

LivingWell

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on His Own Terms**
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Director's Corner

In our cover story, Dr. James Nyman shares how he adapted after losing his sight. Years ago, my friend Nye Bond, who has macular degeneration, explained to me how the center of his vision was disappearing and he could only see me using his peripheral vision. He also has adapted to diminishing vision and continues to be fully involved in the community, advocacy organizations and his family life. My 98-year-old mother-in-law has diabetic retinopathy. Her world grows darker each day, yet she serves as the family information hub through our phone calls.

Aging is an adaptive process, often involving losses. The good news is that we have many resources our grandparents did not. Our attitude and ability to adapt has a tremendous impact on our quality of life.

My friend Marilyn Moore, Assistant Superintendent for Curriculum for Lincoln Public Schools, was featured in a newspaper story about how she followed a group of students from elementary school through graduation. She amassed files of artwork, reports, test scores and teacher comments on more than 100 students. Shortly thereafter, they were destroyed in a terrible fire. When asked how she felt about the loss, she replied, "Well, I wondered what I was going to do with it all, and now that question is answered." Marilyn is my role model. 



June Pederson, Director, Aging Partners

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On the Cover

"Against the Wind" is a photograph of Dr. James Nyman taken by Ronda Esquivel. It is part of the art collection of Madonna Rehabilitation Hospital. They have graciously given us their permission to reproduce it for our cover story.



Living Well (ISSN 1556-9780, USPS 657-630) is published quarterly (January, April, July and October) by Aging Partners and printed by News Link, 1845 S. 11th Street, Lincoln, NE 68502. Last issue *Living Well* Spring 2011.

Periodical Postal Rates paid at Lincoln, NE Issues printed: 20,220.

POSTMASTER-Aging Partners Address Changes to:

Living Well Magazine

1005 "O" Street

Lincoln, NE 68508-3628

E-mail: livingwell@lincoln.ne.gov

Fax: 402-441-6524

Phone: 402-441-6146

(collect calls accepted)

Toll free: 800-247-0938 (Nebraska only)

60+ Readership Level in Aging Partners'

Eight-county area: 34,320+ (60% of 60+)

Publisher, Editor & Advertising Valerie Crook, 402-441-6156

Mailing List & Accounts Deb Baines, 402-441-6146

Production Coordinators News Link, 402-475-6397

Living Well is a service of Aging Partners. A voluntary suggested annual subscription of \$12 or any amount is welcome. This magazine is for the 57,200 citizens, 60 years of age and older, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

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

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Live & Learn Thanks Don, Ruth Ann

Live & Learn bids farewell to two longstanding hosts with the departures of Don Gill and Ruth Ann Lyness.

Don Lends Experience to Live & Learn

Thanks to more than a half century of broadcasting experience, Don was a natural during his seven years as a Live & Learn host. He finished his last show in March.

Don studied speech radio at the University of Wichita. By 1951, he was serving in the U.S. Army and working for Armed Forces Radio in Okinawa, Japan.

In 1972, he joined KLIN as Sports Director. He served as a play-by-play Sportscaster for 10 years, receiving the Sportscaster of the Year Award five times.

After more than a decade with KLIN, Don joined Nebraska ETV as Director of Development. In 1990, he began producing and hosting Big Band Spotlight.

"If you enjoy what you're doing, you'll never work a day in your life,"



Don Gill

he said. "And that was certainly true."

His efforts again were recognized June 8, when Don received the Heart of the Arts Award during the 2011 Mayor's Arts Awards.

Don is thankful for his time with Live & Learn and the opportunity to give back to his community.

"This hasn't been like work," he said. "It's been very enjoyable, and I've met a lot of interesting people."

Ruth Ann Closes 10-year Career

Ruth Ann's passion as an educator made her a perfect addition to the Live & Learn team. She served 10 years as a host before completing her final show in May.

After having five children, Ruth Ann knew teaching was the path meant for her. So, she juggled her busy home life with homework and went back to the University of Nebraska-Lincoln to receive her teaching certificate.

"It seemed to me that if someone could employ me to do the thing I liked most, which was reading and writing, that would be a very good thing," she said.

Ruth Ann already held a bachelor's degree in business administration from UNL and later received her master's.

She spent more than six years as a teacher at Lincoln High before serving in the central office as the interim English consultant.

Ruth Ann received many awards and honors during her time as an educator, including a distinguished service award from the Nebraska English Language Arts Council. She also served 10 years as a docent for the Nebraska State Historical Society.



Ruth Ann Lyness

"I've been fortunate to work in areas I'm very fond of," she said. "Our tag line, 'it's never too late to live and learn,' is something that relates to my attitude toward living. It's been a wonderful 10 years, and I will miss this."

Would You Like to Fill Their Shoes?

Don and Ruth Ann will be two hard acts to follow, but the show must go on!



If you are interested in becoming a new host on Live & Learn, please contact Valerie Crook at 402-441-6156 or vcrook@lincoln.ne.gov. Please submit a resume and the type of topics you are interested in exploring.

Screen tests will be conducted in July or August. 

Public Rural Transit Keeps Sisters Close

When Pearl Wevers needs someone to thread her needle, there's no one she'd rather have by her side than her sister, Myrtle Ahrens.

Though only about 25 miles separate Lincoln from Firth, that distance is a challenging stretch of road for either Pearl, 101, or Myrtle, 100, to navigate.

Luckily, Pearl's pants stay hemmed thanks to a little help from Lancaster County Public Rural Transit. For only \$2 each way, the transit service makes it easy for the sisters to travel safely between one another's homes.

"Rural Transit gives us the opportunity to get out," Pearl said. "We get together as often as we can."

Pearl, who has lived in Firth since 1965, hasn't driven in more than a year, and Myrtle hasn't operated a vehicle since moving to Lincoln more than 30 years ago.

When the weather is nice, the sisters plan monthly visits. Often,

these visits are extended stays when the sisters stay at one another's homes for weeks at a time. Pearl and Myrtle plan their visits around the transit service's route, which makes stops in Firth each Tuesday and Thursday.

Expanded Destinations

For more than 30 years, Lancaster County Public Rural Transit has offered affordable transportation options from rural communities to Lincoln. However, it wasn't until July 1, 2010, that the transit service offered transportation for riders residing within Lincoln city limits to destinations in rural Lancaster County.

Pearl had been utilizing the transit service to visit Myrtle in Lincoln for almost a year. But for Myrtle, the expanded service opened the opportunity for her to visit her sister in Firth.



The transit service allows Pearl, left, and Myrtle the opportunity to enjoy the fresh country air and good conversation with one another on Pearl's front porch swing.

Helpful and Friendly Drivers

Though the transit service put two new buses into service last year (funded by the American Recovery & Reinvestment Act), it's not the 12-passenger seating, wheelchair access or ample headroom the sisters rave about; it's their driver, Bonnie.

"The drivers are so helpful, especially Bonnie," Pearl said. "I just love her."

Myrtle appreciates Bonnie's willingness to go above and beyond to help her, recalling a time she left a package behind at her apartment. Though the bus was already a block from home, Bonnie turned around without blinking an eye.

"She goes out of her way," Myrtle said. "She always helps me to my door with my luggage."

For more information on Lancaster County Public Rural Transit, call 402-441-7031. [LW](#)



From left, sisters Pearl and Myrtle appreciate safe, affordable transportation between Lincoln and Firth provided by Lancaster County Public Rural Transit.

Catherine Lends Computer Expertise

Catherine Ward is using her talents to help older adults navigate unfamiliar territory: the World Wide Web. One morning each week, Catherine provides training and assistance to users of the Downtown Center's public access computers.

"I wanted to give back, and the best way for me to volunteer is to share my computer skills," she said. "I really enjoy helping older adults. That's my niche."

Sharing Her Expertise

First-time users and casual surfers alike can benefit from Catherine's expansive knowledge. She holds a Bachelor of Science and Master of Business Administration from the University of Kansas and has extensive expertise in the areas of computer hardware and software, multimedia, gaming and telecommunications.

Originally from a small town, Catherine has worked for Microsoft since 1996 conducting worldwide research supporting the development of new computer software and services. Since 2002, she has worked remotely for the company from her home in Lincoln to allow her to be closer to her family.

Along with her service at the Downtown Center, Catherine provides similar one-on-one computer assistance to residents

of the Savannah Pines Adult Community. She has taught older adults basic computer skills needed to search online and gain access to employment opportunities.

Starting with the Basics

When Catherine begins working with an older adult, she strives to provide them with a strong foundation.

"The first thing I get them really familiar with is 'search,'" she said. "If you are a good searcher, you can do anything."

Learning to efficiently search the Internet can open an entirely new world for older adults. With a few strokes of a keyboard, they instantly can have access to information on health benefits, illnesses and medications; read obituaries; and discover what's going on in their countries of origin. They can send and receive e-mail, and even use social networking sites such as Facebook to stay connected with family and friends and search for old acquaintances.

