

A magazine published by the Lincoln Area Agency on Aging.
Volume 1, No. 1

October/November/December 2005

Living Well

Supporting Caregivers

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Sifting the regs on Medicare Part D

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**At 96,
she's aging
gracefully**

Sally Gordon: Page 9



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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 LAAA.

Contents may be reproduced with credit to the magazine.

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Welcome to *Living Well*, the new publication from the Lincoln Area Agency on Aging. As promised in June, when the last issue of *Life Lines* was distributed, you have the new magazine in your hands. We will publish quarterly, so you can expect the next issue in your mailbox in late December.

Living Well is intentionally smaller, however we intend to continue to provide current, valuable information that is of interest to our readers. We've included resource pages that will assist you to find LAAA services, as well as locate other agencies and organizations that can answer questions on specific issues.

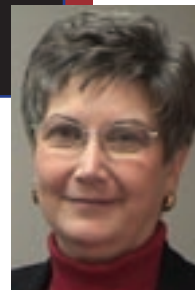
Our first issue includes an article about a remarkable woman who has a very interesting life. Sally Gordon is a role model for us all. We are honored to have her be our first "cover girl."

The change in Medicare's new Prescription Drug Program, often called Medicare Part D, is something everyone age 65 and older needs to know about. Please take time to read this article. If you have questions or want help, call the LAAA's LIFE office at 441-7070 or (800) 247-0938.

We are interested in your comments and suggestions. You may contact me at 1005 "O" Street, Lincoln, NE 68508, e-mail at junepederson@lincoln.ne.gov or call 441-6157. *Living Well* is a significant change in how we communicate with you. We hope you find the change positive.


June Pederson, LAAA Director

Directors Corner



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Welcome to the newly-designed Living Well!

Caregivers: silent heros —

While soldiers, firemen and police are often deemed heros, another group of folks live as silent heros. Caregivers.

Caregivers may check in with an older loved one or friend to assure their well-being. Caregivers mow, shovel, shop, transport and even write checks.

Those who benefit from a caregiver know the value of someone to help with medical appointments and physical care.

LAAA provides special services for caregivers who, usually, are more interested in caring for others than themselves. Free services include a health assessment with a nurse; nutrition assessment with a dietitian; physical activity consultation with a personal trainer; and stress management tips. Appointments are available by calling Lifetime Health at 441-7575.

Alice Gingery appreciates respite

Days filled with doctors appointments, physical therapy and caring for husband, Bob, have quickly turned into months and years for Alice Gingery. The couple have been married 63 years.

In 2003, Bob suffered blood clots that blocked spinal fluid in his brain, causing a loss of balance. While surgery helped, Bob still needs assistance in moving, especially where no handrail is available.

Alice helps her husband walk. Without respite care, she never leaves him alone. Besides his balance, Bob also battles Alzheimer's Disease.

How does she do it? "I ask for the Lord's help quite a bit and my faith gives me strength," she said. "I must admit there are times I get depressed because I know things will never get better."

Alice also draws inspiration from her father who lost the use of his arms in World War I. "He was an amazing man," she said. He worked in student employment and housing at UNL then, with special tools, did woodworking. He built cabinets, church alters and more.

When Medicare quit paying for Bob's therapy at Synder Physical Therapy, Alice took over. "I heard the Senior Center had physical trainers to help, so I checked with Aging Services," she said. Bob lifted weights and worked on a step machine. "It helped a little bit," she said. She also sought help with the Alzheimers Association, Respite volunteers and support groups. LAAA also sent a nurse to provide her physical assessment and exercise suggestions.

The Gingerys have four children, 12 grandchildren and seven great-grandchildren.

Ehrenberg's energy

Living in Cedar Bluffs, Donna Ehrenberg takes plenty of responsibility for her family. Ehrenberg, for years, has cared for her mother and now helps her husband

who battles cancer.

She said the Caregiver Program through the Lincoln Area Agency on Aging makes a huge difference in her life.

"It's an outstanding program," she said.

Since she shuffles most of her time between her mother and husband's doctors appointments, the LAAA health assessment was a blessing. "They came out and did some bloodwork and assured me things were going in the right direction," she said. "Knowing that they were there with some resources was very heartening."

The Caregiver program also consulted with Ehrenberg on an exercise

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Bob and Donna Ehrenberg stand near their farm at Cedar Bluffs, Neb.

Continued from Page 4

program to build her strength. "I need all the strength I can get to lift these two up," she said. "Any caregiver should look into this."

Ehrenberg retired as manager of the Cedar Bluffs Senior Center to take a full time job at the Saunders County Care Center in Wahoo. She left there to care for her mother after her father, who was her caregiver, died suddenly.

Her mother sustained severe injuries years ago in a head-on collision with a drunk driver.

Ehrenberg visited her mother for a year in the hospital. Mayo Clinic doctors taught Ehrenberg physical therapy. She helped her mother return to walking. Years later, a blood infection hit her mother and Ehrenberg helped with therapy again. She devoted hours every day to help her mother walk again. "I wanted her to be able to live at home," she said. Ehrenberg still helps with bathing, shopping, and lifting.

Now, she faces another challenge as her husband battles cancer. "God gets me through it," she said.



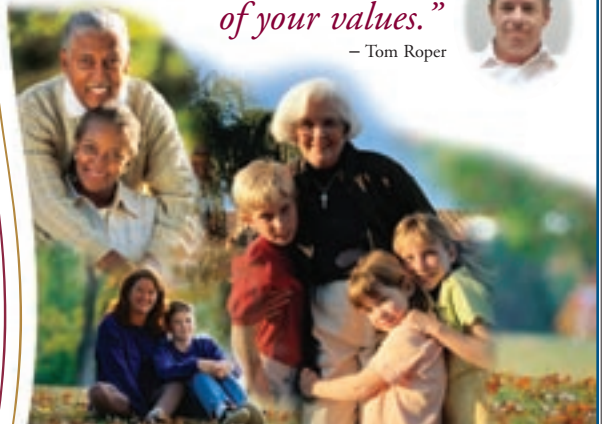
Alice and Bob Gingery rely on each other through progressively tougher times.

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Gordon lives well at 96

Sally Gordon, 96, dances through life with class. The woman who's hobnobbed with governors and senators takes greater pride in her children and friends than herself. "I'm in awe of my kids," she said.

Gordon raised four children. She enjoys seven granddaughters and six great-grandchildren. One daughter, Connie, died recently.

