Wed., Sept. 24

Time: 8 to 11:30 a.m.

Location: Marcus Edgewood Cinema, 56th & Highway 2

Cost/Registration: This event is free and open to the public, but registration is required by calling Aging Partners at 402-441-6156.

"Lincoln in the Disco Decade!" Senior Center Month History Lunch Featuring Jon Roth & Mary Jane Nielsen

Help Aging Partners Senior Centers' celebrate its 40th anniversary with a special Lincoln history luncheon Sept. 25 at the Lincoln Firefighters Reception Hall. The program, led by Jon Roth and Mary Jane Nielsen, features a look back at Lincoln in the 1970s. Those who are lifelong Lincolnites will enjoy the stories and images that made the 1970s a most influential and exciting decade. The program begins at 10:30 a.m. and lunch follows at 11:30 a.m. There is a \$4 suggested lunch contribution for ages 60 and older. The fee for those under 60 is \$8. A \$4 transportation contribution is suggested for those 60 and older. Register at your senior center or call 402-441-7158. 

Sponsored by Aging Partners in partnership with the Oscher Lifelong Learning Institute (OLLI)

Celebrate National Falls Prevention Awareness Day

Aging Partners will team up with other organizations and communities throughout the state Sept. 23 to promote the seventh annual National Falls Prevention Awareness Day.

This year's theme, Strong Today, Falls Free Tomorrow, unites older adults, caregivers, family members and community to help increase public awareness about how to prevent and reduce falls among older adults.

Know The Facts

Nothing threatens an older adult's safety and independence or generates enormous economic and personal costs like falls. Most fatal and nonfatal injuries among older Americans are caused by falls, according to the Centers for Disease Control and Prevention. An older adult dies from a fall every 29 minutes. Every 15 seconds, an older adult visits an emergency room for a fall-related injury.

In Nebraska, fall-related injuries kill about 130 older adults 65 and older, cause 8,200 emergency room visits and 3,200 hospitalizations each year, according to the Nebraska Department of Health and Human Services. In most cases, the injuries sustained are hip fractures. More than half of these injuries occurred at home.

Fall Prevention

Contrary to popular belief, falling is not an inevitable result of aging, reports the National Council on Aging. Through practical lifestyle adjustments, evidence-based interventions and community partnerships, fall numbers will decrease among older adults.

To help reduce fall risk, adhere to the following tips provided by the NCOA:

- **Find a good balance and exercise program** – Look to build balance, strength and flexibility. Contact Aging Partners for referrals or try Aging Partners' Health & Fitness Center at 233 S. 10th St. Bring a friend or loved one to the program or gym.
- **Talk to a health care provider** – Ask for a fall risk assessment and share falls history.
- **Regularly review medication with a doctor or pharmacist** – Ensure side effects aren't increasing fall risk. Take medications only as prescribed.
- **Have vision and hearing checked annually and updated eyeglasses** – Good eyesight and hearing ability are key to staying on the feet.
- **Keep the home safe** – Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas.
- **Talk to family members** – Enlist their support in taking simple steps to stay safe. Falls are not just an older adults' issue.

To learn more about National Falls Prevention Awareness Day, visit ncoa.org/FallsPrevention.

Aging Partners offers two evidence-based fall prevention programs: Stepping On – Building Confidence and Reducing Falls and Tai Chi for Balance and Fall Prevention. For more information about these programs, call 402-441-7575. 

Debunking Fall Myths

Myth: Falling happens to other people, not me.

Fact: One in 3 older adults—about 12 million—fall every year in the United States.

Myth: As long as I remain at home, I can avoid falling.

Fact: More than half of all falls occur at home.

Myth: If I limit my activity, I won't fall.

Fact: Performing physical activities helps you maintain independence because your strength and range of motion benefit from remaining active.

Myth: Using a walker or cane increases dependence.

Fact: Walking aids help older adults maintain and improve mobility. Have a physical therapist fit the walker/cane to you and instruct you in its safe use.

Myth: Taking medication doesn't increase fall risk.

Fact: Medications affect everyone differently, and they may sometimes make you dizzy or sleepy.



Seniors Aid UNL Students with Final Project

This April, University of Nebraska-Lincoln journalism students collaborated with Aging Partners to create three- to five-minute multimedia videos highlighting the lives of five local older adults.

Each of the Advanced Photojournalism class's five students shadowed their sources to photograph and acquire video during their daily activities such as cooking, grocery shopping, going to church and enjoying time with their grandchildren. Students spent at least five hours a week with their sources during this monthlong final project.

Although the students could have shadowed any group of people, they chose to focus on older adults, said Bruce Thornson, associate professor at the UNL College of Journalism and Mass Communications.

"I hope the students will gain a better insight about some of the situations and issues elderly people face," he said at the beginning of the students' project.

Through this project, Junior Andrew Barry, who interviewed Eastmont Towers resident Dika Eckersley, not only strengthened his knowledge of the technical photojournalism techniques, but also the human aspect of his future profession.

"Photojournalism is a process that's centered around connecting with people," he said. "It's not for your benefit as a photojournalist, but for the readers so they can connect with the people on the same level that you did. This project drove the point across that I don't just need to be there as a professional, but also as a person."

For freshman Jake Crandall, the project was more than just a learning experience—it was the beginning of a friendship with his source, Mozette Tancil.

"I think the project helped Mozette, but it also helped me," he said. "As a college student at the end of the semester, it was nice coming over to her house and spending a couple of hours with her. Laughing with her was a good stress reliever. I'd forget everything else about my day when I was with her."

Tancil now considers Crandall like one of her own children.

"He was company for me, and that was nice," she said. "He's a good boy."

Eckersley was proud to be a part of the project because it was an opportunity for older adults like herself to impart their wisdom to the younger generation.



Jake Crandall, freshman UNL photojournalism student, enjoys spending time with his source, Mozette Tancil.



Andrew Barry, junior UNL photojournalism student, photographs the source for his final project, Dika Eckersley.

"We live in an agist society here in America," she said. "Other cultures seem to have a different attitude toward old age because the children spend time with their parents and grandparents. It's good for people to talk to somebody older so they realize we're not much different from them."

Students and sources enjoyed the project and would do it again if given the opportunity.

"There were so many fascinating stories that came from the project," Barry said. "Everyone seemed to learn something in the process, even our sources. That's the biggest takeaway." LW

Native American Media is in His Blood

By Zoe Olson

In 1976, six Native American public television producers met in Arizona to charter the Native American Public Broadcasting Consortium (NAPBC). Frank Blythe became NAPBC's first Executive Director in 1977. Today, NAPBC is Vision Maker Media, and Blythe remains active in the Native American community in his retirement.

How did a child from the Eastern Band of Cherokee, born in Minnesota and raised in Arizona, make Nebraska his home? It was all made possible by a love of broadcasting, a shared vision of the need for native media programming, and the collaborations of talented and forward-thinking individuals.

Blythe's parents were employed by the Bureau of Indian Affairs and worked with boarding schools across the country. They were transferred from Minnesota to northern Arizona when he was 6 years old, and then later to Phoenix.

He worked in radio during college and graduated in four years from Arizona State University with a degree in broadcasting, all the while dreaming of starting his own radio station.

"It was the goal of a lot of guys at the time and was easier then," he said. "Now, large media



Courtesy photo

corporate conglomerates own all the media companies."

Blythe and his wife, Bernie, were married during his senior year at ASU. He worked at a Phoenix radio station following graduation and then accepted a job in Omaha.

"That's how I got to Nebraska the first time," he said.

His on-air personality in Omaha was Frank Lee the Cherokee Chief.

During the seven years Blythe was in Omaha, a former mentor from ASU had built a solid public television station and was recruiting alumni for positions

there. He and Bernie wanted to move back to the Southwest, so when Blythe was offered a position, the family returned to Phoenix.

Channel 8, the Phoenix public television station, started producing a Native American art series, "Indian Artists." Blythe became involved in the production, and discussions developed about producing more Native American programming; specifically, how could they help television stations produce it, and how many would like to have it.

Continued on page 22.

Continued from page 21.