Catherine can help with common tasks, such as setting up an e-mail account, as well as a variety of individual specific tasks. She recently helped one older gentleman find online typing instructions, and spent many sessions with a woman who was translating each of the drop-down menus from English to Chinese.

She has done home visits and gone shopping with older adults to help match them with the best computer for their needs.

"If it's something I can work in around my schedule, I'm happy to do it," Catherine said. "Helping older

adults with computers is something I feel very comfortable doing, and I know they really appreciate it."

Stop in Today

Stop by the Downtown Center to use one of its public access computers. If you prefer to bring your own laptop, the center features wireless internet.

If you would like assistance from Catherine, please call 402-441-7158 to ensure she will be present at the Downtown Center. 

Find it Online

Catherine loves teaching people how to search the Internet so they can find a variety of information without going any further than the computer. For example:

- Get a weather forecast anywhere, anytime.
- Look up a word in a dictionary.
- Find a phone number or address.
- Use as a calculator.
- Find a location on an atlas or map.
- Find out more about a medication or treatment.
- Look up a recipe.
- Plan a trip.
- Find a pharmacy.
- Make a birthday or holiday card.

According to Catherine, the key to being a good searcher is being as specific as possible and practicing to hone your skills. If you don't find the answer the first time, she advises users to keep trying different combinations of words.



Catherine Ward

Regain Independence with Health & Fitness Center

A traumatic brain injury left Dr. Jim Kisicki with partial paralysis in his right arm and leg, but his mind and spirit remain as strong—if not stronger—than ever.

The Beginning

Jim, an Omaha native, received a bachelor's degree in biology from Creighton University. After a year of graduate work at the University of Nebraska-Omaha, he pursued his doctorate at the University of Nebraska Medical Center. A residency in family practice piqued his interest in pharmaceuticals and sparked a 25-year career in pharmaceutical research.

In 2008, one year before he retired, Jim suffered a brain injury that left him with weakness on his right side. Fortunately, his memory and ability to speak and write were not affected.

Though the partial paralysis presented him with a new unique set of challenges, he soon discovered retirement was not for him. Jim began volunteering at Southeast Community College's Energy Square building, assisting adults—such as blind or foreign students—with reading and mathematical skills during class.

It was at SCC he first learned of the services Aging Partners offered, such as public rural transit. One particular service caught his eye and would prove to play a major role in his rehabilitation: the Aging Partners Health & Fitness Center.

Turning a New Page

In February 2010, Jim began making regular visits to the Health & Fitness Center. Approximately two days a week, he worked with Personal Trainer Judy Pfeifer to

learn how the weight machines and NuStep could help strengthen the right side of his body.

"He worked hard and made remarkable progress," said Peggy Apthorpe, Health & Fitness Supervisor. "Everyone has been impressed with his dedication and persistence. He's very well liked by other center participants, who call him 'Doc' and frequently seek his advice about minor problems."

Recently, Jim began attending the Yoga and Stress Management class on Wednesdays with Yoga Instructor Katy Ramos. Yoga improves Jim's flexibility and mobility, and helps him find mental clarity and focus.

"Yoga connects the mind and body so they can work together," Katy said. "It helps tie together your reactions."

After class, Jim works with Katy for an additional 20 minutes. In the one-on-one session, Jim and Katy use an elevated exercise table to work with yoga straps, hand weights and a 3-pound exercise ball to improve his grip strength.

"He has incredible ambition," Katy said. "He also has so much patience with himself; he inspires me all the time."

Planning for a Bright Future

Already, Jim is noticing improvements in his overall strength, mobility and endurance. He looks forward to his visits at the Health & Fitness Center and hopes more people are able to benefit from the numerous services it offers.

"I'm surprised more people don't avail themselves to yoga," he said. "It's a great addition to the physical activity I try to do each week."

Jim dreams of once again navigating Lincoln via bicycle, albeit a special one. The modified bike features two wheels on the rear—similar to a tricycle—and would mean Jim wouldn't have to depend on others to transport him.

"I want to get as much out of life as I can," he said. "Just because I'm a little bit disabled doesn't mean I have to quit. Because of coming to the Health & Fitness Center, I'm regaining some of my independence."

For more information about the Aging Partners Health & Fitness Center, call 402-441-7575. [Lw](#)



Yoga Instructor Katy Ramos assists Jim Kisicki with the alligator pose to stretch his shoulders and back; the pose also aids digestion.

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Hospital Stays and Medicare: Inpatient or Observation Stay?

By Barbara Straus, CMSW,
Aging Partners

If you have Medicare, there is something you need to be aware of regarding hospital benefits.

If you have been in a hospital room for any reason at all—having nurses attending you, eating your meals, having tests and seeing doctors—wouldn't you assume you have been admitted into the hospital? Most of us would; if it walks like a duck, quacks like a duck and looks like a duck ... it's a duck! Right?

Not necessarily. There is a type of hospital stay called an "observation stay." Patients in a hospital for an observation stay are not exactly admitted into the hospital, but are considered an outpatient service. Medicare Part A hospital benefits do not cover these expenses. Outpatient benefits are covered under Medicare Part B, which do not include medications or skilled rehabilitation services. Sometimes observation stays last longer than 48 hours, and later the patient is surprised to learn they were never actually admitted into the hospital.

Medicare does not require notification of a hospital patient's status unless it has been downgraded during the patient's stay. It is important for you to find out whether you are actually being admitted into the hospital or if you are there on an observation stay. If you have been in the hospital for more than 24 hours, make sure to ask if you've been admitted.

Why It's Important to Know the Difference

Should you need skilled or rehabilitation services after your hospital stay, you must pass three midnights in a "qualifying hospital stay" as an inpatient. Observation stays do not count as a qualifying hospital stay. Your doctor also must certify you need skilled care following hospitalization.

Thus, if the patient is truly admitted into the hospital, Medicare Part A will cover medications and subsequent skilled facility or rehabilitation services after the required three nights. If on an observation stay, the patient is on their own for these costs, which can be substantial.

What Do You Need to Do?

Observation stays are intended to last 48 hours or less. If you or your loved one is in the hospital more than 24 hours, ask the doctor or the hospital staff if you're an inpatient or an outpatient.



Understand what is covered and not covered for outpatient services and learn your rights to review and appeal. Most importantly, seek help in understanding the process.

Utilize a family advocate to be there with you and to assist you in details of your hospital stay.

Become familiar with the Aging Partners website and start now! There is a wealth of knowledge, contact information and assistance available, particularly if you start early.

For more information, call Aging Partners at 402-441-7070. 

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Family Matters: Negotiating Caregiver Roles

There is widespread agreement among family therapists that families are “systems.” Each person plays a role, has a set of tasks, and contributes to the stability of the family. When a significant event happens, i.e., a birth, job loss, death or even a wedding, the family finds itself off balance. Roles and tasks must be renegotiated as the family tries to find stability.

Often the most powerful stabilizers are parents. Generally speaking, parents guide a family’s functioning and often, with very few words, keep the system stable. Most adults will admit that the presence of their parents still exerts a powerful influence on their behavior. Holidays and other family gatherings serve as excellent reminders that each family has a unique blend of expectations, beliefs and behaviors that are often enforced by family elders.

But what happens when the “heads of state” begin to decline? How does the family re-stabilize when the primary decision-makers fall prey to the mental and physical challenges of aging? The needs of an elderly parent often powerfully challenge a family’s ability to communicate, resolve issues and work together. Sadly, the “transfer of power” from parents to adult children is often fraught with conflict. Old wounds mix with new accusations, bids for attention blend with demands for control and acquiring heirlooms becomes a symbol of the place one occupies in the family. Addressing these issues can be as difficult as responding to the needs of the parent.

Successfully negotiating an equitable system of caregiving requires time, patience, honesty and empathy. Recognizing that everyone is under stress is an important first step. Identifying what is realistic, financially feasible and directed to the individual talents of each family member is an important step in the process. Each family member can (and in my opinion should) be a participant in the process. This is a significant opportunity to let go of past hurts and establish adult-to-adult relationships with one’s siblings. In short, it’s time to grow up.

In determining how to handle the needs of an aging parent, adult children need to consider what needs to happen, when to act and how to handle the change. Although it might not be an easy conversation, it is critical that siblings take the time to discuss their needs, expectations, limitations and fears as the caregiving process unfolds. This conversation can serve to develop important clarity regarding roles and responsibilities. It also is a time to affirm that old hurts and habits will not be useful in this new environment. The time has passed to earn the distinction of “favorite child.” Likewise, heading out the door when the situation is sad or tense is equally unacceptable. The best chance for quality care of a parent is agreement among family members.

What Needs to Happen?

On the surface this seems like a relatively simple question. However, not every sibling will see the situation in the same way. Often, adult children resist the notion that their parents are growing frail. The implications of this admission are significant and not everyone will be ready at the same time. As a grandson recently said to me, “I think we are all just trying to live in a fantasy.” It is difficult to acknowledge that life is finite. However, to do otherwise means to ignore the opportunities that come with a realistic view.