For 22 years, Gordon has served as Nebraska's first female sergeant at arms for the Nebraska State Legislature. Wearing a red coat and badge, she wrestles hard-to-catch senators back to their chairs when a vote is called. She greets the public and brings notes from lobbyists to senators. "They say we're there for security, but I haven't had to rough up anyone yet," she said with a smile.

"Our lawmakers have a very responsible job to do and few of us realize how complicated it can be and how dedicated they are," she said.

Gordon walks. She walks to work at the Capitol Building. She walks to the grocery store. She's walked as far as Gateway Mall from her home near 15th and J Street. Her choice in transportation stemmed from her husband Robert Merle Gordon who in 1969 asked her to sell her car.

Walking, along with a common-sense diet filled with vegetables and homemade bread, are key to health, she said.

Sally's given name is Sarah. "There were so many relatives named Sarah, I decided to be different," she said. Born in Chicago March 26, 1909 to Russian immigrants, Gordon moved to Fort Collins, Colo. where she graduated high school and took some college courses. In 1925,

she won the state championship for shorthand and 22 other awards for spelling, typing and rapid calculation.

That experience served her well as she received a job at the Terminal Building working for Ralph Harrington of the Home Savings and Loan Association in 1927. From there, Gordon worked as secretary for Nebraska Governors Brooks, Morrison, and Tiemann. She also worked as a court reporter, UNL Agronomy Department and for the extension director at Colorado State. Gordon worked for the Selective Service, UNL Physics Department and the Centennial Education Program. Gordon offered tours of the governor's mansion through administrations that spanned from Gov.'s Kerrey to Johanns.

While work fills her

life, she's found time for other activities like giving speeches on aging, playing violin, poetry and modeling.

"When I was 49, I walked into Howland-Swanson's downtown and said, 'look, all your models don't have to be young and gorgeous.'" She displayed a photo of herself and was hired to model. Gordon modeled for various stores and charities until 2003.

"Lincoln had such great places downtown, like Miller and Paine and Magees," she said.

Gordon's life has been recorded in People Magazine, Money Talk, Life Lines and more. Her friend Mary Pipher, author of "Another Country: Navigating the Emotional Terrain of our Elders," and many other books devoted a chapter in her book to Gordon. It included some of Gordon's recipes.

She bowled until age 72 in the Lincoln City tournament.



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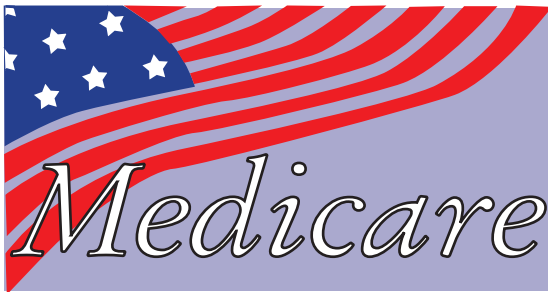
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The change in the federal Medicare prescription plan, known as Medicare's new Prescription Drug Program, often called Medicare Part D, is something everyone age 65 and older needs to know about. Please take time to read this article. If you have questions or want help, call the LAAA's LIFE office at 402-441-7070 or 800-247-0938.

S. June Pederson
S. June Pederson, Director
Lincoln Area Agency on Aging

New Medicare Advantage Plans in Nebraska

Starting this fall, Medicare recipients in Nebraska will have new choices in Medicare Advantage Plans. These plans work well for young retirees who are familiar with co-pays from previous health care plans. Medicare Advantage Plans require recipients to pay for some health care costs.

What you should know if you are considering a

Medicare Advantage Plan:

1. Those with Medicaid do not need a Medicare Advantage Plan
2. If your assets are limited and income low, a Medicare Advantage plan may not be right for you.
3. Not all medical providers will take all Medicare Advantage Plans.
4. Check with doctors and local hospitals to see if they will accept the plan you plan to purchase.
5. Find out exactly what your co-payments will be for every medical expense, not only for your doctors and hospitals but also for durable equipment and mental health care.
6. Make sure you have coverage if you are out of your local service area.

What is a Medicare Advantage Plan?

Congress created these plans to provide more choices and, in some cases, extra benefits by letting private companies offer Medicare benefits. These extra benefits could include prescription coverage, extra days in the hospital, or lower co-payments.

Some Medicare Advantage Plans offer vision and hearing benefits. Medicare Advantage Plans take the place of the traditional Medicare Supplemental Plans most people in Nebraska are fa-

miliar with. Medicare Advantage Plans will still require enrollment in Medicare Part B and you will still have to pay the monthly premium.

Medicare Advantage Plans may offer one of the following coverage choices:

Managed Care Plans

These plans let you go to doctors, specialists, or hospitals within the plan's network. A network means medical providers found on the plan's list. These providers have an agreement to accept the payment that the Medicare Advantage Plan has offered them for their services. You may have to choose a primary care doctor and then get a referral to see a specialist. You may pay lower co-payments and get extra benefits, such as extra days in the hospital.

Preferred Provider Organization Plans (PPOs)

In these plans you use doctors, specialists and hospitals in the plan's network. Going to other providers may cost extra. You don't need referrals to see doctors, specialists or go to hospitals that aren't in the network. You may receive extra benefits not offered by Medicare.

Private Fee-for-Service Plans

These plans let you go to any doctor or hospital that accepts the Medicare Advantage's terms of payment for services. The private company, rather than the Medicare program, decides how much it will pay and how much you will pay for services. You may have a \$20 co-pay for each primary care doctor visit. Extra benefits, such as lower hospital co-pays,

may be offered.

Specialty Plans

These plans provide more focused health care for specific people. If you apply for one these plans, you will receive your Medicare health care as well as more focused care to manage a specific disease or condition. A specific disease might be end-stage renal disease.

These Medicare Advantage Plans, Managed Care, PPOs, Private Fee-for-Service or Specialty Plans, can be good for some people. The most important thing to remember is that you will have to contribute to the cost of your health care in any of these plans.

Unlike many traditional Medicare Supplemental Plans, these plans will require you to pay co-pays for services that you would not have to pay under traditional Medicare Supplemental Plans. The most appealing aspect of the Medicare Advantage Plans is the low monthly cost. Some plans in Nebraska will be free or charge as little as \$9 per month for coverage. If you compare this charge to the traditional Medicare Supplemental Plans, the Medicare Advantage Plans are very affordable and far cheaper than the \$100 to \$185 per month charged for a Plan "F" Medicare Supplemental Policy.