“Most of the stations west of the Mississippi were all for it because that’s where most of the Native American populations were,” he said. “They were almost non-existent in the East. Native people live there, but they are almost invisible because they don’t have the visible reservations like they do in here in Nebraska, South Dakota and all the reservations out west.”

The idea evolved into a conversation with stations that employed Native Americans. The station manager at Channel 8 wrote a grant with the Corporation for Public Broadcasting to hold conferences to develop the concept of producing more Native American programming by Native Americans working in broadcasting.

“At the time there were only about six other Native Americans working in public broadcasting, and there probably aren’t many more today,” he said.

About 30 public television station managers got together and suggested the six form a charter committee to develop the vision that

would work for public television to move the concept forward.

“I don’t know what the station managers did, but they locked the six of us in a room, almost, and told us, ‘Don’t come out until you have a mission,’” he said. “We talked, got acquainted and finally worked out the mission. Interestingly, my successor at Native American NET is Shirley Sneve. Her mother worked at the South Dakota public television station, was one of the founding members and was on the original committee.”

The discussions ranged from creating the largest Native American production company to developing a Native American television station and Native American channel. Eventually the committee settled on a mission. The stations committed \$500 each to fund follow-up meetings to create a charter, bylaws and supporting documents needed to seek funding from CPB and other funding foundations.

A smaller organizing charter committee of the six Native American broadcasters and five station managers was formed. Nebraska Education Television offered to host meetings for the fledgling organization in a central location. Eventually, the organization incorporated under the laws of Nebraska as the Native American Public Broadcasting Consortium. It would take another few years to obtain the needed funding to open the doors. In 1977, NAPBC opened its office at the Nebraska Educational Telecommunications Center at the University of Nebraska–Lincoln.

“Jack McBride and Ron Hull were real supporters of our efforts,” he said. “We thought Nebraska would be our initial home location. We intended to seek other office space as we were,



Frank Blythe accepts the first check from the President of the Corporation for Public Broadcasting for the Native American Public Broadcasting Consortium, June 1977 in Washington D.C. Courtesy photo



Frank Blythe poses for a publicity photo as an on-air radio personality in Omaha, NE. Courtesy photo

and are, a separate entity from NET. NET is a supporting sponsor; however, the relationship with NET solidified over the years, and it would have cost more to move. So, 37 years later, we're still here."

The next step for NAPBC was to advertise for an executive director. Blythe wasn't sure he actually wanted to apply for the job. He had, during his previous work in Omaha, become a diehard Husker fan, and that was hardly the sole reason to apply. However, apply he did. He was offered the position, and the family returned to Nebraska.

"The first five to eight years, we struggled to keep the funds coming in from CPB until we got established and created a name for ourselves within the system," he said. "It's a complicated system to understand and work within. As a nonprofit, it's difficult to get enough funding just to operate and keep the doors open.

"Then you need to get money for distribution and marketing, and then you need to find ways to help programmers, producers and filmmakers — you're really all competing for the same dollars. We went through growing pains in the 1980s, and eventually, CPB built us into their budget with annual fund of money to re-grant.

"It's all seed money. It was then, and it is now. The production costs are astronomical and there's no way to totally fund a \$100,000 or \$200,000 project. And then it was important to bring up the quality of productions to broadcast standards. Many of the producers and filmmakers didn't have experience with broadcast quality.

"Many of the filmmakers were their own writers, directors,

producers and editors, so you had uneven quality all the time. It was difficult but important to convince them to build a team around them in order to improve the quality of the productions. Now, with digital technology, we've almost returned to that time when filmmakers try to do it all themselves. Quality bubbles to the top."

The first major production picked up by NAPBC was the "Indian Artist" series that had been produced by Channel 8 in Arizona.

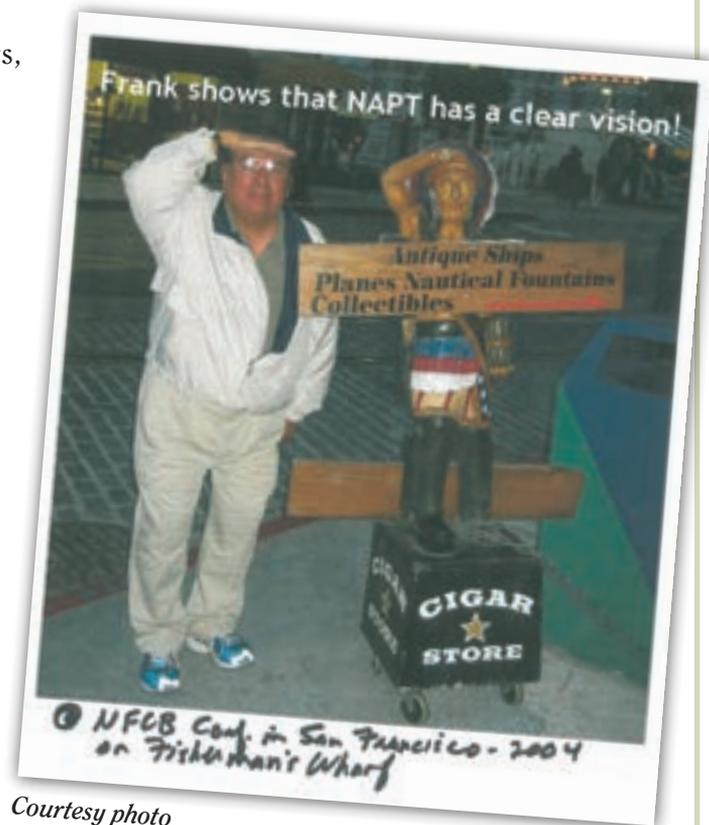
"They ran out of money," Blythe said. "Money to produce series is always difficult to come up with."

There were three artists left to finish the series, which NAPBC wanted to do using Native American personnel. Partnering with NET, the series was completed.

One of the three artists was Jaune Quick-to-See Smith, a Native American contemporary artist who recently presented at the Sheldon Museum of Art in Lincoln. Her work is held in the collections of the National Museum of Women in the Arts, the Smithsonian American Art Museum, the Whitney Museum of American Art and the Museum of Modern Art in New York City.

The series helped establish NAPBC with PBS and mentor new filmmakers.

Another notable production was in partnership with NET for the "American Experience" program



Courtesy photo

on the story of the history of Indian boarding schools entitled "In the White Man's Image." The collaboration was unique because "American Experience" had previously only worked with independent filmmakers. Since NAPBC was only housed at NET and did not and has never received any state funds, they co-collaborated with NET on the production. "In the White Man's Image" was a Peabody Award winner.

"It was a nice feather in our cap starting out," Blythe said.

NAPBC collaborated with a Pacific Rim consortium on an international production about stories of indigenous populations in that area. The similarities of colonization, forced assimilation, racial barriers, origin stories and spirituality were striking in all the stories in that series.

"Seasoned with Spirit," a five-part series on traditional Native foods and cultures on PBS, and "Native Americans in the 21st Century" are more programs of note for NAPBC.

Continued on page 24.

Continued from page 23.

“On the other side of the coin, in the early 1990s, we collaborated with Native American radio stations and built the American Indian Radio On Satellite Network when satellite radio was the technology of the time,” Blythe said. “The public satellite radio service offered a channel in-kind for us to program for about 25 radio stations across the country. Based out of Albuquerque, New Mexico, we created the first Native American talk show in 1994, and it’s still on the air today.”

Retired for a few years now, Blythe enjoys spending time with his wife, three children, six grandchildren and one great-grandson.

He serves as president of the board of directors for the Center for People in Need and the Family Services Association in Lincoln. He also has served on the board of directors for the Indian Center and the Ross Media Center. Blythe has been honored for both his professional and volunteer work with a key to the city from Mayor Coleen Seng in 2006 and two



Frank Blythe and golf partner Leta Powell-Drake enjoy golf practice. Photo by Zoe Olson.

Admiralty appointments to the Nebraska Navy.

He can also be found at least twice a week on the Highlands Golf course playing in two leagues.

“It was an exhilarating time when we pioneered Native media in public broadcasting over 30 years ago, and it’s just as exciting today as we see

unlimited opportunities for Native voices and faces to be heard and seen worldwide almost instantly,” he said.