Gathering the family and opening the discussion is an important first step. By sharing observations and experiences, a bigger picture of strengths and needs begins to emerge. A second important source of information is a trusted physician. This dispassionate third party can provide the family with a realistic assessment of the physical, emotional and mental capacity of an elderly parent. With this information in mind the family, including the parent(s) can develop a plan that is both realistic and hopeful.

When do We Act?

This question is easily the most difficult. I have watched many families struggle to take action, even when they knew it was time. Individual personalities, levels of acceptance and even stages of grief all influence how a family evolves into new roles. While it is true that acting sooner than later is the

best strategy, it is rare that elders will leave their home or engage a caregiver if they believe there is any way to remain independent.

Most fail to see additional help as positive; usually it is framed as a loss, not a gain. With that in mind, it is important for the family to determine what will indicate that help or relocation is needed. This also is a difficult discussion, but one that can mean the difference between life and accidental death.

Moving from talking to doing is disruptive for everyone. Again, there is not a simple strategy that will satisfy every family member. The important thing to remember is that the goal of any action is to enhance the life of the parent needing help. If the action can be taken in phases, and if the capabilities of the parent can be affirmed, changes will go more smoothly.

In our situation, we approached my parents' move as a short stay. We assured them that when they were back on their feet they could return home. That gave them an opportunity to ease into their new environment. Further, we didn't sell their home or car until they said it was time. Not every family can be this fortunate, but the overall strategy of slow and steady yields fewer tears.

How Will We Handle Changes?

Creating a plan that considers the circumstances of each family member is critical. There is no easy formula for this. In a perfect world the son(s) or daughter(s) who are most at home in a caregiving role

would also be those who live near the parent. That is not always the case. Proximity usually dictates that the person who lives the closest to the parent can expect to bear most of the tasks associated with daily living.

This is the role that asks for the greatest sacrifice of personal time and takes the heaviest emotional toll. This sibling, or group of siblings, needs affirmation, support and trust from other family members. They are the ones who have to make decisions in the moment, answer late night calls and respond to the real or imagined concerns their elders bring forward. However, they also enjoy the benefit of the good days and find comfort in knowing they did their best to provide quality care.

Siblings who live significant distances from the parent(s) seem to fall into two general camps; out-of-sight, out-of-mind, aka denial, or frustration and guilt. The first group may find it difficult to be empathic and the second may try to over-manage via phone calls and e-mails. Neither approach is productive.

Long-distance caregiving means trusting whoever is on-site. An important element distant siblings can bring is the unconsidered solution or question. Sometimes distance provides a new and unexplored point of view. If the sibling can seek information in an affirming, not blaming way, i.e., "Have you thought about _____?" those doing the daily caregiving may realize there is something they have overlooked.



It is important for long-distance siblings to realize that while money can't replace time, it is realistic that the brothers and sisters who are doing the daily work are in some way compensated. Recently a man shared with me that when his mother passed away, he and his brothers agreed that her car should be given to the brother who provided daily care. "It was just the fair thing to do," he said. "None of the rest of us were there to drive her around, so he deserved it."

Finding ways to acknowledge that your sibling is handling the daily tasks is important. It may not be money or inheriting a car, it may be something as simple as a gift certificate, an occasional floral arrangement or, making the time to provide respite care. In any case, the on-site sibling needs support. Even though there is physical separation, the fact remains that if there are siblings, caregiving is a family activity.

Even the most anticipated and planned change is difficult. Change that is the result of aging is particularly hard to accept. However, it also is a time when family members can acquire new skills. Learning to communicate, to be patient and to act and think like an adult are all gifts available in the change process.

Continued on page 12.

Family Matters: Negotiating Caregiver Roles

Continued from page 11.

A Gift of Tribute

In talking to many elderly parents I have observed an interesting reaction to change. They speak of it from a personal point of view, but more importantly, they talk about what their sons and daughters did, who helped the most, who cared the most. I have come to believe that many parents see this as an indicator of how well they parented. Affirming their efforts, however difficult it may be, is a gift only sons and daughters can give. 



Caregiver Events

Caregiver Consultants Aging Resource Directory: a resource for older adults and their caregivers

Robbie Nathan, Director

- Thurs., Sept. 8, 7 p.m.
Madonna Rehabilitation Hospital
5401 South Street, Lincoln
- Tues., Sept. 27, 1:30 p.m.
Saint Paul United Methodist Church
1144 M Street, Room 145, Lincoln



One of the less spoken truths about grief is that you don't just lose the deceased person; you lose the person you got to be when you were with him or her."

— Megan O'Rourke

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Remembering Fred Bruns' Passion for Music

Fred Bruns died March 11, but his musical prowess will continue to resonate in the ears of Clefs fans for years to come.

A memorial service was held April 21 at Aging Partners to remember Fred, who served as front man of the Clefs—the center's house band—for more than 21 years.

Born in Seward Oct. 8, 1919, Fred served eight years with the Navy. He earned a bachelor's degree from the University of Nebraska-Lincoln and an electrical degree from the Coin Electrical School in Chicago.

He worked 24 years as the Seward County Assessor before serving 10 years as a county judge. He finished his career as a field agent for the Nebraska Bureau of Vital Statistics.

Fred's passion for music was a lifelong affair. He played saxophone and clarinet in the Navy band before meeting future Clefs bandmate Milo Brchan in the mid 1960s when both joined the O.K. Jones Band. When the band dissolved three years later, the duo took their talents to the Swing Crew for 18 years before joining the Clefs in 1989.

"We got along real well throughout the years," said Milo, who spent more than 40 years playing saxophone at Fred's side. "He was a very friendly man, and a real good friend."

Their love of music—and one instrument in particular—kept the pair close for almost half a century. Both had played the saxophone for more than 70 years, and Milo loved nothing more than playing classics, polkas and waltzes with his old friend.

"I looked forward to playing with him; we had a lot of fun together," Milo said. "We played music that had melody, not like the songs on today."

Fred continued to share his musical talents with older adults throughout southeast Nebraska until the end of January, staying true to the words he spoke in a Sept. 17, 2008, article in the *Seward County Independent*:

"Music is something you never give up. You never give it up until your fingers are shot and your voice doesn't warble anymore." 



Fred Bruns spent more than 21 years with the Clefs.



From left, Milo Brchan and Fred Bruns entertain a crowd with their saxophone skills during a performance with the Clefs.

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Matching People with Equipment



Charles Beardslee, Assistive Technology Specialist, checks out a portable ramp. It will be loaned to an individual returning home from the hospital.

One Nebraska website—AT4ALL.com—is making it easier than ever for older adults to find locally-owned devices to help them be independent.

The Assistive Technology Partnership (www.atp.ne.gov) offers Assistive Technology for All, a free online service to list and find equipment in Nebraska to help bring people and equipment together.

The site makes it easy for visitors of all ages and disabilities to search for a specific item, such as a wheelchair, amplified telephone or bath chair. It also gives visitors the opportunity to browse through items in categories such as mobility, hearing loss and vehicle accessories.

AT4ALL offers the opportunity to borrow and try before you buy; explore equipment during a demonstration; buy items that are used, and sometimes free; and list items to share or sell.

Older adults recovering from an injury or surgery also benefit from the site, which offers items such as portable ramps for short-term loans.

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Seniors Foundation Celebrates Keystone Award

Organizers came up with one word over and over during the creation of the inaugural Seniors Foundation Keystone Award Luncheon: Honor.

It is a befitting, descriptive word for how the first Keystone Award recipient, Joe Hampton, lives his life.

“A goal for me always has been to do what’s in the best interest of the community,” Joe said after accepting the award May 12 at the Lincoln Country Club. “Lincoln and Nebraska are fortunate to have a population of people who really care about the community. It’s been a great honor and privilege to live in this community.”

Joe told the approximately 200 people in attendance that his uncle used to remind him how life was short, and it’s important to not just take and walk, but to give something back.

Joe’s History

He grew up in Chadron, Neb., and came to Lincoln as a 22-year-old electrician in 1947 to visit his hospitalized mother.

Joe made Lincoln his home and built his first house at 41st and L streets in 1949, turning an \$800 profit. In 1964, he went from homebuilder to developer by purchasing land that became Lincolnshire Square, the city’s first office park and residential community.

He formed Hampton Enterprises, which evolved from a home-based business into a successful commercial development company. The firm continued to build and develop commercial

properties in Lincoln, including Williamsburg Village Corporate Centre and Meadowlane Shopping Center.

Joe built the company on a solid foundation and has developed a reputation as a leader in the development of housing for older adults.

Lincoln Mayor Chris Beutler and June Pederson, Aging Partners Director, spoke via video about the honoree and the Seniors Foundation contributions.

Chris said Joe has been a great community servant for years, including his work with groups such as the Lincoln Airport Authority, Lincoln City Council, Lincoln Independent Business Association and Home Builders Association, to name a few.

“This Keystone Award is just the latest in a long list of accolades,” he said. “Thank you for everything you have done to build Lincoln’s future.”