Medicare Advantage Plans and the Prescription Drug Benefit.

Starting Oct. 1, some of the Medicare Advantage plans will offer their own drug benefit that may be better than what you would be able to get through the Medicare Prescription Drug Benefit available in Nebraska.

Everyone with Medicare must make a decision

Everyone with Medicare must make a decision

In 2006, recipients will be eligible for prescription drug coverage regardless of income or assets. Prescription coverage will be available to everyone with Medicare Part A and/or Part B. Like other insurance, if you join, you will pay a monthly premium, plus a share of the cost of your prescriptions.

You may join the prescription drug benefit by: (1) having original Medicare and applying for an approved prescription drug plan, or (2) joining a Medicare Advantage Plan that offers the prescription drug coverage.

The Medicare prescription drug coverage pays for brand name and generic drugs. While individual drug plans may vary, every plan must provide a standard level of coverage.

If you have limited income and resources, you may be able to get extra help. If you qualify, you will get help paying the monthly premium for your drug plan and/or some of the other costs for your prescriptions.

It is important that you join a Medicare prescription drug plan when you become eligible. Joining then means you will pay a lower monthly premium. After May 15, 2006, your premium will increase 1 percent for each month you delay enrollment.

Where do I get help if I Must Make a Decision?

The LIFE Office at the LAAA is training right now to help individuals make informed decisions on Medicare Prescription Benefit and Medicare Advantage Plans. You can call 441-7070 or (800) 247-0938.

You can call the Nebraska SHIP Program at (800) 234-7119.

You must send a completed application to the provider you choose between Nov. 15, 2005 and May 15, 2006. If you do not choose a plan during this period, one will be selected for you, effective June 1.

Dates to Remember

Oct. 15, 2005 - Approved drug plans announced.

Nov. 15, 2005 - Open enrollment for Medicare prescription drug coverage begins

Jan. 1, 2006 - Prescription drug coverage begins

May 15, 2006 - Deadline for open enrollment.

Open enrollment ends

Standard coverage for Medicare prescription drug plans

In Nebraska you may see programs that offer different cost structures that could be better than the Standard Federal Benefit. If you have \$70 per month in prescription costs you will benefit from this program

<u>Drug cost</u>	<u>Medicare pays</u>	<u>You pay</u>	<u>Your total costs</u>
\$0-\$250	\$0	\$250	\$250
\$250 - \$2,250	\$1,500	\$500	\$750
\$2,250 - \$5,100	\$0	\$2,850	\$3,600

More than \$5,100, Medicare pays 95 percent. You pay 5 percent or \$2 for generic and \$5 for brand names.

Some possible scenarios:

- Single with monthly income less than \$798, and assets less than \$4,000; or a couple with monthly income less than \$1,070, and assets less than \$6,000. Your prescription costs will be transferred from Medicaid to Medicare, effective Jan. 1, 2006. Enrollment will be automatic. If a plan other than the one in which you were auto-enrolled, provides better coverage for your prescription needs, you will be able to switch plans Nov. 15 - Dec. 31, 2005.
- Single with monthly income less than \$1,077, and assets less than \$6,000, or a couple with monthly income less than \$1,445, and assets less than \$9,000. You will be automatically enrolled in a program that helps pay cost's associated with Medicare prescription coverage. You can pick coverage that is right for you by choosing between the Medicare prescription drug plans being offered in your area.
- Single with monthly income less than \$1,197, and assets less than \$10,000, burial funds up to \$1,500 and receiving no help with prescription drugs, or a couple with monthly income less than \$1,605, and assets less than \$20,000, burial funds up to \$1,500 and receiving no help with prescription drugs. You must complete a subsidy application with Social Security Administration. Look for a letter and application from SSA, or go to your local SSA office. You will be notified by mail of your eligibility. Between Nov. 15, 2005, and May 15, 2006, choose the plan you prefer, complete the application, and send it to the provider.

Transportation, strength, education

The Seniors Foundation recently announced three initiatives to increase services to older adults in Lancaster County, according to Seniors Foundation Director Richard Blair.

The initiatives, part of a five-year strategic plan, include social transportation, strengthening and conditioning and the sponsorship of the Lincoln Area Agency Aging 5City television programs.

Social transportation

The Foundation identified a great unmet need for non-medical transportation. For years, the Foundation supported a van program run by Aging Services. These vans made 29,000 one-way trips last year, to ActivAge Centers and to some senior and community events.

The Foundation and Aging Services will look into the feasibility of a social transportation program modeled

after a similar program in Portland, Maine.

Strengthening and Conditioning

The Foundation hopes to raise an additional \$10,000 and a \$5,000 sponsor to purchase new, elder-friendly strength equipment for the Downtown ActivAge Center. "Older people who exercise maintain better health," Blair said. "This is another quality of life issue."

Education

The Seniors Foundation now picks up the tab for 5City TV programs targeted to the interests of older adults in Lancaster County. These programs, created by Lincoln Area Agency on Aging, include Live and Learn, Exercise for a Lifetime; Yoga: Refresh and Renew and Pilates, plus rebroadcasts of concerts and events.

"From our perspective, helping to

Continued on Page 11



The Seniors Foundation supports the downtown ActivAge exercise center, above, and 5City-TV programs.



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Seniors Foundation opportunity

Continued from Page 10

sponsor these programs presents the Foundation with a double opportunity,” said R. David Wilcox, president of the board. “We have an opportunity to gain increased public awareness of the Seniors Foundation, our important work, and we can get the word out about the funding needed for 5City TV and other projects targeted for older adults.”

The foundation recently named a new board president, Maurice Russell. New foundation board members include Michael Balm and Midge Irvin. For more information on Seniors Foundation activities, go to www.seniorsfoundation.org.

Polk	Butler	Saunders
York	Seward	Lancaster
Fillmore	Saline	

Multi-County calendar of events

FILLMORE COUNTY

- Medicare Part D Assistance - Beginning Oct. 20, Fillmore County Senior Services will hold individual appointments for Fillmore County seniors who have questions concerning the new Medicare Part D Drug Program. The appointments will be with a trained SHIP (Senior Health Insurance & Information Program) volunteer and will be held every Thursday from 9 to 11 a.m. at the Geneva Senior Center, 1120 F Street in Geneva. Call the Senior Services office 759-4921 to schedule your appointment.