He offers the following advice to younger generations:

“Find your passion and see if you have the talent to do it. Don’t give up unless you try, because you’ll never know what could be unless you try. You’ll enjoy what you do as long as you have passion. Passion gives you ambition.” 



Join the Fun with Streets Alive!

Aging Partners has participated in Lincoln's Streets Alive! celebration since its inception in 2011. Join in on the fun and visit our booth during the fourth annual health and wellness event from 1 to 5 p.m. Sunday, Sept. 14.

The Streets Alive! route is closed to vehicular traffic so people of all ages can safely bike, walk, wheel, run, skate or skateboard. Participants can enter at any location along the route. Activities will include entertainment, informational exhibits, the Everett Neighborhood Festival and VegFest presented by Community CROPS at "F" Street Neighborhood Church.

Streets Alive! is produced by Partnership for a Healthy Lincoln in collaboration with the Near South and Everett neighborhood associations and many community sponsors, partners and volunteers.

Streets Alive! originated in Bogota, Colombia, in 1976. The tradition has spread worldwide and is now celebrated throughout the globe, including Australia, South Africa, New Zealand, Peru, Ecuador, Mexico, Canada, Brazil, Argentina and United States.

For more information, visit healthylincoln.org/streetsalive. 

Aging Partners Thanks Seniors Foundation for Lincoln Cares Match

This past year, every dollar Aging Partners received through the Lincoln Cares program made a greater impact thanks to the Seniors Foundation of Lincoln & Lancaster County, which matched the funding.

Aging Partners used Lincoln Cares donations and \$5,300 match to purchase a seated elliptical trainer for its Health and Fitness Center at 233 S. 10th St. Unlike a traditional elliptical trainer requiring use of both the arms and feet, the seated trainer accommodates the balance-challenged individual.

The remaining funds were used to purchase supportive equipment for Aging Partners' yoga program.

"The Lincoln Cares donations and Seniors Foundation match is significant to a program that depends on specialized fitness equipment suited to older adults," said June Pederson, director, Aging Partners.

This isn't the first time the Seniors Foundation has helped enhance Aging Partners Health and Fitness Center. In 2005, the organization contributed \$20,000 toward the purchase of a four-seat weight machine specifically designed to be ergonomically friendly for older adults. Pederson said older adults use this equipment multiple times a day and will continue to do so for years to come.

Seniors Foundation is proud to support Aging Partners.



Health & Fitness Center participant Rachel Trevizo uses the new seated elliptical trainer, purchased through the Lincoln Cares donations and the Seniors Foundation match.

"Our primary purpose is to support Aging Partners in any way that we are able, which, in turn, directly benefits the seniors in our community," said Mary Ann Stallings, Seniors Foundation president. 



Home Handyman Corner

By Dan King, Environmental Health Specialist/Lincoln-Lancaster County Health Department

Properly Dispose of Waste

Lawn and garden chemicals, automotive products, cleaning chemicals and home improvement products are a sampling of the many everyday chemicals that can be dangerous if misused.

The Lincoln-Lancaster County Health Department recommends using the Hazard-Free Home Handbook to learn how to use, recycle and dispose of excess household products, and suggests less-hazardous alternatives. View this handbook online at www.lincoln.ne.gov/city/health/envIRON/pollu/waste/pdf/2011-2012-HandbookFinal.pdf.

Call Aging Partners Home Handyman Program

to schedule a free “Safe Homes for Seniors” home assessment.

The following items are accepted at household hazardous waste collections:

Lawn and garden

- Rodent poisons
- Chlordane
- Lighter fluid
- Torch fuel
- Weed killer
- Diazanone
- PCP
- Small propane cylinders (for camping)
- Pool chemicals
- Dursban/lorsban
- 2,4,5-T
- Pesticides
- Flea/tick products
- Insect sprays

Automotive

- Brake fluid
- Transmission fluid
- Grease removers
- Upholstery cleaners
- Mixed gasoline
- Power steering fluid
- Old gasoline

Home improvement

- Adhesives
- Turpentine
- Furniture stripper
- Wood preservatives
- Oil-based paints
- Stains, oil-based
- Paint thinner

Household

- Bleach cleaners
- Spot removers
- Glues
- Compact bulbs (CFLs)
- Small capacitors
- Mercury thermometers and thermostats

- Drain/oven cleaners
- Mothballs
- Fluorescent tubes
- Solvent-based polishes

Do Not Bring:

- Latex paint
- Ammunition
- Explosives
- Asbestos
- Batteries
- Antifreeze
- Fertilizers
- Fire extinguishers
- Household trash
- Used oil
- Medicine/Pharmaceuticals
- Large propane/cylinders for gas grills
- Electronics and computers
- Tires 

Tackle Fall Tasks Early

By Mary Carol Bond, Home Handyman Specialist

August and September are great months to get outdoor, home tune-up projects accomplished. Fall can be a hectic time with yard work from leaves and debris piling up, so tackle other typical fall tasks early. Late summer temperatures are ideal for weather-proofing, caulking and glazing tasks that require warmer temperatures for effective curing and drying.

Completing a few simple tasks can prevent them from becoming big problems and save you hundreds of dollars in heating and cooling bills. Perform a quick check of your property using the list below or call the Handyman Program at 402-441-7030 to schedule assistance with a home assessment.

- Check the operation of doors and windows, including garage doors and windows. Ensure they open and close easily and fit snugly in the frame.
- Check weather stripping around doors. When it's dark, use a flashlight on the opposite side of the door to check for gaps. Add or replace as necessary.
- Check the frames for evidence of rot — this is a good time for those repairs with either an epoxy-based system or a complete replacement.
- Check for new cracks/crevices or loose/cracked caulking and replace it — don't cover old caulking.
- Check for cracked windows (if so, replace pane) or missing glazing.

- Check the condition of window well covers and replace as necessary.
- If you did not have your gutters cleaned in spring, do so before fall so that heavy rains, which are common this time of year, can be properly drained away from your foundation and avoid possible roof damage.
- Purchase furnace filters before the colder temperatures arrive.
- Wash out and disinfect trash cans.

Call 402-441-7030 to schedule a Handyman to help with these tasks. 



Dave Behrends



Joyce Behrends

Meet the Home Handyman and Lifeline Staff

M meet the Aging Partners Home Handyman and Lifeline Staff, who provide professional, prompt, local and reliable service!

Home Handyman Program:

Mary Carol Bond: A native of Chicago and an avid sports fan, Bond joined Handyman at the start of 2013 after 12 years with the Lincoln Police Department Service Desk. Having dispatched officers to problems, she now dispatches handypeople to the needs of Lincoln's older adults. She enjoys researching maintenance and repair tasks.

Bond also is the dispatcher for Lancaster County Public Rural Transit, providing information to riders, scheduling rides and completing other office responsibilities (a great, economical way to travel between Lincoln and the rural areas of Lancaster County).

Linda Stevenson: Stevenson is our indispensable support staff, answering phones most mornings for both Home Handyman and Rural Transit. She's happy to discuss work requests and find the right handyperson for the job, or schedule riders for public rural transit. She comes to Handyman after two years of working with Aging Partners Health and Fitness, for which she continues to facilitate programs. Being a new homeowner herself, she finds this job educational.

Aging Partners Lifeline Program:

When you, a friend or family member need a Medical Alert System, contact Aging Partners Lifeline at 402-441-8816 for prompt, professional, local service providing FDA-approved equipment and accessories.

Karen Gulbranson: Having more than 17 years of experience with the Home Handyman and Lifeline programs, Karen currently coordinates the Lifeline program. Answering inquiries, completing intakes, scheduling installs, performing maintenance and equipment upgrades, Gulbranson ensures Lifeline subscribers receive fast and reliable local service.

Suzanne Frasier: As a former, longtime phone company employee, Frasier joined the Lifeline



From left, Mary Carol Bond, Linda Stevenson, Karen Gulbranson, Tom Robinson and Suzanne Frasier.

team in July 2012, where she puts her many years of experience to work. Her outgoing, vivacious personality endears her to callers; her audiences as she does presentations; and her one-on-one subscriber contacts. Frasier is a great support and asset to the Lifeline program.