Partner Award

In addition to honoring Joe as the first Keystone Award recipient, Michael Gengler, of Bahr Vermeer Haecker Architects, accepted the Partner Award. Michael served as the project architect and construction administrator for the Clark Jeary Assisted Living Facility.

Honor Flight Network

Evonne and Bill Williams also believe in helping others. They organized the Nebraska Chapter of the Honor Flight Network that made it possible for 1,500 World War II veterans to make the journey to Washington, D.C., in 2008 and 2009 to visit the memorials.



Joe Hampton accepts the Keystone Award from the Seniors Foundation. He is pictured with, from left, Kristen Stohs, event co-chair; Helen E. Griffin, Seniors Foundation President; and Kay Green, event co-chair.

Bill, the featured speaker, spoke to those in attendance, including nine veterans who had been on those flights to Washington, telling the stories about the heroes they took to the nation’s capital and the creation of the Honor Flight Network chapter.

“For all of us involved in the Honor Flight program, it has been an honor and a privilege,” he said.

Quoting Will Rogers, Bill said: “We can’t all be heroes because somebody has to sit on the curb and applaud when they go by.”

Diane Rolfsmeyer, Seniors Foundation Executive Director, called it a wonderful event to honor the people who have made efforts to support or enhance the lives of older adults in the community.

“We are where we are today because earlier generations have shown us the way. We have benefited from their sacrifice. And now we are called upon to help them,” she said. 

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70	\$107.37	\$117.99
71	\$111.68	\$124.09
72	\$116.11	\$130.45
73	\$120.58	\$137.01
74	\$125.07	\$143.76
75	\$129.36	\$150.42
76	\$134.80	\$158.56
77	\$139.52	\$164.13
78	\$144.33	\$169.81
79	\$149.51	\$175.89
80 & Over	Call for a quote	

**Nebraska ZIP Codes beginning with
685 and some with 680**

AGE	PLAN F	
	Female	Male
65-66	\$ 97.63	\$102.78
67	\$101.44	\$107.91
68	\$105.42	\$113.34
69	\$109.54	\$119.07
70	\$113.59	\$124.83
71	\$118.15	\$131.28
72	\$122.84	\$138.01
73	\$127.57	\$144.95
74	\$132.32	\$152.09
75	\$136.86	\$159.14
76	\$142.61	\$167.76
77	\$147.60	\$173.65
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Home Handymen Make a Difference

The more years we mark on this earth, the more difficult it can become to perform such tasks as mowing the yard, fixing a leaky faucet or safely disposing of hazardous chemicals.

That's where the Aging Partners Home Handyman Program comes in. A Home Handyman—such as Randy Klimm or Larry Johns—can serve as an affordable and trusted partner in keeping a safe and comfortable home environment.

A Natural Fit

Growing up in a farming community, Randy acquired the ability to fix almost anything.

"I've been repairing things all my life," he said.

Randy has been a Home Handyman for about six years. Though he has knowledge in almost all areas of home repair—including plumbing, electrical and remodeling—his speciality lies in lawn care. He used to own a yard care service company and is pleased he can once again put his lawn equipment to work, sometimes maintaining up to 10 yards per day.

Aside from working outside, Randy mostly enjoys the opportunity to give back as part of Home Handyman.

"My biggest reward is the smiles," he said. "The more you give, the more you get back. I try to go above and beyond with every job I do."

Paying it Forward

For Larry, participating in Home Handyman the last 18 years has been a chance for him to pay it forward.



Larry Johns, a Home Handyman of 18 years, enjoys assisting others.

"I do it to help people," he said. "And, hopefully someone will help my wife after I'm gone."

Like Randy, Larry's specialty is lawn care. He enjoys remaining active outdoors and prefers mowing, cleaning flower beds, trimming bushes and cleaning gutters. In the summer, he often does four to six handyman jobs seven days a week. In the winter, he stays busy shoveling sidewalks.

"I love helping people; it's just being neighborly," he said. "The ones who really need it most—those are the ones I really love to help."

Larry has built a sense of camaraderie with many of his repeat clients. One woman always has banana bread waiting for him, and another insists upon him drinking a soda on the deck with her after he finishes mowing.

"Everybody ought to try Home Handyman once," he said. "I did, and I enjoyed it so much I kept doing it. It's fun."

Safe Homes for Seniors

Randy and Larry also are trained in Safe Homes for Seniors. A joint effort between the Lincoln-Lancaster Health Department and

**"I love helping people; it's just being neighborly.
The ones who really need it most—those are the ones
I really love to help."**

— Larry Johns

Home Handyman Randy often brings Astie, his 6-year-old dachshund mix, with him on jobs. "She's a great icebreaker," he said. "It makes it easier for people to come up and talk to me. And if she can't find a rabbit or squirrel to chase, she lays under the truck and waits for me to be done."

Home Handyman, the program assesses homes for potentially hazardous products that may harm the homeowner's health and safety.

Randy has participated in about five removals, while Larry already has helped with four this year. Whenever Larry is performing handyman duties, he shares information with homeowners about Safe Homes for Seniors.

"It's a free service that should be taken advantage of," he said.

For more information on the Home Handyman Program or Safe Homes for Seniors, call 402-441-7030. 



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Dr. James Nyman: Defining Success on His Own Terms

by Valerie Crook, Editor

Dr. James Nyman is 81 years old and completely blind.

He despises the “euphemization” of blindness. He bristles at terms such as “unsighted.” He knows and accepts that he is blind, and resents being patronized. Well-meaning attempts to spare the feelings of the blind

only serve to create distances between people.

Research shows that 60 percent of Americans fear blindness more than death.

Once we have the courage to name a problem, we begin to release the fear that surrounds it. That empowers us to ask: “What can I do?” “How can I adapt?” Thus, we are freed to begin the process of problem-solving.

The Early Years

James grew up in small-town, depression-era British Columbia. His family of nine was living in the kind of poverty that sometimes left him with no shoes to wear. They moved often, and he missed a lot of school. When James *was* in school, he wasn’t learning much. By fourth grade, he had been held back two years. His young teachers — themselves with only a 10th grade education—had effectively written him off. Not that he minded—he really wasn’t all that interested.

That was about to change. James and two younger brothers had found his older brother’s dynamite caps. Equipped with pyrotechnical curiosity, the example of older siblings and a pack of matches, they decided to ignite them. They did so successfully, but with unintended consequences.

At 11 years of age, James became permanently and totally blind.

An Awakening

James was sent off to a residential school for the deaf and blind in Vancouver, B.C. He doesn’t remember feeling particularly victimized. As a child, he just accepted it as “what happens.” Later he would come to view it as his first lucky break.

There he met his first mentor, Arnold Alfred Archibald—himself a blind man. The school would also be his first taste of life outside poverty.

Arnold gave James two precious gifts. The first was the knowledge that blindness need not mean “the discontinuity of personhood.” The second was an introduction to education. It continues to be a passion.

Arnold retired in 1948, so James supplemented his studies with correspondence courses from the Hadley School for the Blind in Winnetka, Ill. (He gave the

commencement address in 2007.) After graduation, he supported himself selling candy bars and cigarettes for a vending service.

After Arnold's death, his widow contacted James. It was Arnold's wish that James not waste his mind. James interviewed with the president of the University of British Columbia to explore the possibility of his becoming a student there. After the interview, the university president simply called one of the deans and said, "Make out a check to James Nyman for \$250." In 1952, that check covered the \$240 tuition.

At that time, Mrs. Archibald rented rooms to four university students. These students served as his readers during his freshman year. The Delta Gamma sorority provided this service for his remaining three years at UBC.

During his sophomore year, James was called into the office of his history professor, Gilbert Tucker, who asked James about his career plans. He replied that he would probably pursue social work with the blind.

Gilbert encouraged him to set his sights higher—to consider graduate school and becoming a university professor. After James graduated with honors, he did just that at the University of California Berkeley. He completed his doctorate in 1966 while teaching at the University of Chicago. Three years later he began teaching political science and philosophy at Trinity University in San Antonio.

“Blindness need not mean ‘the discontinuity of personhood.’”

Pioneering in Nebraska

In 1974, Dr. Nyman came to Lincoln to accept the role of director of the Nebraska Services for the Visually Impaired (now NCBVI). He has been credited as the “father” of the attitude of empowerment that has been fostered there ever since. NCBVI is now regarded as one of the best training centers for the blind in the United States.

Having gained the confidence that he could become successful on his own terms, he wanted to help other blind people see their disability as manageable. He cited Sylvia Johnson-Speed, who helped him structure and formulate the “attitude” that would guide future training.

Dr. Nyman instituted the policy that all staff at NCBVI are required to take the intensive residential training. They wear “sleep shades” and experience the training components in the same way that students do.

Dr. Nyman began using blind instructors to teach travel skills, another revolutionary practice. It was previously thought that only the sighted could teach travel safely.

Travel instruction is one of the most challenging, yet rewarding components. Students are taught how to use the long white cane. They participate in “drops,” where a student is dropped at a location unknown to him or her. Students must rely on the skills they have learned to find their way home without any remaining vision they may possess.