SALINE COUNTY

- Saline Eldercare Fundraiser Tag Sale. Collectables, Antiques and more. Oct. 14, 3-7 p.m., Oct. 15, 8-3 p.m. at the Wilber Care Center, 611 North Main Street. For more information call (800) 778-3309.

YORK COUNTY

Events will be held at York Area Senior Center, 362-2496

- Oct. 27, 2 p.m. - “A Taste of Ireland”, a Tasting Tea
- Nov. 16, Noon - Thanksgiving Dinner
- Nov. 22, 1:30 - 3:30 p.m. Free Health Screens by the UNMC Mobile Nursing Unit. It will be in McCool Junction at the Village Hall from 9:30 - 11:30 a.m. the same day.
- Dec. 6, 5 p.m. Holiday Lights Tour, following a Soup Supper
- Dec. 14, noon, Christmas Dinner

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Oct./ Nov./ Dec. Class Schedule

The GOAL Computer Learning Centers offer the most comprehensive computer classes in the area! Join us at either the Downtown Center (DT) 1005 “O” Street or Northeast Center (NE) 6310 Platte Ave. For information about classes or to register call 441-7506 or e-mail goal@lincoln.ne.gov.

Introduction to Computers

The class for the beginner. Learn how to use computer programs, the mouse, managing files, WordPad, help, calculator,

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Internet

Let’s go surfing! Today’s method of looking up anything you’d ever want to know...travel, finance, antique and estate auctions, insurance, ancestry files, medical. To learn the best and most efficient way to search, surf, and save favorites this is the class to take. Cost is \$35 and includes a book. Two-day classes start Nov. 1 and Dec. 5.

E-Mail

With family and friends either busy or far away, e-mail is the answer to modern communication problems. Learn how to send, receive, forward, use an address book and group list, create and send attachments, and much more! Cost is \$25 and includes a book. Three-day classes begin Oct. 25 and Dec. 12.

File Management

Taken from Introduction to Computers class, it teaches to how to properly save and retrieve files, how to create folders for your files, how to find lost files, and much more! Cost is \$15 and includes handouts. Classes are Oct. 24 and Dec. 16.

How To Buy a Digital Camera

Need a camera

to take pictures of your family, your dream vacation, or your classic 1957 Chevy? Want to be able to share them with everyone on your e-mail list? Before you buy, learn more about digital cameras and their features from an expert from the Lincoln Camera Club.

The class takes place 2 p.m., Nov. 7, at Gere Library, Room 1. Call (402) 441-7158 for more information

Word Processing

Learn word processing with WordPad, a program that comes free with Windows. You’ll learn how to create a document and edit it with color, bolding, and text alignment. You’ll also learn how to change margins, find/replace words, copy/paste, and much more! Cost is \$25 and includes a book. One day classes are Nov. 17 and Dec. 3.

CD Burning

Learn how to back up your important files on CD so they’re not lost should something happen to your hard drive. Learn how to record your favorite music to listen to on the computer, stereo, or in the car! It takes place 9-11:30 a.m. on Nov. 16.

Need one on one training? Or, is your computer ailing? Call the GOAL office for a referral.

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If there are any problems with a registration, you will be contacted by phone or e-mail immediately.

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- Receive tax-free** funds to use however you choose



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*Must be at least 62 years old. Call for more detailed program information. **Consult a tax advisor. Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A. © 2005 Wells Fargo Bank, N.A. All rights reserved. #29420 8/22/05



Star City

Celebrate the Star City Parade Dec. 3 with two great events sponsored by the Lincoln Area Agency on Aging.

Front row seats to the parade

One of the best views of the parade is at the Downtown ActivAge Center, 1005 O Street, where staff and volunteers open the doors to the public for warm breakfast and lunch and great children's activities.

The center offers guests coffee and rolls, pancakes and, most importantly, a warm place to watch. Doors open at 9 a.m. and lunch, hot dogs and chili, is served at parade time, around 11:30 a.m.

Last year, the center welcomed more than 1,000 people, according to David Chapelle, Downtown ActivAge Center manager. "We did some important research and found a great pancake recipe," Chapelle said with a smile. Gooch's Mill and ADM provides



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Let the good times roll at

Clark Jeary Retirement Center!
Independent & Assisted Living

Clark Jeary resident, Leona Janzen invites you to,
**"Cruise over to Clark Jeary Retirement Center
and hear about the
NEW Center
opening in 2006!!!"**

- Patios • Enclosed Courtyards
 - Kitchens • Ice Cream Parlor
 - 1-2 Bdrm. Apts. • Fitness Room
- Sign up now for a great apartment in our new location. Guarantee your spot and lock in your rent rate by moving in today at our current location.

We'll even move you!!!
At our expense, no hassles
and no worries.



*Call for a tour at (402) 489-0331 or
visit our website, www.clarkjeary.com*

1313 Eldon Drive (62nd & A) • Lincoln, NE 68510

Parade activities

Continued from Page 14

real pancake mix complete with milk, eggs and a little brown sugar.

Polar Bear Picnic

Some Parade fans might choose the Polar Bear Picnic at Embassy Suites Hotel. This event brings children and grandchildren into a warm environment for games, crafts and fun with Santa.

Hosted by the Foster Grandparent Program of Lincoln Area Agency on Aging, the Polar Bear Picnic brings together older adults and children to play games and meet Santa before the parade, according to Martha Hakenkamp, Supervisor of the Foster Grandparent Program. Admission to the event is \$7.50 for adults and \$3 for children under 12.

Admission includes a breakfast buffet, games and giveaways. Funds raised are contributed by Embassy Suites to the LAAA Foster Grandparent Program. The picnic runs from 8:30 a.m. to 10:30 a.m. Other supporters include the Seniors Foundation and Knowledge Beginnings.



Community Health Services



**The single best way to protect against the flu
is to get vaccinated each fall**

*October or November is the best time to get vaccinated,
but you can still get vaccinated in December and later.*

*Call Lincoln Lancaster County Health Department
at 441-8065 for flu vaccine information*



This one's for the fridge folks!

LAAA focuses on Lincoln activities

Lincoln offers a variety of activities for its seniors. Entertainment, food and free activities can be found on the LAAA Calendar of Events. Make your phone-in registrations early by calling at least one month in advance! Please send payment within seven (7) days after making the phone reservations. Checks, Visa, MasterCard, Discover, and American Express are accepted as payments. Van service is available on most trips with at least three riders. Payment is by separate check, payable to "LAAA." When tours are full, we will take a waiting list and will call you back to advise you when a space becomes available. Please arrive 15-30 minutes prior to your departure time! Please park in the city lot at 62nd & Platte. It is diagonal from the Northeast ActivAge Center at 6310 Platte.