Tom Robinson: Following Robinson's inquiry call for the need of volunteers, he joined the Lifeline work group in January 2012. Retired from the durable medical equipment field and previous experience with Emergency Response Systems (ERS), he contributes many hours installing and maintaining Lifeline equipment. Robinson is intelligent, highly motivated and reliable. His love of family and people and his desire to give back to the community make him an exceptional and distinctive contributor to the Lifeline work team. Robinson enjoys playing golf, snowskiing, yard work and spending time with family. [lw](#)

Dine Out 4 Seniors — Delicious and Satisfying

Supporting local senior centers never tasted so good. By dining at one of seven sponsored local restaurants during the second annual Dine Out for Senior Centers May 21, donors contributed to the future success of Aging Partners senior centers.

Restaurants that participated in the event include:

- Engine House Cafe, 6028 Havelock Ave.
- FireWorks Restaurant, 5750 S. 86th Dr.
- Golden Corral, 3940 N. 26th St.
- Lee's Restaurant, 1940 W. Van Dorn
- Texas Roadhouse, 6301 Apple Way
- The Egg & I, 6891 A St. and 1601 Q St.
- Stauffer's Cafe & Pie Shoppe, 5600 S. 48th St.

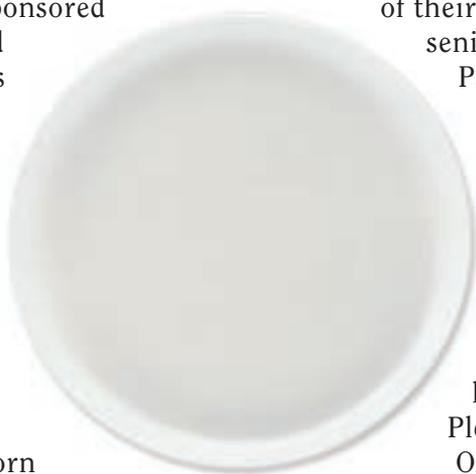
These restaurants generously donated a portion of their day's sales to support local senior centers. By night's end, Aging Partners raised \$2,042.71, which was distributed evenly among Lancaster County senior centers.

Owners and managers of the sponsored restaurants were grateful for the opportunity to participate in the event.

"When we were asked to do this, we agreed because it just seemed like the right thing to do," said Roger Pletcher, owner of Engine House Cafe.

On behalf of Aging Partners, Senior Centers Coordinator Bob Esquivel thanks the sponsored restaurants, the Nebraska Restaurant Association and the local citizens who turned out for the event for their support.

"We're encouraged by the response and pleased to see how this event is growing every year," he said. "I look forward to next year's event in May during our Older Americans Month celebration." 



Curt Magnus, managing partner of Texas Roadhouse; Kaydee Smith, local store marketer at Texas Roadhouse; and Bob Esquivel, Senior Centers coordinator



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Bob Esquivel, Senior Centers coordinator, and Trevin Wurm, front-end manager at Stauffer's Cafe & Pie Shoppe



William Pintner, owner of Golden Corral, and Bob Esquivel, Senior Centers coordinator



Bob Esquivel, Senior Centers coordinator, and Jan Wilcoxon, owner of Lee's Restaurant



Jessica Wright, general manager of The Egg and I on the corner of 70th and A Streets, and Bob Esquivel, Senior Centers coordinator



Roger Pletcher, The Engine House Cafe owner, and Bob Esquivel, Senior Centers coordinator



Bob Esquivel, Senior Centers coordinator, and Mark Winter, FireWorks general manager



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Walk On! Event Celebrates Healthy Living

Two-hundred and ninety-two people laced up their walking shoes and ventured out to the beautiful Union College campus May 16 for the second annual Age Strong! Live Long! Walk On!

The 1-mile walk event, held in honor of Older Americans Month, was an opportunity for older adults and their loved ones to proudly proclaim the importance of healthy, active lifestyles. Participants ranged in age from 2 1/2 to 95 years.

Walkers arrived for registration at 8 a.m., then perused vendor booths to learn about healthy living, retirement facilities, Aging Partners programs and other topics.

At 9 a.m., participants walked one of two mile-long routes. Following the walk, people visited with one another, joined the tai chi demonstration led by Aging Partners Community Health Educator Tracie Foreman, participated in Laughing Yoga led by yoga instructor Katy Ramos, and line-danced with the Lake Street Senior Center attendees. LW



Walk On! participants line dance with the Lake Street Senior Center attendees.



Pat Moe, Lake Street Senior Center attendee, proudly displays her Walk On! T-shirt.



Del Brennan and Monica Kuhns, of Home Instead Senior Care, entertain the crowd with a spontaneous dance to "Cotton Eye Joe" by Rednex.



Pat Harre walks with Diane Knox as she pushes her granddaughter, Adyson Knox, in a stroller.

What Participants Are Saying:

“ This is the second time I’ve participated in ‘Walk On!’ I’m walking the longer route today. Staying healthy and active is important to me because I want to keep moving. I’m old now, but I want to get even older. I can’t do that if I’m not active.”

– Bill Bowmaster



“ I’m here because I like to walk. I walk about two miles a day every day, so I thought I might as well do some of that here with everyone else. If I’m healthy, I can do what I like to do—go to dances, football games, basketball games and other fun events.”

– Carol Houborg



“ This is my first year participating in ‘Walk On!’ I’m here with the Lake Street Senior Center group. Walking is important to me because you’ve got to be active so you can finish living.”

– Roger Miner





Walk On! participants enjoy time together before the walk begins.



Walkers enjoy the brisk May weather as they walk Union College's campus.



Walkers enjoy visiting the vendor booths before the walk begins.



Troy Keaton and Donna Barrett enjoy each other's company during the walk.



Tracie Foreman leads Walk On! participants in a tai chi demonstration.

“ I decided to come out this year because I had so much fun at the walk last year. I enjoy walking. It's a great experience to come and be with all my friends I've met at the different Aging Partners Centers.”

– Bonnie Murray



“ I've never participated in the walk before, but I'm excited to be here. At Eastmont Towers where I live, we always get out and walk around the building, and we exercise two or three times a week. I stay active because I don't want to be sitting around all the time. Walking makes me feel free because it gets me moving.”

– Shirley Neely



Level 1 Sponsors

- Eastmont Towers
- HoriSun Hospice
- KFOR
- KLKN TV
- The Lexington Assisted Living Center
- Union College
- Walgreens

Level 2 Sponsors

- Home Instead Senior Care
- Senior Medicare Patrol
- Sumner Place Skilled Nursing & Rehabilitation
- Tabitha
- The Waterford Communities
- Assisted Living & Memory Care

Level 3 Sponsors

- AseraCare Hospice & Palliative Medicine
- Bob Grundman – Senior Benefit Strategies
- Brentwood Estates
- Care Consultants for the Aging
- Community Health Endowment of Lincoln
- Emerald Communities
- Gentiva Home Health
- Homestead Nursing & Rehabilitation Center
- Lancaster Rehabilitation Center
- Legacy Retirement Communities
- Roper & Sons Funeral Care
- Russ's Market

Level 4 Sponsors

- Aging Partners Community Activities & Services
- Caring for People Services
- Complete Health Chiropractic
- Heartland Integrative Health (Abundant Life Family Chiropractic)
- TOPS – Taking Off Pounds Sensibly
- Trinity Construction

Powwow Celebrates Culture, Diversity

Indian Center Inc. invites people of all ages to expand their knowledge of Native American culture and heritage by joining them for their fifth annual Powwow Aug. 15-17.

The free event, which takes place at the William Canby Arena—located at 1100 Military Road — will feature traditional Native American music, dance exhibitions, games and food.

“It’s an opportunity for people to witness the community’s diversity and to learn something new,” said Jessica James-Grant, Indian Center Inc.’s director of workforce investment act program. “Come with an open mind.”

What Is a Powwow?

Powwows are one of today’s most rapidly growing expressions of ethnic awareness and identity, according to a Public Broadcasting Service report.

How powwows got their start is unclear. Some folklorists speculate powwows evolved from war dances of the Ponca and other southern plains tribes, according to online Native American resource website www.powwows.com. The Montana Office of Public Instruction suggests they originated from when hunters would invite friends and relatives to celebrate and share their game. While the meal was prepared, relatives would dance in honor of the host. Over time, the dancing became the event’s primary focus.