Other areas of training include: Braille, computer skills, home management skills (including cooking a full Thanksgiving meal for 12), wood shop, and much more.

Dr. Nyman states that there are two distinctly different views of blindness and other disabilities. The predominant one, in his view, maximizes the dependency of the individual.

The other view, at the heart of NCBVI's success, works to maximize an individual's self-reliance. Students are taught a variety of skills that empower them to rely on their remaining senses and innate problem-solving abilities. They discover they can build the lives they want.

There is a positive attitude that permeates NCBVI. It is built on the confidence that learning new tasks brings. Each new accomplishment builds on those that came before, empowering students to take on new challenges. And if they fail? They of course, “try, try again.”

Much of the training that was developed under James' watch has since become known as “Structured-Discovery Learning.” This pioneering approach has been studied and developed by others working in the field and the academic community. It has now come of age, representing a true paradigm shift in rehabilitation thinking.

A Healthy Mind and Body

Dr. Nyman has been a runner for many years, completing four marathons. He still joins other supporters at the Lincoln Marathon. He likes to “cheer the runners on and hear the exuberance and joy in their voices as they go by.” During his work years, he ran to his office daily. He says that “running is a part of his sense of being alive.” In his dreams, he runs and climbs mountains. Since his retirement in 1998, he begins his days running

Continued on page 22.

Dr. James Nyman continued...

and walking with his wife. He also keeps up a regimen of resistance training.

Dr. Nyman has developed a system to maintain his optimum weight. Soon after his move to Lincoln, during a stressful winter, he gained 25 pounds. When spring came, he vowed to change his eating habits. He continues to maintain his twice-a-day meals—and his target weight.

As with his approach to life, Dr. Nyman views food as an adventure. He enjoys many different cuisines. He notes that he enjoyed his most exotic meal (ostrich and crocodile) in South Africa. The restaurant was on a platform over running water.

On his bucket list is a visit to the Red Star Restaurant. It sits below the water level of the Red Sea with a window view of sea life.

Dr. Nyman is very much engaged in the world. He is not content to experience life passively from the comfort of a lounge chair. He travels frequently to Japan (his wife's home country), Vancouver and other destinations far and wide.

He is a voracious reader and writer. He reads Braille publications, recorded books, newspapers and broadcasts. He has mastered many assistive technologies, including e-readers. He remains in frequent contact with family, friends and colleagues around the globe.



The adventure continues

James was once asked by a young boy, “Do you like being alive?”

He laughed as he recalled the boy's honesty and the fears society has about blindness. He still works to prove those perceptions false—and yes, he's enjoying the adventure. 

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Assistance for the Blind and Visually Impaired

If you or someone you care for are experiencing blindness or visual impairment, the Nebraska Commission for the Blind and Visually Impaired offers many resources to help.

A series of videos titled "Pathways to Independence" recently were added to its website at www.ncbvi.ne.gov. Topics include cooking, Braille, cane travel, daily living techniques, personal information management, shopping and kitchen organization.

Tips for low vision include:

- Continue to see your eye doctor.
- Have a low vision exam to evaluate magnifiers and lighting sources.
- Place tactile markers on dials (washer, dryer, stove, thermostat, etc).
- Use simple templates to write straight on a line.
- Tell the time with talking clocks.

Counselors are available to individuals and their caregivers to evaluate and discuss a blind or visually impaired person's needs. Call 877-809-2419 to arrange an appointment or get more information. [Lw](#)

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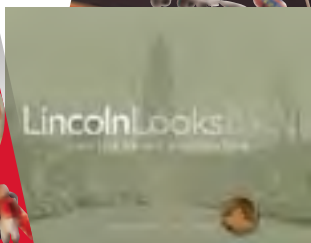
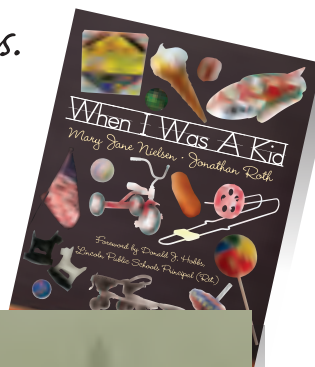
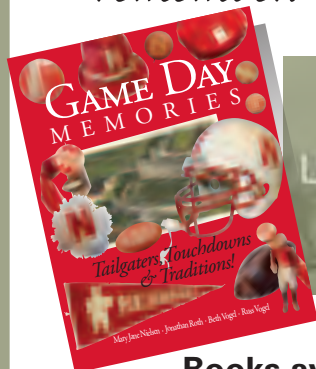


Q: What is the difference between Type I and Type II diabetes?

A: In Type I diabetes, the body doesn't make insulin as it should. Insulin helps keep blood sugar in balance. In Type I diabetes, the blood sugar is too high. People who have Type I diabetes are usually treated with insulin to help keep their blood sugar in balance. This is usually discovered in childhood. In Type II diabetes, the insulin doesn't work as well as it should so the blood sugar is too high. People with Type II diabetes are often overweight, don't exercise enough, or it runs in their family. The good news is that Type II diabetes can be reversible with diet and exercise. Type II diabetes can go away or not be as severe. It's important to make sure that blood sugar is in balance because blood sugar that's too high will hurt the body over time. 

—Phyllis Nsiah-Kumi, M.D.,
UNMC College of Medicine

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First Annual Seniors Foundation Keystone Award Event



Seniors Foundation Board President Helen Griffin presents the Keystone Award to Joe Hampton, President, Hampton Enterprises.

Seniors Foundation works to serve as the Keystone to all issues of adults aged 60 and older. Therefore, our Keystone Award was developed to honor individuals who have served a similar central service to older adults.

Seniors Foundation is proud to bestow our first Keystone Award to Joe Hampton. Among his many accomplishments is the remodeling of the Downtown Senior Center. He has a reputation as a leader in the development of housing for older adults and has left his imprint all over Lincoln.

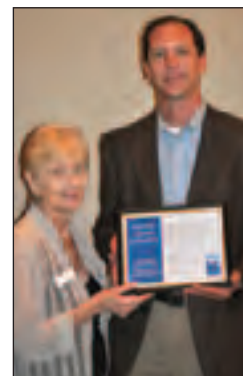
Michael Gengler, of Bahr Vermeer Haecker Architects, is the Partner Award Honoree. He was chosen for his project management work on the Clark Jeary Assisted Living Facility in south Lincoln.

key-stone (n)
1) a central stone at the summit of an arch, locking the entire arch together.
2) the one of a number of associated parts that supports or holds together the others, the main part or principle.

Keynote Speakers Evonne and Bill Williams, founders of the Nebraska Chapter of the Honor Flight Network, inspired and honored guests. The Heartland Honor Flights were organized from the Williams' kitchen table and home office and, with the help of family and volunteers, took 1,500 WW II Veterans to Washington D.C. in 2008-2009 to visit the memorial in their honor.

Seniors Foundation has a long history of honoring citizens for their work in enriching the lives of older adults. Past Community Service Awards recipients include such champions as Helen Boosalis, Lela Shanks, Jerry Joyce and Gil Savery.

This inaugural Keystone Award ushers in an exciting new era for the Seniors Foundation. Stay tuned for details in future issues. We are the only foundation in Lincoln and Lancaster County that focuses exclusively on advocating for and supporting the programs used by older adults. We do that through raising funds for the programs provided by Aging Partners, an Area Agency on Aging.



Helen Griffin presents the Partner Honoree Award to Michael Gengler, Bahr Vermeer Haecker Architects.

Evonne and Bill Williams (center) with Honor Flight veterans.



Letter from the President

If you missed the first Seniors Foundation Keystone Award luncheon you will have another opportunity to enjoy this fabulous event. I invite you to save the date, Thursday, May 10, 2012, for the next Keystone Aware luncheon.

I am particularly proud to share that our partnership with Easter Seals Nebraska, to expand our Lincoln Senior Transportation Program, continues to move forward. LSTP is a social transportation program for those aged 60 and older. Easter Seals' vision is to provide this service throughout Nebraska. The program has a long history with Aging Partners and Seniors Foundation. We are pleased to see it "growing up" and becoming everything we had hoped for.

This program is the only one of its kind in this

area. While medical transportation seems to be readily available, affordable rides to the hairdresser, grocery store, church and other social activities are not. Recently, a ride to a favorite fishing hole, long missed because the fisherman no longer could drive, brought much joy.

If you would like to become a driver or donate to this effort, call Deb Hynek at 402-441-6143 or visit seniorsfoundation.org.

I am pleased to be serving as the President of the Seniors Foundation Board of Directors for a second term. We are in exciting times here at the Foundation and I look forward to sharing new projects and highlights in future issues.

– Helen E. Griffin

Seniors Foundation Board President



*Helen E. Griffin
Seniors Foundation
Board President*

Seniors Foundation is on the move!