- **HOLIDAY CERAMICS CLASSES** Turn plain greenware into works of art and gifts. Samples of the turkey center piece, snowman scene, and poinsettia night light are on display at the Calvert ActivAge Center. Each one- month session costs \$20, which includes greenware, paints, and firings. Classes will be held every Wednesday from Oct. 5 to Dec. 7, 10-11:30 a.m., at the Calvert ActivAge Center. Instructor is Sue Ball. Call 441-8483 to register.
- **REDUCED PRICE TICKETS** for older adults. Call 402-441-7158 for reservations or information. Make your phone-in registrations early by calling at least two weeks in advance! Please send payment(s) after making the phone-in reservation. Separate payments for each event. When sending in payment(s), please enclose a business-sized (9.5" x 4"), self-addressed, stamped envelope (s.a.s.e) for each event so that your tickets can be mailed to you! * Van service is available as noted with at least three riders. Payment is by separate check, payable to "LAAA."
- **LINCOLN COMMUNITY PLAYHOUSE** (prefer to have a group of at least 10 to offer these Main Stage prices, checks payable to "LCP." Credit cards are accepted. Visit www.lincolnplayhouse.com/

We hope to be hearing about dates and prices soon!

- ~ Lincoln Continentals (May 2006 tba, checks payable to "Lincoln Continentals." Visit www.lincolncontinentals.org/
- ~ Meadowlark Music Festival July 2006 tba. Checks payable to "MMF." Credit cards accepted. Visit www.meadowlarkmusic-festival.com/
- ~ UNL Theatre. Make checks payable to "UNL." Credit cards accepted. Visit www.unl.edu/TheatreArts/ and www.unl.edu/rep/
- ~ Saltdogs Baseball, Haymarket Park. Make checks payable to "Saltdogs." Credit cards accepted. Visit www.saltdogs.com/
- **GO ON VACATION WITHOUT PACKING** Adventure, discovery, & experience - the world awaits those who travel! We invite you to join us for "A VACATION WITHOUT THE PACKING!" Call 402-441-7158 for reservations or information.
- **RSVP Travelogue** Shows are Tuesdays, 2 & 8 p.m., and Wednesdays, 2 & 6 p.m. at Edgewood Theatre near 56th & Hwy. 2. Tickets available at door, \$6 for those 55+ or \$7 for those under 55, or call 441-7026 about season tickets. If you would like to have van service for the Wednesday, 6 p.m. show, call 441-7158 to schedule at least one week in advance.

- **SENIOR HEALTH PROMOTION CENTER** The UNMC Colleges of Nursing and Dentistry, in cooperation with LAAA's Lifetime Health program, perform health and dental screenings at the Downtown ActivAge Center. No appointments needed for most services. Walk-ins are encouraged. Dental screenings do require an appointment. Please call 441-7575. The Clinic is open 9:30 a.m.-2:30 p.m., most Tuesdays and Thursdays beginning Sept. 8. Call 441-7575 for more information.
- October 4, 6, 18, 20, 25, 27
- November 1, 3, 15, 17, 22, 29
- December 1, 6, 8
- **"MEET ELEANOR ROOSEVELT"** A one woman theatre piece with Elena Dodd speaking as Eleanor Roosevelt. The performance is similar to the Chautauqua format. It will be based on the period when Eleanor was a member of the United Nations delegation and participated in developing the Universal Declaration of Human Rights. A time for interactive discussion follows each performance. Presentations are scheduled for Lincoln and surrounding communities from Oct. 10-31. On United Nations Day, Monday, Oct. 24, there will be an evening presentation at The Loft at the Mill. Call 441-7158.

Calendar of Events



Calendar of Events

October 1-9

- **ActivAge REDUCED PRICE TICKETS** Lincoln Community Playhouse "The Lion, the Witch and the Wardrobe." Call 441-7158.

October 3

- **ActivAge Road Trip to Ostrich Farm** First United, 441-7152. Call for more information and reservations. Most trips involve a cost.

October 4

- **ActivAge Center Holiday Ceramics Classes.** Calvert Center, 10-11:30 a.m., each Wednesday through December, \$20 per month, 441-8483.

October 7

- **ActivAge REDUCED PRICE TICKETS Ballet Flamenco Jose Procel**, 7:30 p.m., \$15. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information
- **Medicare Part "D" presentation** Gere Library, 10:30 a.m., free. You have been hearing about it and know that you will be making a decision, so now is the time to learn more about it and ask your questions. Ted Boyer with the SHIP Office of the LAAA will make an informational presentation at 10:30

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a.m. at the Gere Library, 2400 South 56th Street, Room 1. The Library opens at 10 a.m. Call 441-7158 for more information. For more questions about Medicare Part "D," you may call the Lincoln Area Agency on Aging's LIFE office at 441-7070.

- **ActivAge Road Trip to Loft Theatre** Firth, Panama, Hickman, and Bennet, 441-0423 (leave a message). Call for more information and reservations. Most trips involve a cost.

October 9

- **ActivAge Road Trip to F.E.V.R. Train** Northeast, 441-7151; Maxey, 441-7849; or Calvert, 441-8483. Call for more information and reservations. Most trips involve a cost.

October 10

- **ActivAge Center Qi Gong lessons** First United, 441-7152. Call for more information and reservations. Meal reservations must be made at least two days in advance.

October 12

- **ActivAge Center "Laughing Matters" by Tracie Foreman** Lifetime Health, Belmont, 441-7990. Call for more information and reservations. Meal reservations must be made at least two days in advance.

October 13

- **ActivAge REDUCED PRICE TICKETS American Chamber Players with Miles Hoffman**, 7:30 p.m., \$17.50. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.
- **MEDICARE PART "D"** Presentation at 10:30 a.m. at the Gere Library, 2400 South 56th Street, Room 1. Call 441-7158 for more information.
- **DINNER AND A SHOW O. K. Chorale** Call 441-7151. Northeast Center, 6310 Platte Avenue. Reservations must be made by 10 a.m. on the Monday before that week's Thursday event by calling 441-7151. Dinner will be served at 6 p.m. Entertainment at 6:30 p.m. Suggested contribution is \$5 for people over 60, and cost is \$6 for people under 60. Van fee is \$1.