Omaha Tribal Harvest reported that powwow celebrations derived from traditional ceremonies that grew over time to the cultural celebrations they are today. The Omaha Tribe of Nebraska claim to have the longest running powwow—more than 200 years.

Whatever its origins, the event has evolved into primarily a celebration of Native American culture. They occur throughout the country from

early spring to late summer. Most powwows, including Lincoln’s, follow a traditional order of events during a three-day period.

The Agenda

James-Grant expects 3,000 people to attend and participate in the Indian Center Inc.’s 2014 Powwow.

The event begins Friday at 5 p.m., with the opening ceremonies that include a community meal and a demonstration of traditional Native American handgame.

Saturday’s festivities begin with the gourd dance from 10 a.m. to noon. Competitive dancing exhibitions will immediately follow the 1 p.m. and 7 p.m. grand entries—a recognition of the dancers similar to the Olympics’ parade of nations. During the ceremonies, the head man dancer will enter the arena carrying the eagle staff, the Native American flag, followed by veterans carrying the U.S., state and tribal flags. Once Indian Royalty enters and is recognized, Indian Center board of directors will present their first-ever scholarship.

Powwow exhibition dancers are organized into gender- and age-specific categories: 0 to 5 years, 6 to 10 years, 11 to 17 years, 18 to 49 years and ages 50 and older. Judges choose a winner for every age group and each dance category.

The women compete in three dance styles. The women’s traditional dance is a slow, graceful style and one of the oldest Native American dances. Women compete in either the northern or the southern style, which is split into cloth and buckskin dancers. Dancers competing in the jingle dress dance wear Copenhagen lids that make noise when clashed together. Native Americans consider this a sacred dance because it is said to bring healing and wellness. Female



Jessica James-Grant, Indian Center Inc.’s director of workforce investment act program

dancers competing in the fancy dress dance represent a butterfly by spinning while wearing a shawl with fringe and bright colors.

There are three competitive dance styles for men. Dancers of the men’s traditional dance have a bustle made of eagle feathers they wear on their back for this warrior’s dance. The grass dance, which originated from the Omaha tribe, is a dance that was invented to pat down the grass so the tribe could build their camp on the land. Last is the men’s fancy dance, an energetic, contemporary dance that involves quick movement.

While the dancers are being judged, so are the singers and drummers.

“They’re judged on their musical abilities, promptness and ability to choose the right song for the right dance,” James-Grant said.

In between the exhibitions, the powwow head man dancer, Dr. Larry

Bradley of the Lakota Tribe of South Dakota, will provide a free buffalo dinner for participants and attendees from 5 to 6 p.m.

The powwow concludes Sunday with the last grand entry and dance exhibition at 1 p.m. During the last exhibition, attendees are encouraged to participate in the intertribal and social dances. James-Grant said an audience favorite is the potato dance, during which two dancers balance a potato between them without using their hands while they dance to music. Another favorite social dance is the round, or friendship, dance.

Throughout the three-day event, attendees and participants are encouraged to visit the 20-plus food, craft and art vendor booths.

Support the Powwow

For those who wish to support the event beyond their attendance, Indian Center needs volunteers to help set up tarps around the arena, cook, serve, pick up garbage, run water to the dancers and singers, and provide security detail.

“Volunteers are the lifeline of the powwow; we heavily depend on them to create a successful event,” James-Grant said.

Additionally, Indian Center welcomes more sponsors. Financial gifts not only contribute to the event, but also to the scholarship.

“The event wouldn’t be possible without the support from individuals who contribute,” James-Grant said.

For more information about the powwow, to sign up to become a volunteer or to make a donation, call Indian Center Inc. at 402-438-5231 or make checks payable to the Indian Center Inc. and mail them to 1100 Military Road, Lincoln, NE 68508, memo “powwow contribution.” 

I Have a Reverse Mortgage and I Cannot Pay My Property Taxes. Now What?

By Houston Doan, Aging Partners Financial and Insurance Counselor



Houston Doan, Aging Partners Financial and Insurance Counselor

A reverse mortgage is unlike any other mortgage offered in America. A reverse mortgage can offer a couple or an individual the benefits of either a monthly income or a line of credit, with no repayment required, as long as they live in the home. Conversely, a reverse mortgage does require the homeowner to pay the property taxes, home insurance and maintain the property, like any other home loan.

Nebraska has the Homestead Tax Exemption Program for homeowners who are 65 years of age or older and certain disabled persons, which can really help with property taxes. Yet, many times, we see people not being able to pay their property taxes.

So, what happens when someone who has a reverse mortgage cannot pay for his or her insurance or taxes? The loan is technically in default, which can lead to a foreclosure. The borrowers might have to leave the property if they cannot pay the back taxes or insurance they owe.

The very best thing a borrower can do is tell the lender they are having difficulty with the home expenses. Remember, the reverse mortgage loan program was designed to keep older Americans in their home, not take their home in a foreclosure.

Today, there is a national network of Housing and Urban Development (HUD) counselors to help borrowers through these difficulties. Many times, HUD

counselors can arrange repayment plans to the lenders for the owed back taxes or

insurance. Sometimes counselors can help with budgeting problems.

For example, a couple was a few hundred dollars short of making ends meet every month. The HUD counselor talked to the couple’s children, and they were happy to give Mom and Dad the money to keep their parents at home and in the community.

Sometimes, borrowers cannot afford to live in the home anymore. HUD counselors can help borrowers find more affordable living arrangements. Often the HUD counselor will refer the borrowers to the local area agency on aging to help find the appropriate housing for borrowers.

The important thing to remember is that by telling the lender when the borrower is first having trouble, there is ample time to make good, well-thought-out decisions versus having to face a foreclosure and eviction.

For questions about a reverse mortgage or to learn whether a reverse mortgage is right, Aging Partners, the area agency on aging, has trained professionals available to help. Call 402-441-7070. 

History of the Cornhusker State Games



For the past 30 years, the annual amateur sports festival known as the Cornhusker State Games has attracted athletes from across the state to its multi-sport, family-friendly competition.

The games, which included 12,443 participants ages 1 to 87 and more than 60 sports in 2013, has come a long way since its humble beginnings in 1985.

Evolution of the Games

The state games movement originated from Canada's provincial games, a way to identify potential Olympic talent. The first state games were held in eastern America. As it spread west, the elitist event became more recreational.

Dr. Richard Hammer, Jerry McGinn and O.W. "Bill" Smith brought the state games to Nebraska when they founded the Nebraska Sports Council in 1985. The inaugural Cornhusker State Games involved 19 sports and more than 3,000 participants. As the years went by, the games flourished under Tom Ash, NSC executive director from 1987 to 2003.

"He was the driving force behind the games," said Dave Mlnarik, NSC's current executive director.

Nearly every year, the games added new sports to its lineup. Some lasted only a year or two; others remain part of the games today. By the early 1990s, the Cornhusker State Games was the only state tournament for many of the sports offered. Some of the sports added to the games include dodgeball, sport skydiving, baton twirling, disc golf, orienteering, arm wrestling, pickleball, team penning and chess.

"Chess was introduced in 1986, and it has since been a good sport in terms of participation," Mlnarik said. "Some people might not consider it a sport, but the Olympics did for many years, so we do, too."

Cornhusker State Games participation peaked in 1992 with more than 19,000 people. Shortly thereafter, the growing club sports movement began pulling participants away. Soccer, for example, which included 4,500 participants in 1992, now includes about 1,100 participants every year. Despite this decrease, he remains optimistic about the future and anticipates Nebraska



10-year NHL veteran Jed Ortmeyer lights the torch during the 29th annual Cornhusker State Games opening ceremonies. Photo courtesy of Nebraska Sports Council.

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will set a new participation record at the State Games of America in 2015.

The Torch Run

One of the games' most notable aspects is the annual torch run, which was introduced in 1986 as a way of marketing the games to potential athletes in the outer parts of Nebraska. Patterned after the Olympics, the torch run, sponsored by the National Guard, is a five-day statewide event that recruits hundreds of volunteers to carry the torch across the state.