*Diane Rolfsmeyer,
Executive Director,
Seniors Foundation*

July 1st brings a new board year with some new board members and officers. Seniors Foundation has made a strategic effort to bring particular skill sets to the board. The nomination committee continues to do an outstanding job in that regard.

The staff and board of Seniors Foundation begin a new board year with squared shoulders and pride in what this organization has accomplished and what lies in the future. The Foundation is growing

in nearly every way. Look for our annual report in July for details.

We would appreciate your financial support in our efforts to enrich the lives of older adults in our community. Won't you help? Contact us at 402-441-6179 or visit us online at seniorsfoundation.org. We will be happy to talk about ways that you can help to make a difference.

– Diane Rolfsmeyer
Executive Director



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Volunteers Recognized at RSVP Banquet

The Retired & Senior Volunteer Program awards dinner serves as a great setting for Aging Partners to recognize those older adults who selflessly volunteer hundreds of hours to local organizations. This year's event, now in its 37th year, was May 19 at The Cornhusker Hotel.

"RSVP volunteers give their time, talents and, most of all, hearts to benefit more than 100 organizations in Lincoln and Lancaster County," said RSVP Director Laurie McAdams. "Without these volunteers, many organizations wouldn't be able to keep their doors open."

Adding it Up

Last fiscal year, 555 RSVP volunteers contributed 114,700 hours of service. According to the Independent Sector, a volunteer's time in Nebraska is valued at \$16.67, meaning RSVP volunteers contributed more than \$1.9 million worth of service to nonprofit,

public and proprietary health care organizations in Lincoln and Lancaster County.

Honoring Volunteers

RSVP volunteers were thanked and recognized for achieving significant milestones for number of hours volunteered and years of service.

Volunteers recognized with the President's Volunteer Service Award for more than 4,000 hours volunteered included Gene Osborn, Mary Osborn, Joanne Penner, Thomas Prockish, Tom Scott and JoAnn Thomas.

Olie Ahlquist, Robert Daniels, Jo Donohoe, Betty Hofstad, Arlan Roth and Sandra Sipp were honored for volunteering 5,000 hours, while Dwight Ganzel and Ellen Kapperman earned recognition for 10,000 hours of volunteer service.

Three volunteers were thanked for 20 years of service, including Marge Baade, Carol Mohr and Helen Porter; two for 25 years, Donald



Leona Vanderbeek, right, is recognized by RSVP Director Laurie McAdams for her 30 years of RSVP service.

Manley and Cecelia Sherman; and one for 30 years, Leona Vanderbeek.

Two Living Bell Awards were presented during the event: Steamfitter & Plumbers Local Union 464 was honored as an Outstanding Community Partner and Larry Russell received Outstanding Volunteer recognition. 



Larry Russell proudly displays the Living Bell Award he received as an Outstanding Volunteer.



Steamfitter & Plumbers Local Union 464 receives a Living Bell Award as the Outstanding Community Partner. Pictured, from left, are Dave Johnson, Mark McColley, RSVP Director Laurie McAdams and Mark Ondracek.

Championing Breakfast

Researchers find that eating breakfast is one of the best indicators of good nutritional health. Breakfast eaters have higher energy levels, think more clearly and generally have healthy weights.

According to the 2009 International Food Information Council Foundation's Food & Health Survey, 93 percent of Americans agree breakfast is the most important meal of the day, but less than half are eating breakfast every day.

It's another one of our behavioral disconnects. What to do? Let's look at a variety of solutions depending on your eating patterns:

"I don't like traditional breakfast fare."

There is no rule that says a sandwich or cold chicken is forbidden at breakfast. That cold pizza also is a possibility. It has grains, vegetables and cheese, all good foods to break the fast and

start your day. Try to have two to three foods at breakfast and pick from these groups:

- Bread and grains.
- A protein such as milk, cheese, meat or eggs.
- Fruit or vegetable.

"I'm not hungry when I get up."

Again, there is no rule that says you need to eat by 7 a.m. If you are heading to the gym, you may want to have a small snack and then a larger breakfast after working out. Research shows that more weight was gained by subjects who exercised after eating than those who exercised first and then ate the same breakfast. It's believed adrenaline—a hormone needed to convert fat to energy—produced by exercise is reduced when the body is digesting a meal.

However, if you don't have any breakfast you are more likely to have the mid-morning hungries and

indulge in a high-calorie, high-fat snack. Think ahead and pack a breakfast for that first meal. Keep in mind the following if selecting a quick and easy granola/ breakfast bar:

- Read the label; all of the needed information is found on the Nutrition Facts label.
- Look for at least 4 grams of fiber.
- Try to keep it at 6 grams or less of carbohydrates per serving.
- Watch for trans fats, which will be listed as partially hydrogenated fat or oils in the ingredients.

Continued on page 29.

Easy Oatmeal Muffins

- | | |
|--|-------------------------------------|
| 1 cup buttermilk | 1/2 teaspoon baking soda |
| 1 cup dry oats (either quick or regular) | 1/3 cup margarine, room temperature |
| 1 cup flour | 1/3 cup packed brown sugar |
| 3 tablespoons wheat germ | 1 egg |
| 1 teaspoon baking powder | |

Combine buttermilk and oats and let stand until liquid is absorbed. Combine dry ingredients: flour, wheat germ, baking powder and baking soda. Cream margarine with brown sugar until light and add egg. Add oats and dry ingredients alternately to margarine, sugar and egg mixture, so you start and end with dry ingredients. Portion into 12 greased or lined muffin pan. Bake at 400 degrees F for 25 minutes.

Note: This recipe freezes well, and you can incorporate up to a cup of dried fruit or nuts, such as currants.





Name that Veggie

How well do you know your veggies?

The new Dietary Guidelines released earlier this year recommend eating at least 2 ½ cups of vegetables each day (based on a 2,000-calorie diet). The guidelines further divide vegetables into five subgroups, recommending the following intake from each subgroup per week (again for a 2,000-calorie diet):

- **Dark-green vegetables**
1 ½ cups per week
- **Red and orange vegetables**
5 ½ cups per week
- **Beans and peas (legumes)**
1 ½ cups per week
- **Starchy vegetables**
5 cups per week
- **Other vegetables**
4 cups per week

I added it up, and the advice computes to the 17 ½ cups we need each week.

Here is a little quiz to test your vegetable knowledge and give you some interesting table talk trivia.

Hint: there is one veggie from each subgroup.

Veggie 1

This veggie is an excellent source of protein and high in

dietary fiber, potassium and folate. Often eaten cold in salads or hot in soup, the type sold in the U.S. is usually cream-colored and relatively round. It's the main ingredient in hummus.

Veggie 2

The French called them “love apples.” They are high in lycopene, an antioxidant that may help lower the risk of cancer, heart disease and osteoporosis. Botanically a fruit, these taste best when stored at room temperature.

Veggie 3

High in vitamin A, this dark green lettuce had its start as a Mediterranean weed. It has a long, loaf-shaped head of sturdy leaves.

Veggie 4

This veggie's four-petaled flowers resemble a cross, earning it a nickname of ‘cruciferous.’ Creamy white in color, it contains phytochemicals that may help reduce cancer risk. Mark Twain called this vegetable “a cabbage with a college education.”

Veggie 5

The leading vegetable crop in the U.S., this veggie is high in

potassium. A medium (5.3 ounce) skin, on serving, has just 110 calories. A model of this vegetable serves as the basis for a toy.

Answers:

Veggie 1: Garbanzo beans; also called chickpeas. This beans and peas (legumes) subgroup also includes kidney beans, lentils, pinto beans, red and black beans and soybeans.

Veggie 2: Tomato. This red and orange subgroup includes red peppers, carrots, sweet potatoes, winter squash and pumpkin.

Veggie 3: Romaine Lettuce. Other vegetables in this dark green subgroup include broccoli, spinach, kale, Swiss chard and such greens as collard, turnip and mustard.

Veggie 4: Cauliflower. Items in this vegetable's subgroup include iceberg lettuce, green beans and onions.

Veggie 5: White Potato. This starchy subgroup also includes corn, hominy and peas. 

Adapted from Veggie Matters, developed by Alice Henneman, MS, RD, UNL Extension Educator

Championing Breakfast continued...

“I'm trying to lose weight.”

Sorry to say, but this is shown to not be a good way to whittle the pounds. The National Weight Control Registry found that 80 percent of those who maintain their weight loss eat breakfast. Researchers analyzing the National

Health and Nutrition Examination Survey found breakfast skippers had higher Body Mass Indexes or carried more weight. Those with healthy weights, or lower BMIs, were breakfast eaters.

All of this is in addition to the fact that it is very difficult to get all

of the nutrition essentials in only two meals per day. Breakfast can be both low calorie and nutritious.

Be a champion and start your day with a healthy breaking of the fast, or in other words—BREAKFAST! 

Volunteers Ensure Success of Centers



Co-Manager Marie Brown, right, works with Mary Brazda to coordinate a team of volunteers to keep the Polk Center running smoothly.