October 14

- **ActivAge Center Broadway Bill** at the October Birthday Party, Calvert, 441-8483. Call for more information and reservations. Meal reservations must be made at least two days in advance.

October 18-19

- **RSVP Travelogue - The Great Trans-American Train Ride** Explore around-the-world adventures with professional photographers narrating the travel. Shows are on Tuesdays, 2 & 8 p.m. and Wednesdays, 2 & 6 p.m. at Edgewood Theatre near 56th & Highway 2. Tickets available at door. \$6 for those 55+ or \$7 for those under 55. Or call Volunteer Programs at 441-7026 about season tickets. If you would like to have van service for the Wednesday, 6 p.m. show, call 441-7158 to schedule at least one week in advance.

October 19

- **ActivAge OKTOBERFEST COOKOUT IN THE PARK** Grilled brats and (root) beer at Pioneers Park! Make meal reservations at least two days in advance by calling your Center or 441-7158. Suggested contribution is \$2 for eligible participants. Van ride available.
- **BRIDGE - Beginning II.** Keep playing! More multi-week classes with instructor, Bruce Burns. Designed for the beginner to the seasoned player. Call 441-7158 for dates, times, location, fees and reservations.

- **ActivAge REDUCED PRICE TICKETS** 7:30 p.m., **Beijing Modern Dance**, \$14.50. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.

October 20

- **DINNER AND A SHOW Edgar Allan Poe Halloween Show** 441-7506. An exciting evening of fabulous food and fantastic entertainment at the Downtown Center, 1005 "O" Street. Reservations must be made by 10 a.m. on the Monday before that week's Thursday event by calling 441-7506. Dinner will be served at 6 p.m. Entertainment at 6:30 p.m. Suggested contribution is \$5 for people over 60 and cost is \$6 for people under 60. Van fee is \$1.
- **ActivAge Center Lunch Out at Brentwood Estates with entertainment by Dorothy Applebee** First United, 441-7152. Meal is a cost or may be a suggested contribution. Van usually available for an extra fee. Reservation deadlines and prices vary. Call the Center for more information.

October 21

- **ActivAge FREE ENTERTAINMENT Kusi Taki**, Free at 6 p.m.! No ticket needed. Any age. Lied Center for Performing Arts. Seats usually section 2. Visit www.LiedCenter.org for more information.
- **ActivAge Center Road Trip** Free, 6 p.m.; Firth, Panama, Hickman, and Bennet, 441-0423. Call for more information.

October 22

- **ActivAge REDUCED PRICE TICKETS Family: Comedy Pet Theatre**, 7 p.m., \$12. Free party before show at 6 p.m.! Any age. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.
- **ActivAge REDUCED PRICE TICKETS An Evening with the Classics**, 7:30 p.m., Saint Paul United Methodist Church, general admission, \$12 Lincoln Symphony Orchestra. Make checks payable to "LSO." Visa & MasterCard also accepted. www.lincolnsymphony.com/

October 23

- **ActivAge REDUCED PRICE TICKETS Family: Comedy Pet Theatre**, 2 p.m., \$12. Free party before show! Any age. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.
- **"THE BATTLE OF SHALLOWFORD"** Omaha. Tickle your funny bone and warm your heart! This comedy, written by Ed Simpson, occurs when the residents of the small North Carolina town of Shallowford fall for the Orson Welles' radio broadcast of the "War of the Worlds." Martians invade Earth, while you watch at the Omaha Community Playhouse! After the show, order off the menu and enjoy your delicious evening meal (included) at the Millard Roadhouse Restaurant. Bill and Marie Wood are the hosts. Depart at 12:30 p.m. from the Northeast ActivAge Center; return about 7:30 p.m. \$84; \$30 cancel fee. Reservations must be made by Oct. 3. "No shows" will not receive a refund. Flyer available.

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Calendar of Events





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October 24

- **"Meet Eleanor Roosevelt"** by Elena Dodd, The Loft at the Mill, evening, free, 441-7158.

October 26

- **BRING IT TO THE ISLAND! Grand Island** Meet some extraordinary Midwesterners and discover their unique passions as they share their exceptional talents. A local tour guide will lead the group. This first "People, Passion, and Performance" features: Maudie's Stained Glass, Prairie Winds, Walk through Yesterday at Heartland Antique Mall, learn current quilting trends, watch the artist at work, learn to recognize real antiques from fake, simple seasonal decorating ideas, caring for your beloved heritage clocks. Lunch at Nathan Detroit's. Evening meal at Nonna's Palazzo Restaurant. Nonna's historic mansion was featured on Bob Vila's Restore America on HGTV! Depart at 7:30 a.m. from the Northeast ActivAge Center. Return about 8:15 p.m. \$78; \$40 cancel fee. Flyer available.

October 27

- **DINNER AND A SHOW Paul Newton Band** First United, 441-7152, 5 p.m. Fabulous food and fantastic entertainment. Reservations must be made by 10 a.m. on the Monday before that week's Thursday event by calling 441-7152. Dinner will be served at 6 p.m. Entertainment at 6:30 p.m. Suggested contribution is \$5 for people more than age 60 and \$6 for people less than 60. Van fee is \$1.

October 31

- **Bridge: Duplicate Class** Keep playing! More multi-week classes with instructor, Bruce Burns. Designed for the beginner to the seasoned player. Please call 441-7158 for dates, times, location, fees, and reservations.
- **ActiveAge Center Halloween Dessert** Add a treat to your day! On Oct. 31 enjoy a meal and a special dessert at your closest ActivAge Center. Please make meal reservations at least two days in advance by calling the Center or the main number, 441-7158. Suggested contribution. Van available.

November 1

- **ActivAge REDUCED PRICE TICKETS "Rock-in' Blues Revue,"** 7:30 p.m., \$15. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.
- **ActivAge Lunch Out Governor's Mansion** First United, 441-7152. Van usually available for an extra fee. Reservation deadlines and prices vary. Call the Center listed for more information and reservations.

November 2

- **ActivAge Center Physical Fitness Assessments** by Lifetime Health at Calvert. Call 441-8483 for more information and reservations.