Once a three-week event, the NSC has compacted the torch run within the past five years to ease the burden on volunteers. Last year, the torch was carried from Norfolk to Columbus and then Fremont, from Sidney to Scottsbluff, McCook to North Platte, Holdrege to Kearney and then Grand Island, and York to Lincoln.

"It's a great way to get the communities excited about the upcoming games," Mlnarik said.

Pomp and Circumstance

Nothing embodies the spirit of the games quite like the opening ceremonies. Introduced during the first Cornhusker State Games, the backbone of the opening ceremonies always has been the Olympic-style parade of athletes and cauldron lighting.

Audiences hold their breath as they await the unveiling of the mystery cauldron lighter, who is always a sports celebrity with Nebraska ties. Past torch lighters include Jim Hartung, Rulon Gardner, Joba Chamberlain, Karen Jennings and Jay Novacek.

In recent years, the opening ceremonies expanded to include a mascot showcase involving mascots from across the state, skydivers, fireworks, live band and patriotic tribute to veterans.

If a new sport is added to the competition, the opening ceremonies committee finds a way to incorporate it into the event. When martial arts was introduced in 1997, the committee convinced then-Gov. Ben Nelson to karate-chop a board during his opening remarks.

"Our goal always was to give the sport a unique debut," said former opening ceremonies chair Harland Johnson.

The opening ceremonies was held in Ed Weir Stadium until 1987 when it moved to Seacrest Field. The Pinnacle Bank Arena will host the 2014 Cornhusker State Games opening ceremonies, but it will move to Memorial Stadium for the 2015 State Games of America.

2014 Games

Although some elements of the Cornhusker State Games have changed, the fun, family-friendly atmosphere remains the same.

"It's a wonderful event that's open to all ages and skill levels," Mlnarik said. "We've worked hard to create an atmosphere of friendliness among volunteers and participants so that a beginner can show up and feel welcome."

The 2014 Cornhusker State Games is scheduled for July 18-27 at more than 70 sites in Lincoln, Omaha and surrounding communities. This year's event will include the addition of the gravel grinder—a 120-mile bicycle race along gravel roads—and CrossFit. For more information about the Cornhusker State Games, visit the website: www.cornhuskerstategames.com. 

 24/7 Helpline 800.272.3900
alz.org

NEBRASKA CHAPTER
LINCOLN—1500 S. 70th St., Ste. 201 | Phone: 402.420.2540
OMAHA—1941 S. 42nd St., Ste. 205 | Phone: 402.502.4301



LOCATION

Aging Partners
1005 O Street
Lincoln, NE 68508

RSVP to 402.420.2540
Walk-ins are Welcome

CAREGIVER 101 EDUCATION SESSIONS

An opportunity to share information, education and support

PRESENTED BY THE ALZHEIMER'S ASSOCIATION

- | | |
|---------------------------------------|--|
| Wednesday
July 16th
6:00—8:00pm | The Basics: Memory Loss, Dementia and Alzheimer's disease
If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more. |
| Wednesday
July 23rd
6:00—8:00pm | Conversations about Dementia
This workshop will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans. |
| Wednesday
July 30th
6:00—8:00pm | Legal and Financial Planning for Alzheimer's disease.
If you or someone you know is affected by Alzheimer's disease or dementia, the time for financial planning is now. This is for anyone who would like to know more about what legal and financial issues to consider and plan for. |

*Please note each presentation is an hour long with optional question and answer period.

Fight Back Against Osteoporosis

As osteoporosis wages war with bones, a patient's first line of defense is knowledge.

Osteoporosis is a noncurable, yet treatable, disease that affects the bones. About 52 million Americans have or are at risk of developing the disease, according to the National Osteoporosis Foundation. Around the world, one in three women and one in five men are at risk for an osteoporotic fracture. On average, one of these fractures occurs every three seconds. Most affect the hip, spine and wrist.

Severe bone loss, insufficient bone creation or both cause osteoporosis. As bones weaken, their risk of breaking during minor trauma, such as a fall, increases. In serious cases, a simple sneeze or bump can break a bone.

When placed under a microscope, normal bone resembles a tightly knit honeycomb of bone structure and calcium. Osteoporotic bone has larger holes in the honeycomb. The larger the gaps, the weaker the bone.

"Over time, the gaps become so large that the bone collapses on itself," said Dr. Suzanne Vandenhul of Antelope Creek Family Physicians.

The Silent Disease

Many medical experts refer to osteoporosis as the silent disease because it doesn't produce physical symptoms. Most older adults who have osteoporosis don't realize they have the disease until a strain, bump or fall causes a bone break.

"Some patients who see me say there's no way they have osteoporosis because their bones don't hurt," Vandenhul said.

The only way to diagnose osteoporosis is with a bone density study. The most common and accurate form is a non-invasive, DXA scan, Vandenhul said. During this test, the patient lies down on an exam table with a pillow beneath the knees. The machine scans through the hips and lumbar vertebrae.

If the scan shows early stage of osteoporosis, the doctor likely will ask the patient to continue with regular scans. Older patients with normal bone density will be asked to repeat the scan every five years. If the scan shows extremely poor bone density, the doctor may suggest medication and lifestyle changes, and ask the patient to take a new scan in two years to validate the treatment.

Know the Risk Factors

The National Institutes of Health Osteoporosis and Related Bone Diseases National Resource Center reports that osteoporosis has many controllable and uncontrollable risk factors.

Uncontrollable risk factors include:

- **Gender** – Women are at much greater risk than men.
- **Age** – Risk increases with age, especially after menopause.
- **Family history** – If osteoporosis runs in the family, talk to a doctor about it.
- **Ethnicity** – White and Asian ethnicities are at greater risk.
- **Size** – Naturally smaller individuals have a higher risk.



Dr. Suzanne Vandenhul of Antelope Creek Family Physicians

Controllable risk factors include:

- **Smoking and alcohol consumption** – Smoke and alcohol prevent the body from absorbing the calcium and Vitamin D needed to keep bones strong.
- **Caffeine** – Caffeinated beverages, especially diet colas, remove calcium from the bones.
- **Inactivity** – Exercise strengthens the bones and prevents osteoporosis.
- **Medications** – Steroids and other medications can increase risk.
- **Processed foods** – Poor diets, like those that revolve around processed foods, do not include enough calcium or Vitamin D to keep the bones strong.

Protect Those Bones

To prevent bone density loss, older adults can ensure they're meeting their daily calcium and Vitamin D quota.

Vandenhul said older adults require about 1,200 mg of calcium daily. She suggests adding healthy, calcium-rich foods to the diet, such as vegetables, dairy products, tofu and soy. Calcium supplements are available, but the daily required

amount should not be taken all at once because the body won't absorb all the calcium.

"I always recommend taking it at two different times in the day and to take it with a meal because food helps us absorb calcium," she said.

According to the NIH, adults ages 51 to 70 require 600 IUs of Vitamin D daily and those over 70 require 800 IUs. There's few ways to add Vitamin D to the diet, which is why Vandenhul recommends supplements.

"You'd have to drink a gallon of milk a day in order to get enough Vitamin D," she said.

Unlike calcium supplements, people can take their daily dosage of Vitamin D at one time. The

supplement must be taken with fat in order for the body to absorb it.

"You may be getting Vitamin D when you drink skim milk, but the body isn't absorbing it because there's no fat in the milk," Vandenhul said. "You might as well not even take Vitamin D if it can't be absorbed."

Older adults will see the best results if they combine a diet rich in calcium and Vitamin D with a healthy exercise plan, according to the National Osteoporosis Foundation. Weight-bearing exercises—activities where the body moves against gravity while staying upright—build bones and keep them strong. Muscle-strengthening exercises, resisting

gravity by moving the body or a weight, improves strength, balance and flexibility.

"The bones are such an important part of our overall health," Vandenhul said. "We should do what we can to keep them strong as we age."

For more information on osteoporosis, visit www.bones.nih.gov or call 800-624-BONE.

To watch this episode of Live & Learn, visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live> or on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 



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<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

- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **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>.

Staying Involved

VOLUNTEER!