From left, JoAnn Furbur and Avis Rathje serve as co-managers of the Shelby Center.



Many older adults often converge at the Shelby Center for its noon meal.

Volunteers serve as the backbone of many services in rural communities. Without their willingness to serve, these essential services would fall by the wayside.

Older adults at two Polk County Centers—Shelby and Polk—are stepping up to ensure their centers continue to thrive. Rather than one center manager shouldering the load, the centers have spread the work load amongst several volunteers.

“This is a great example of community support and ownership of local programs,” said Denise Boyd, Aging Partners Division Administrator. “Most of them work only one day per week, or fill in as needed.”

The Shelby Center pioneered the method approximately a year and a half ago, with the Polk Center following suit in April. Each center has a pair of co-managers that oversees a larger group of volunteers who perform essential services such as hosting, reception, serving meals, organizing home-delivered meal service, record keeping, fundraising, and coordinating programs and activities.

Maureen Stearns, Polk County Program Manager, is amazed at the amount of teamwork that keeps these two centers running smoothly.

“It’s great that all of them pool together to help,” she said. “They’re all willing to pitch in, no matter what. If they see something that needs to be done, they do it.”

Spreading the work load means each volunteer has time to do other things they enjoy, such as spending time with family or volunteering elsewhere in the community.

Shelby Volunteers Step Up

Every Monday, Co-Manager Avis Rathje takes the helm of the Shelby Center. Fellow Co-Manager JoAnn Furbur oversees the center on Tuesdays.

“I volunteered because I wanted to see the center continue,” Avis said. “I said I would help if I didn’t have to be here every day. We had a lot of ladies who stepped up, and each of us took a day.”

Avis believes the new structure works well because it encourages involvement from all members at the center. Volunteers coordinate such activities as the noon meal, monthly potluck, home-delivered meals and bridge and pool tournaments.

Seward Doctor Honored

"Anyone who walks in the door is willing to help; it's wonderful," she said. "Everything we do here is possible because of the volunteers, and each of us gets a sense of satisfaction from doing something good."

"Everyone has their own unique way of taking care of our patrons," JoAnn said. "Everyone has different ideas, and when we put those to work, it makes for a very good week at the center."

Polk Center Heads Down a New Path

Though the Polk Center only recently transitioned to the new system, co-managers Marie Brown and Mary Brazda already are noticing the benefits.

"It's so much easier when one person isn't carrying the load," Marie said. "When you have enough volunteers, no one feels overwhelmed."

Marie is usually at the center on Thursdays, while Mary often covers Mondays and Wednesdays. The center is still working to grow its volunteer base so volunteers often cover more than just one shift.

"There's a lot more involved in running a center than most people realize," Mary said. "If we didn't have our volunteers, we couldn't stay open. It takes a lot of teamwork."

Already, though, the center is noticing increased participation for both its noon meal and activities.

"When people start to do some of the work, they start to think of it more as their center," Marie said. "We've seen a lot more involvement because they're feeling a sense of ownership." 



Each person at the Polk Center chips in to help.

A Seward doctor's commitment to giving back earned him a prestigious honor.

Van Vahle, M.D., a family medicine physician, was honored with the Marion D. and Theodore H. Koefoot Jr., M.D., Outstanding Preceptor Award in Rural Family Medicine from the University of Nebraska Medical Center.



Van Vahle, M.D.

The award is granted to a rural Nebraska family physician who provides outstanding teaching and mentoring of medical students during their period of practical experience and training and serves as a valuable community physician. Nominations are submitted by medical students who have completed their family medicine rotation.

"Dr. Vahle taught me the fundamentals of being a health care provider for the community as a whole," said Shervin Razavian, a UNMC medical student who did his family rotation with Vahle. "Working with him allowed me to appreciate the dedication and effort required to be an exceptional health care provider in a rural setting."

Van immersed Shervin in every aspect of small-town life and showed him why it is just as important to take part in the community health fair as it is to go to the summer band concerts in the park.

"He allowed me to see the big picture behind these events and why simply being there or providing a service to the community means so much," Shervin said.

Van has welcomed students into his family medicine practice for the past 22 years.

"It's been a good experience for me and our clinic," Van said. "We get such good students. The patients are always trying to get them to stay in town and practice." 
Source: UNMC

AGING PARTNERS

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938
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. 402-441-7575
- **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** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938
- **Widowed Person Service** - Support for people who are widowed. ▲ 402-441-7026

Planning Ahead

FINANCIAL

- 402-441-7070 or 800-247-0938
- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
 - **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 seniorsfoundation.org.

Staying Involved

VOLUNTEER!

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

SENIOR CENTERS

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





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

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 areas. Handicap accessible.
▲ 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070

LIVING WELL MAGAZINE

402-441-6156

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

LIVE AND LEARN

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

MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**
Linda Vandenberg, 402-367-6131
- **Fillmore County Senior Services**
Brenda Motis, 402-759-4922
- **Polk County Senior Services**
Maureen Stearns, 402-764-8227
- **Saline Eldercare**
Amy Hansen, 402-821-3330
- **Saunders County Senior Services**
Donna Ehrenberg, 402-318-1471
- **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

**Aging Program Coordinator,
Donna Mulder**

- **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, 402-443-1097
- **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**
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 e-mail, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print out the whole magazine or just the pages that interest you. Call Deb Baines at 402-441-6146 or e-mail her at dbaines@lincoln.ne.gov to sign up.



Health and Wellness

Aging Partners Health & Fitness Center

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

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. - 2 p.m., or by appointment. \$10 suggested monthly donation for 60-plus; \$15 for 60 and under.

Senior Health Promotion Center

Free services available to people 60 years and older.

July 7, 21—foot care only

Aug. 4, 18—foot care only

Call for a September schedule.

The clinic is open on the lower level of the Downtown Center on most Tuesdays and Thursdays. Call

402-441-7575 for information.

Contributions accepted.

Ashland Health Fair

Thurs., Sept. 8, 8 a.m. - 10 a.m.

102 S. 24th St.

Free breakfast and health screenings.

Free Hearing Fair

Fri., Sept. 23, 1 p.m. - 4 p.m.

Auld Center, 1650 Memorial Drive
(Formerly Antelope Pavilion)

See story on page 36 for details.

Free Yoga and Stress Management

This gentle class is designed for caregivers and others looking for ways to manage stress in their lives.
Weds., 10 - 11 a.m.

233 S. 10th St., Suite 101

Tai Chi for Strength and Balance

July 8 - Aug. 26

Fridays, 9 - 10 a.m.

Auld Center, 3140 Sumner

Gentle easy movements that enhance core strength, balance and flexibility. Suggested contribution \$16 for eight-week session or \$2 per class.

Senior Yoga

Sept. 6 - Oct. 25, Tues., 10 - 11 a.m.

Lake Street Center, 2400 S. 11th St.

Help slow the aging process by moving joints through their full range of motion. Regular attendees report the benefits of increased range of motion and strength have allowed them to do things they once enjoyed again. \$32 suggested contribution for eight-week session.

Chair Yoga

Sept. 9 - Oct. 28,

Fridays, 12:30 - 1:15 p.m.

Lincoln Yoga Center,
2127 Winthrop Road

This gentle class is designed for people beginning or getting back into their yoga practice. Gentle

stretching movements are done on or near a chair. Breathing and relaxation are included. \$32 suggested contribution for eight-week session.

Stretch and Tone

Sept. 6 - Oct. 27,

Tues. & Thurs. - 9:30 - 10:15 a.m.

North Gate Garden Estates,
2425 Folkways Blvd.

Exercises focus on increasing flexibility and strength and improving balance to avoid injury. Most exercises are conducted with participants seated or standing near a chair. \$28 for eight-week session.

Living Well - Take Control of Your Health

July 20 - Aug. 24,

Wednesdays, 10 a.m. - Noon

Williamsburg Hy-Vee,
6001 Village Drive

Most of us will experience two or more chronic conditions during our lifetime. Along with valuable tools to help participants live healthier lives, each will receive an easy-to-follow book outlining day-to-day management techniques and positive approaches to difficult changes and a relaxation CD. Caregivers of persons with chronic illnesses also can benefit from the course. Tuition for Living Well classes is paid by a grant from Nebraska Health and Human Services. Free.

Educational

Bob Ross Oil Painting Classes

- Sat., July 16—Cabin at Dawn
Northeast Center, 6310 Platte Ave.
- Sat., Aug. 13—
Compact Rose Group
Lake Street Center, 2400 S. 11th St.
Paint along with certified instructor



Donald R. Belik in this one-day painting class for painters of all abilities. Students will enjoy fun and sure-fire results. All materials and supplies are provided. Saturday class is from 9:30 a.m. to 3:30 p.m. \$50 fee per class.

Lunch & Learn

Calvert Recreation Center
4500 Stockwell St.

Lunch at 11:30 a.m.

Educational presentation at noon
Aging Partners is collaborating with UNL's Osher Lifelong Learning Institute (OLLI) to provide exceptional educational experiences. Call 402-472-6265 to register. A \$3 contribution is suggested.