November 3

- **ActivAge REDUCED PRICE TICKETS An Evening with LA Theatre Works,** 7:30 p.m., \$6. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.
- **TIM CONWAY & HARVEY KORMAN in Oma-**

ha Laugh with these two funny men from "The Carol Burnett Show" (1967-1977) and be "glad we had this time together" at the new Holland Performing Arts Center in Omaha. Excellent seats in the middle balcony's front rows. Includes an early evening meal at the Old Country Buffet. Bill and Marie Wood are the hosts. Depart at 2:30 p.m. from the Northeast ActivAge Center. Return about 8:30 p.m. \$98; \$50 cancel fee. Reservations and full payment must be received by Sept. 7. As of Aug. 15, the second tour coach is full and there is a waiting list to notify people if space becomes available. "No shows" will not receive a refund. Flyer available. Call 441-7158 for more information.

November 4-20

- **ActivAge REDUCED PRICE TICKETS "A Streetcar Named Desire,"** Lincoln Community Playhouse

November 4

- **ActivAge REDUCED PRICE TICKETS LA Theatre Works: "The Great Tennessee Monkey Trial"** 7:30 p.m., \$15.50. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.

November 6

- **ActivAge REDUCED PRICE TICKETS A Fairy Tale Fantasy,** with Madcap Puppets, Lincoln High, general admission, 2 p.m., \$5. Lincoln Symphony Orchestra. Make checks payable to "LSO." Visa & MasterCard accepted. www.lincolnsymphony.com/

November 7

- **HOW TO PURCHASE A DIGITAL CAMERA,** 2 p.m. Need a new camera to take pictures of the grand kids, your dream vacation, or your classic '57 Chevy? Want to be able to share them with everyone on your e-mail list? Before you buy, here's your chance to learn more about digital cameras and their features from an expert, Clark Springman, president of the Lincoln Camera Club. And, if you just acquired a digital camera and have questions, bring the camera, your instruction book, and the questions! Gere Library, Room 1. Call 441-7158.

November 8

- **ActivAge REDUCED PRICE TICKETS Hilary Hahn, Violin,** 7:30 p.m., \$14. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.

November 9

- **RED, WHITE, & BLUE ALL-AMERICAN SALUTE TO VETERANS** Hurrah for the red, white, and blue and our Veterans at the Northeast ActivAge Center, on Nov. 9, 10:30 a.m.- noon. Entertainment with Barb Mager, Major General Mark Musik, and the D.A.V. Honor Guard. G.I. meatloaf, mashed "taters" with gravy, corn, and cake will be catered and served by "Mess Sergeant" Trent Hellbusch of T&R's Garden. Please make meal reservations at least two days in advance by calling 441-7151. Free to all veterans. Suggested contribution of \$2 for eligible participants. Cost is \$5 for those under the age of 60 years. Van ride available.
- **VETERANS' CELEBRATION DANCE** The Downtown ActivAge Center invites you to a special tribute for our Veterans and a chance to dance the afternoon away. Wednesday, Nov. 9, 1-4 p.m., at the Auld Recreation Center. Free. Call 402-441-7506.

November 10

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- **ActivAge Center Grannie Annie at the November Birthday Party** Calvert, 441-8483. Call for more information and reservations. Meal reservations must be made at least two days in advance.

November 11

- **ActivAge REDUCED PRICE TICKETS Arlo Guthrie: "Alice's Restaurant Massacree,"** 7:30 p.m., \$17. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.

November 14-15

- **RSVP Travelogue - Europe's Wild Gem - Iceland** Explore around-the-world adventures with professional photographers narrating the travel. Shows are on Tuesdays, 2 & 8 p.m., and Wednesdays, 2 & 6 p.m. at Edgewood Theatre near 56th & Highway 2. Tickets available at door: \$6 for those 55+ or \$7 for those under age 55. Call Volunteer Programs at 441-7026 about season tickets. If you would like to have van service for the Wednesday, 6 p.m. show, call 441-7158 to schedule at least one week in advance.

November 14-18

- **ActivAge Thanksgiving Meal** Gather together for a special meal featuring turkey, dressing, and pumpkin pie at your closest ActivAge Center. Thanksgiving meals will be served Nov. 14-18. Check the Center for the exact date. Please make meal reservations at least two days in advance by calling the Center or the main number, 441-7158. Suggested contribution is \$4 for eligible participants. Cost is \$6 for those less than age 60. Van available.

November 15-16

- **RSVP Travelogue - Italy's Fabled Islands.** Van for Wed. 6 p.m., \$4, payable to LAAA. Shows are Tuesdays, 2 & 8 p.m., and Wednesdays, 2 & 6 p.m.; at Edgewood Theatre near 56th & Highway 2; tickets available at door. \$6 for those 55+ or \$7 for those under age 55, or call 441-7026 about season tickets. If you would like to have van service for the Wednesday, 6 p.m. show, call 441-7158 to schedule at least one week in advance.

November 15

- **ActivAge FREE ENTERTAINMENT C.A. Waller, Carson,** 6 p.m., free!, No ticket needed, any age. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.

November 17

- **DINNER AND A SHOW - USO Show Downtown,** 441-7506. Another salute to our Veterans. Experience the comedy, music, and fun of a USO Show at the Downtown ActivAge Center Nov. 17. Register by Nov. 14. Suggested contribution is \$5 for people over 60. Cost is \$6 for people under age 60. Van is an additional \$1 fee. Call 441-7506 for reservations.

November 29

- **ActivAge Center "A Pictorial History of Lincoln"** by Ed Zimmer. First United, 441-7152. Call for more information and reservations. Meal reservations must be made at least two days in advance.

December To Be Announced

- "The Best Christmas Pageant Ever," Lincoln Community Playhouse, 441-7158.

December 1-2

- **HERITAGE LEAGUE'S HOLIDAY OF TREES** See LAAA's tree at the 33rd annual charitable fund-raiser at the Unitarian Church, 6300 "A" Street. Watch for more information in the Lincoln Journal-Star and elsewhere. This is the 19th year that the LAAA and Wells Fargo Bank have teamed together to ensure that older people will be remembered and receive a gift they wish for during the holidays. The project began with Lancaster Manor in 1987 and has grown to include eight facilities and 1,100 residents. Each nursing home provides the first name and gift wish of their

Continued on Page 20



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Calendar of Events

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residents and LAAA Volunteer Programs writes these wishes on ornaments to be placed on trees in all the Wells Fargo Bank facilities. People in the community are asked to come to Wells Fargo Branch Bank, remove an ornament, write their own name on the thank you which remains on the trees, purchase and wrap the suggested gift and return it to any Wells Fargo. Please help because after all, Christmas isn't just for kids! For more information, call Volunteer Programs at 441-7026.