- **Foster Grandparent Program**
▲ 402-441-7026
- **Long-Term Care Ombudsman**
402-441-7070

SENIOR CENTERS

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

▲ 402-441-7158

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, 402-764-8227
- **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

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

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print the whole magazine or just the pages that interest you. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Wellness

Aging Partners Health & Fitness Center

233 S. 10th St., Suite 101
402-441-7575
Monday through Friday
8 a.m. - 4 p.m.

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. to 2 p.m., or by appointment. \$10 monthly suggested contribution for 60+. \$15 fee for those under age 60.

All ages are welcome at the fitness center. Working people can feel free to stop by on their break to check it out. Cardio equipment, a universal weight machine, free weights, balance and other exercise aids are available.

Senior Health Promotion Center

1005 O St., Lower Level

Services available to people 60 years and older include comprehensive foot care, ear care, blood pressure, glucose, cholesterol, Sahara bone density checks and health education. \$15 suggested contribution for people 60+ during the summer.

Summer Schedule – Comprehensive foot care only.

Thursdays, 9:30 a.m. - 1:30 p.m.
July 3 and 24
Thursdays, 9:30 a.m. - 1:30 p.m.
Aug. 14 and 28

Yoga and Stress Management

233 S. 10th St., Suite 101
Wednesdays, 10 - 11 a.m.

This class is designed for caregivers and others looking for ways to manage stress. Standing and balance poses use chairs for support. This class is suitable for beginners and experienced students wishing to reinforce the basics.

\$3 per class suggested contribution for people 60+. \$4 fee per class for under age 60.

Stepping On – Building Confidence and Reducing Falls

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

Stepping On is a community-based fall prevention program aimed at educating participants and building 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. Pre-registration is required.

\$3 per class suggested contribution.

- The Ambassador Lincoln
4405 Normal Blvd.
Wednesdays, 2 - 4 p.m.
July 16 - August 27
- Lake Senior Center
Located in St. James United Methodist Church
2400 S. 11th St.
Thursdays, 10 a.m. - Noon
July 17 - Aug. 28
- Independence House at Northview
2355 Superior St.
Mondays, 9:30 - 11:30 a.m.
Aug. 18 - Oct. 6
(No class Labor Day, Sept. 1)

- Hickman Senior Center
Located in Hickman Presbyterian Church
300 E. 3rd St., Hickman
Wednesdays, 9:30 - 11:30 a.m.
Sept. 3 - Oct. 15
- University of Nebraska Cooperative Extension
444 Cherrycreek Rd., Suite A
Mondays, 1 - 3 p.m.
Sept. 8 - Oct. 20
- St. Elizabeth Regional Medical Center
6900 L St.
Tuesdays, 9:30 - 11:30 a.m.
Oct. 14 - Dec. 2
(No class Veteran's Day, Nov. 11)
New Tai Chi, QiGong and Yoga sessions will begin after Labor Day. Call 402-441-7575 for the fall schedule.

Educational

“Discovering Our World”

Saturday Brunch Series

Downtown Center, 1005 O St.
10 a.m.

\$4 suggested brunch contribution for 60+
\$4 suggested transportation contribution for ages 60+
\$8 fee for under age 60

Life is full of interesting people and places! Join the downtown senior center in welcoming three presenters who will elaborate on their different life experiences and passions. Discover what life was like growing up in Pakistan, what impact robotics is having in our world, and what teaching in China is like. Call 402-441-7154 today for reservations.

- “My Life Growing Up in Pakistan”
Featuring Sylvana Airan, Assistant Director, Business Contracts/Student Services Housing Contracts and Student Accounts
July 12
Airan will share her personal experiences growing up in Pakistan in this presentation and how her faith helped her through the persecution. She will talk about the language, clothes, food and way of life. She will explain the basic beliefs of the Muslims and how to reach out to them as friends. Airan will display artifacts from Pakistan/India and



demonstrate how both a sari and burqa are worn.

- “Robotics: Status Today, Impact Tomorrow”
Featuring Donald F. Costello, Associate Professor, Emeritus Computer Science and Engineering
Aug. 9
Costello will explain how the micro-miniaturization of electronics and a steep drop in costs when coupled to significant advances in software, sometimes called Artificial Intelligence, when supporting each other coupled in our time have made yesterday’s science fiction today’s reality. He will show short clips of this emerging technology and discuss how it will impact tomorrow’s workforce.
- “Teaching Journalism in China: A Semester of Surprises”
Featuring Joseph Weber, Associate Professor, College of Journalism and Mass Communications
Sept. 13
Weber will share his teaching experience at one of the most prestigious universities in China. He will discuss the surprising drive students showed, their unexpected candor and interest in the West, and desire to practice journalism fairly and honestly in the face of government censorship and advertiser pressure. He will set his talk in the context of China’s state capitalism and the country’s extraordinary growth rates, ambitions and many challenges.

Bob Ross Oil Painting Classes

9:30 a.m. - 3:30 p.m.

Lake St. Center, 2400 S. 11th St.

Paint along with certified instructor Donald R. Belik in this one-day painting class. Students will enjoy fun and get surefire results. All material is provided. To register, call 402-441-7158. Cost: \$50

- Sat., Aug. 23 - “Fisherman’s Wharf”
- Sat., Oct. 18 - “Blue River”

Lincoln History Lunch Series

Featuring Jim McKee & Ed Zimmer
 Gere Branch Library
 2400 S. 56th St.
 Noon

\$4 suggested contribution box lunch for 60+

\$8 fee for under age 60

For so many of us who have called Lincoln home the last 50 years or more, the changes in our town sometimes seem to come fast and furious. Thankfully, Ed Zimmer and Jim McKee have spent years collecting photos, articles and personal accounts that ensure our ability to look back at the years of our lives with warmth and wonder. Join us for a box lunch and fascinating historical program by two of Lincoln’s favorites. For reservations, call 402-441-7158.

- July 16: “The Amazing Library of Thomas Jefferson Fitzpatrick” with Jim McKee.
- Aug. 20: “A History of Lincoln’s Parking Lots” with Jim McKee.
- Sept. 17: “Lincoln Picturesque and Descriptive” with Ed Zimmer

Entertainment

Dinner & A Show

Cotner Center Condominiums
 1540 N. Cotner Blvd.
 Dinner: 5:30 p.m., Show: 6:30 p.m.
 Van transportation: \$4 round trip
 Dinner & Show: \$8
 Show only ticket: \$5

Reservations, payment and cancellations are due by noon on the Tuesday before the show. No refunds.

Payment must be prepaid and mailed to: Aging Partners, Dinner & A Show, 1005 “O” St., Lincoln, NE 68508. Sponsored with Butherus Maser & Love in cooperation with Cotner Condominiums.

- “Homegrown Bluegrass!”
Featuring “The Toasted Ponies”
July 10
The Toasted Ponies combine the best of both traditional and contemporary Bluegrass music. Look for great harmony singing and hot instrumentals in a typical Ponies’ performance. These are seasoned professionals who love playing their music, and it shows. A Ponies concert will include everyone’s Bluegrass favorites along with a fun mix of Cajun, Western Swing, Gospel and Celtic tunes just to keep things

interesting. Just try to see a Toasted Ponies show without tapping your toes—it just can’t be done!

- “Playing Favorites!”
Featuring “The Links”
Aug. 14
For years “The Links” were based out of Reno, Nevada, performing in Reno, Lake Tahoe and Las Vegas and in prestigious showrooms such as the MGM Grand and Harrah’s Casino. Mary and Diana started performing together in 1975. Their guitar and keyboard styles offer a unique and special blend to their vocals and harmonizing talents. Join us as they perform a variety of their favorite songs from their 39 years together.
- “Old Songs Are Like Old Friends”
Featuring “The Mellow D’s”
Sept. 11
Larry and Karen Doran make up this award-winning musical duo. They are members of “America’s Old Time Music Hall of Fame,” have appeared frequently on the nationally televised “Midwest Country” television show and KOLN-TV’s “Lance’s Journal.” It’s been a while since they graced our stage, but the last time they did, they were well received. Larry and Karen specialize in the music of the ‘50s and ‘60s with an emphasis on Classic Country, Golden-Oldies Rock & Roll and Celebration Gospel.