- **All That Jazz & More**

Wed., Aug. 24

Jazzman Louis "Satchmo"

Armstrong was born Aug. 4, 1901.

In celebration of Satchmo's birth month, join retired UNL Music

Professor/Composer Randall

Snyder and Jazzman Tim Javorsky

as they team up to present "All That Jazz & More," a toe tapping and entertaining look at the history of American Jazz, an original American art form.

- **Yoga for Life with Liz Merey,**

In Celebration of National Yoga Month and Active Aging Week

Wed., Sept. 28

See story on page 37 for details.

- **The Day of the Dead: Mystery, Myth & Storytelling**

Wed., Oct. 26

"El Dia De Los Muertos," or The Day of The Dead, celebrations in Mexico can be traced back to indigenous cultures. Rituals celebrating the deaths of ancestors have been observed by these civilizations for perhaps 2,500-3,000 years. Join

Ricardo Garcia, UNL Emeritus Professor, as he guides us through this cultural tradition and the fine art of storytelling. Just in time for the Sheldon Art Museum's Day of the Dead celebration!

Entertainment

Dinner & Show Series

Cotner Center Condominiums

1540 N. Cotner Blvd.

(North 66th at Cotner & Holdredge)

- Dinner: 5:30 p.m.,
Show: 6:30 p.m. \$8. Van transportation: \$2. Show only tickets: \$4.

Reservations and cancellations are due by 10 a.m. on the Tuesday before the show. Payment is due prior to event. No refunds. Send payment to: Aging Partners, Attn: Dinner & Show, 1005 "O" St., Lincoln, NE 68508-3628. Sponsored by Butherus, Maser & Love Funeral Home, in cooperation with Cotner Center Condominiums.

- **A Tribute to the Grand Ole Opry, featuring "Hillbilly" Hal Cottrell**

Thurs., July 21

Considered an American icon, the Grand Ole Opry has hosted a long list of country music stars since 1925. The Opry has been called "the show that made country music famous." Join "Hillbilly" Hal Cottrell as he takes us back to the music that made the Opry famous. He masterfully plays guitar, banjo, fiddle and mandolin while singing the vintage country songs you'll remember.

- **Jukebox Johnny featuring Johnny Ray Gomez**

Thurs., Aug. 18

This year marks his 51st anniversary in show biz. Join us for this nostalgic stroll down memory lane. Relive the Golden Era of the 1950s and '60s with one of Nebraska's favorite entertainers. Rediscover the hits of the day, the times we'll never forget and the singers who made them great. Play Name That Tune and win prizes.

- **Time For Moonbeam Swing, featuring The Lightning Bugs**

Thurs., Sept. 15

We're closing out our Dinner & Show season with a terrific performance by The Lightning Bugs, a popular jazz trio specializing in "Moonbeam Swing." The group specializes in smooth vocal harmonies in the Mills Brothers tradition. Their repertoire features jazz and pop standards from the 1930s and '40s. It's a tribute to the music of the Greatest Generation. The band has released four recordings: "The Lightning Bugs," "Bugology," "Stretchin' Out" and "Glow."

Supper and a Ball Game

Lincoln Saltdogs vs. El Paso Diablos
Wed., July 27

Lake Street Center, 2400 S. 11th St.

Supper: 5:30 p.m.

Game starts: 7 p.m.

Suggested contribution: \$3

Transportation: \$2

Cheer the boys on as they play El Paso. Limited group seating on the lower reserved section. Call to register.

Continued on page 36.

Continued from page 35.

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 for details and reservations.

- **“Outside Kaneko”**

Tues., July 12

Lauritzen Gardens, Omaha
Bus departs at 9 a.m. from the Northeast Center and returns around 2:30 p.m. Internationally known ceramicist Jun Kaneko creates monumental pieces of colorful and whimsical sculpture. An hour-long tram tour will allow visitors to see many of the 50 sculptures and drawings flanked by lush greenery and colorful flowers. The placement of each sculpture in the garden setting evokes a sense of peacefulness and harmony. The 100-acre botanical garden, located in the beautiful Riverfront Hills, is one of Omaha’s premier venues.

Afterwards, it’s lunch on your own at The Bohemian Café. Reservations and payments are due by July 5. Cost: \$40.

- **Brownville Village Theatre & Spirit of Brownville**

Sat., Aug. 13

Bus departs at 10 a.m. from the Northeast Center and returns around 9 p.m. The day begins with lunch on your own at the Lyceum and a bit of Brownville shopping. Next, it’s a Brownville Village Theatre Matinee, “I Love You, You’re Perfect, Now Change,” by Jimmy Roberts & Joe Di Pietro. This timeless musical celebrates the “Mating Game.” Next it’s supper on the “Spirit of Brownville,” sailing up the Missouri River. Seating is limited. Registration and payment are due by Aug. 5. Cost: \$60.

- **Nebraska State Fair**

Wed., Aug. 31

Watch for information about going to the Nebraska State Fair in Grand Island.

September is Senior Center Month
Help us celebrate with these events:

- **Game Day Memories**

Wed., Sept. 14

Lincoln Firefighters Reception Hall, 241 Victory Lane
Join Mary Jane Nielsen and Jon Roth for this history luncheon, with a program at 10:30 a.m. and lunch at 11:30 a.m. Remember the Knothole Section, the Big 8 and Lyle Bremser? When men wore red sport jackets and white slacks to the games? When game time was always 1 p.m., and red and white balloons were sold on every street corner? Homecoming bonfires and yard displays? Join us, wear your red and share some “Game Day Memories.” Reserve your seat at your center. \$3 suggested contribution.

- **Free Dance featuring Skylark**

Tues., Sept. 20, 7-9 p.m.

Auld Center, 1650 Memorial Drive (Formerly Antelope Pavilion)
Celebrate Senior Center Month with a night on the dance floor! Cut a rug to the music of Skylark, one of the sweetest sounding quintets in Lincoln, playing in a historic location that holds years of memories. Refreshments will be available. Call for more information. [Lw](#)

Free Hearing Fair

Curious as to how your hearing is holding up?

In honor of Senior Center Month in September, Aging Partners is sponsoring a free hearing fair Sept. 23 from 1 p.m. to 4 p.m. at the Auld Center in Antelope Park.

Experts from the Barkley Memorial Center, Nebraska Commission for the Deaf & Hard of Hearing, Assistive Technology for All and the Nebraska Speech, Language & Hearing Association will share information and advice.

Hearing loss is a chronic condition that affects approximately 30 percent or more of adults age 65 and older. Untreated, hearing loss can have significant social, cognitive and emotional consequences.

Fortunately, a variety of interventions and technologies are available to help overcome these effects. Stop by this free event to learn more about your options. [Lw](#)



Liz Merey

Attend Yoga for Life Sept. 28

Celebrate Active Aging Week with Aging Partners and Osher Lifelong Learning Institute by attending Yoga for Life at the Calvert Recreation Center Sept. 28 at noon.

Liz Merey, a yoga practitioner for nearly 60 years, will discuss how yoga can benefit the mind, body and spirit in a non-competitive and individualized manner.

People of all ages, beliefs and levels of flexibility can benefit from yoga. Based on current research espousing the healing power of yoga, some physicians are adding yoga and meditation to their list of complementary therapies.

Liz's yoga style is positive and intuitive. She believes in the importance of growth and learning during the journey through life.

She will share what yoga has meant to her personally and conclude the program with a few gentle stretching, deep breathing and relaxation exercises. [Lw](http://www.wi-series.com)

402-441-7158
aging.lincoln.ne.gov

WHAT DOES HEARING LOSS SOUND LIKE?

(WHAT DOES HEARING LOSS SOUND LIKE?)

It's difficult. When you have hearing loss, your ears may process only parts and pieces of words (toothbrush can become OO-BRU, for example)—so speech sounds garbled and strange. Having people speak louder can help, but it doesn't solve the problem.



**Schedule an appointment today with the
Audiology Team at ENT Specialties**

1500 S 48th St., Ste. 200

Lincoln, NE 68506

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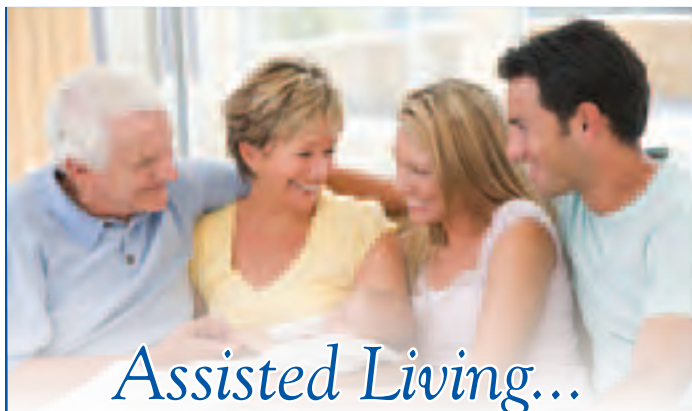
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