**Melodrama Madness
 “The Phantom of Darkgrove”**

Tues., July 15
 Eugene T. Mahoney State Park
 Departure: Northeast Center, 5 p.m.
 Return: Approximately 9 p.m.
 Cost: \$25 (show & van)

Reservations and payment must be made no later than 4 p.m. on July 11 by calling 402-441-7151. Payment may be made to Aging Partners at 6310 Platte Ave., Lincoln, NE 68507

All aboard for an uproariously good time at the Melodrama! The evening will begin with a delicious dinner at The Mahoney Grille, (your own cost: \$10-15). Next, we’ll go to the theatre for a

Continued on page 42

Aging Partners News and Events

Continued from page 40

7:30 p.m. performance of "The Phantom of Darkgrove" by David Chapelle. The Darkgrove family has been summoned to the family estate to pay their respects to wealthy matriarch Ernestine Elwonga. She doesn't trust any of the family members and makes the mistake of telling them so. Dottie and her son Dexter Darkgrove will do anything to ensure that the lion's share of the fortune is her beautiful ward Tillie Webshuttle. But what's an intrepid young lady to do when outnumbered by evildoers? Her only hope is the dashing and mysterious hero the Phantom of Darkgrove! You can cheer the hero, boo the villain, and sigh for the heroine. Family fun for everyone!

Rural Senior Centers Get Together! Fundraising Raffle & Dinner

Tues., July 15

Waverly Senior Center

14410 Folkestone

Raffle Drawing: 4:30 p.m.

Dinner: 5 p.m.

\$6 suggested meal contribution for ages 60+

\$8 fee for under age 60

Entertainment: 5:45 p.m. "A Little Bit of Everything" featuring Paul & Patty
Raffle Tickets: \$1 each or six for \$5

Support the work of the Aging Partners Rural Centers and have a great time in the process! A great menu, great entertainment and a chance to win some terrific raffle items!

Menu: Chicken fried steak, mashed potatoes with country gravy, mixed vegetables, marble cake, coffee, milk.

Fund Raising Raffle items include: tickets to Waverly Camp Creek for July, porcelain dolls, handmade afghan by Agnes Masek, and candies from Greenwood Candy Factory, lap robes and meal coupons.

Tickets are available at any Rural Senior Center or from one of the Rural Center participants. For meal reservations, call 402-416-7693.

Saturday BINGO

Northeast Senior Center

6310 Platte Ave.

Doors open at 9 a.m.

\$4 suggested contribution for age 60+

\$8 fee for under age 60

July 19, Aug. 16, Sept. 20, Oct. 18.

Join us for BINGO at 10 a.m., followed by a hot lunch at 11:30 a.m. Bring a prize for the winners' table. Reservations required by 3 p.m. the Wednesday before the event. For details or reservations, call 402-441-7151.

"Senior Centers: An Open Door Since '74"

The Fine Art of Experience 2014 Older Nebraskans Art Show

Public Reception

Fri., Sept. 5, 5 - 7 p.m.

Milestone Gallery

Aging Partners Senior Center

1005 O St.

In celebrating our 40th Anniversary of Senior Centers, the "Older Nebraskans Art Show" will hang until Friday, Oct. 3. Featured will be the works of artists aged 60+, whose task was to complete portraits of other artists from a variety of artistic endeavors who are also over the age of 60. Don't miss an opportunity to see specially completed works in a variety of mediums, of artists, by artists. Call 402-441-7158 for more details.

"1970s Tailgate Memories" A Fund Raising, Big Red Tailgate Party & Dance Featuring: Johnny Ray Gomez & Jimmy Mack

For the Aging Partners Senior Centers

Fri., Sept. 19

7 - 11 p.m.

Pla Mor Ballroom

6600 W. O St.

\$10 Advanced Tickets

\$18 for couples

\$15 each at the door

For details, call 402-441-7158.

The 1970s was a big decade for our senior centers. Who can forget the Cornhuskers' first back-to-back championships in 1970 and 1971? Help us celebrate with '70's

music by Johnny Ray Gomez and Jimmy Mack, great refreshments, raffles, silent auction, a few surprises and a chance (if you're daring) to wear those 1970's fashions you've been hiding in the back of your closet! Tickets available at sponsor locations and Aging Partners, 1005 O St.

"Lincoln in the Disco Decade!"

Senior Center Month History Lunch Featuring Jon Roth & Mary Jane Nielsen

Thurs., Sept. 25

Lincoln Firefighters Reception Hall

241 Victory Lane

Program: 10:30 a.m., Lunch: 11:30 a.m.

\$4 suggested lunch contribution for ages 60+

\$8 fee for under age 60

\$4 suggested transportation contribution for ages 60+

Register at your Senior Center or call 402-441-7158.

The Lincoln and Lancaster Aging Partners Senior Centers have had an "Open Door Since '74." Help us celebrate our 40th Anniversary with this special Lincoln History Luncheon, featuring a look back at Lincoln in the '70s. Our favorite history team, Mary Jane Nielsen and Jon Roth will be our guides. Those of us who are lifelong Lincolnites will enjoy the stories and images that made up the times of our lives a most influential and exciting decade.

Day Trip Tours

Join us for reasonably priced day trips featuring entertaining places and activities. A minimum of 20 riders is necessary to confirm these tours. Call 402-441-7158 for details and reservations.

- **"Joslyn Castle Scottish Adventure,"
Omaha, Nebraska**

Fri., July 25

Departure: Northeast Center, 8 a.m.

Return: Approximately 4 p.m.

Our first stop is Omaha's distinctive Joslyn Castle. George and Sarah Joslyn were the wealthiest people in Nebraska during the first two decades of the 20th century. In 1903, they built a home, designed by John McDonald, to reflect their status. Built on what was then a hill



on Omaha's western outskirts, McDonald designed a baronial castle and he chose one in the Scottish style. It cost about \$6 million to build in 21st century dollars. As part of this special tour, Linda and Ken Bunnell of the Scottish Society of Nebraska, dressed in traditional Scottish finery, will demonstrate traditional dances, explain the meanings of the various Scottish tartans, pins and discuss some traditional foods. Next, it's lunch at Valentino's Grand Italian Buffet followed by a visit to Mulhall's Nursery, one of the finest greenhouses and gift shops in Omaha. Seating is limited. Reservation and payment are due by July 18. Cost: \$50

• **“Brownville Village Theatre & The Spirit of Brownville Dinner Cruise”**
Sat., Aug. 9

Departure: 9:30 a.m., Northeast Center
Return: Approximately 9:30 p.m.
Lunch: Lyceum Cafe (on your own)
The day begins with lunch at the Lyceum Café (on your own) and afterward, a stop at Sherry and Ron Heskett's Whiskey

Run Creek Winery for a short tour and a sampling of some of their delightful wines. Next, it's off to a matinee of the Brownville Village Theatre's musical, “Smoke on the Mountain.” Set in 1938 in Mount Pleasant, North Carolina, the Reverend Oglethorpe has invited The Sanders Family Singers to provide an uplifting evening of singin' and witnessin'. The audience is invited to pull up a pew for a rollickin' good time! Songs, humor and more or less devout enthusiasm promises a great time for all. Next we board the “Spirit of Brownville” for a dinner cruise down the mighty Missouri. Finally we head for home after an exciting day. Reservation and payment are due by Aug. 2. Cost: \$70

• **“Kearney Nebraska Museum Adventure”**

Fri., Sept. 12
Departure: 8 a.m., Northeast Center
Return: Approximately 4 p.m.
Lunch: Peterson Senior Activity Center (on your own)
\$4 suggested contribution for ages 60+

The day begins with a guided tour of Kearney's Museum of Nebraska Art (MONA). Featured for our visit will be “Quilts Past & Present,” an exhibit of Nebraska quilts through the decades, including a variety of unique and historically significant creations; “Nebraska Now,” a collection of contemporary Nebraska Art from living Nebraska artists and historical Native American inspired paintings by renowned painter George Catlin. After lunch, it's off to the Firefighters Museum & Education Center which features professionally designed exhibits that showcase many antiques and collectibles from fire departments across the state. A variety of apparatus, artifacts, photographs and text panels are available to inform the young and young-at-heart about the importance of practicing fire prevention 365 days a year. Reservation and payment are due by Sept. 5. Tour cost: \$50 

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