December 1

- **ActivAge Center Entertainment tba at the December Birthday Party** Calvert, 441-8483. Call for more information and reservations. Meal reservations must be made at least two days in advance.

December 2-18

- **ActivAge REDUCED PRICE TICKETS** Lincoln Community Playhouse "The Best Christmas Pageant Ever." Box office number is 489-7529.

December 2

- **CHRISTMAS AROUND THE WORLD in Omaha** - Experience cultures from around the world! Sample ethnic holiday foods, view traditional crafts, observe ethnic performances, and see miniature trees decorated in the fashions of many nations at the Durham Western Heritage Museum in Omaha. Delight in nostalgic holiday tunes at the Markworth Residence on the Kimball 3/24 Theatre Pipe Organ. Includes morning refreshments, noon meal at the Markworth, and evening meal at the Durham. Visit www.dwhm.org. Depart at 11 a.m. from the Northeast ActivAge Center. Return about 8:30 p.m. \$66, \$35 cancel fee. "No shows" will not receive a refund. Flyer available. Call 441-7158.

December 3

- **POLAR BEAR PICNIC** - Looking for a fun and warm place to be before the Star City Parade? Come to the Polar Bear Picnic 8:30-10:30 a.m. at Embassy Suites Downtown. Admission is \$7.50 for adults and \$3 for children under 12. Includes a wonderful breakfast buffet, games, giveaways, arts & crafts, holiday temporary tattoos, and Santa Claus visits. Designed to be an inter-generational event for children of all ages, the Polar Bear Picnic is a fun, comfortable and elegant way to stay warm and have a good time before the parade starts. Enjoy a leisurely breakfast while the children in your life enjoy activities that promote healthy youth development and education. Proceeds go to benefit the Lincoln Area Agency on Aging Foster Grandparent Program. Call 441-6105.
- **PETE PENGUIN'S HOLIDAY PICNIC** This Star City Holiday Weekend tradition returns. The Downtown ActivAge Center opens at 8 a.m. for coffee and rolls. Pancakes and sausages are served from 9 a.m.-12:30 p.m. Cost is \$5 per person. Plenty of kids activities and time to visit Santa Claus. Call 441-7506.

December 6

- **ActivAge Center "Creating a Culture of Peace"** by Lela Knox Shanks. First United, 441-7152. Call for more information and reservations. Meal reservations must be made at least two days in advance.

December 7

- **"THOROUGHLY MODERN MILLIE"** A high-spirited musical romp based on the popular movie that has all of New York dancing the Charleston. 7:30 p.m., at the Lied Center for the Performing Arts. Cost is \$38.70 per ticket, with no age requirements. Payments are to "UNL" with a check, Visa, or MasterCard. Need a total of at least 20 ticket holders for this special price. Seating will be in the center back of Section 2. Van available for an extra fee. Reservations & payments must be completed by Nov. 7. Call 441-7158.
- **ActivAge Center Road Trip to Kansas City Holiday Lights** Northeast, 441-7151, Downtown, 441-7506, or First United, 441-7152. Call for more information and reservations. Most trips involve a cost.

December 9

- **ActivAge Center Road Trip to Kennard House Holiday Tour** Calvert, 441-8483. Call the center for more information and reservations. Most trips involve a cost.
- **Dinner and a Show Lights Tour** Our city sparkles at holiday time. Warm up with a 5:30 p.m. meal and then board the StarTran bus for the City Lights Tour. Starts at 5:30 p.m. Register by Monday, Dec. 5. Suggested contribution is \$7 for people 60+. Cost is \$8 for people less than age 60. Van is an additional \$1 fee. Call Downtown ActivAge Center at 441-7506 for reservations.

December 11

- **ActivAge REDUCED PRICE TICKETS** Holiday POPS: The Spirit of the Season, 3 p.m., \$12. Lincoln Symphony Orchestra. Make checks payable to "LSO." Visa & MasterCard accepted. Visit www.lincolnsymphony.com/

December 12-16

- **ActivAge Center Winter Meals** Leave the snow men and the cold outside. Warm up at your closest ActivAge Center. The main entree is Swiss chicken breast with dressing. Holiday meals will be served Dec. 12-16. Check each Center for the exact date. Please make meal reservations at least two days in advance by calling the Center or the main number, 441-7158. Suggested contribution is \$4 for eligible participants. Cost is \$6 for those less than age 60. Van ride available.

December 14

- **Bridge: Party** Call 441-7158 for location and reservations. Keep playing! More multi-week classes with instructor, Bruce Burns. Designed for the beginner to the seasoned player.

January 13-March 5

- **ActivAge REDUCED PRICE TICKETS.** Lincoln Community Playhouse "Annie Get Your Gun." Box office number is 489-7529.

January 20

- **ActivAge FREE ENTERTAINMENT Grupo Folklorico Sangre Azteca**, 6 p.m. Free!, No ticket needed, any age. Lied Center for Performing Arts. Seats usually section 2. Visit www.LiedCenter.org for more information.

January 25

- **ActivAge REDUCED PRICE TICKETS.** Les Ballets Trockadero de Monte Carlo, 7:30 p.m., \$16. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.

January 27

- **ActivAge REDUCED PRICE TICKETS** Royal Philharmonic Orchestra, 7:30 p.m., \$22.50. Lied Center for Performing Arts. Make checks payable to "UNL." Visa & MasterCard also accepted. Seats usually section 2. Visit www.LiedCenter.org for more information.

end

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Mark Twain wit

"The principle of give and take--give one and take ten--the principle of diplomacy."
- Dinner to Mr. Choate speech

"Good breeding consists in concealing how much we think of ourselves and how little we think of the other person."
- Mark Twain's Notebook, 1898

"I asked Tom if countries always apologized when they had done wrong, and he says, "Yes; the little ones does."
- Tom Sawyer Abroad

But we are fearfully and wonderfully made, and we glorious Americans will occasionally astonish the God that created us when we get a fair start.

- "The Bolters in Convention," Territorial Enterprise, 12/30/1863

We are called the nation of inventors. And we are. We could still claim that title and wear its loftiest honors if we had stopped with the first thing we ever invented, which was human liberty.

- Foreign Critics speech, 1890

ActivAge personal trainers

Confused about exercise? We can help. Certified Personal Trainers available Tuesdays and Thursdays from 1 - 3 p.m. at the Downtown ActivAge Center - 1005 "O" Street. Free for those age 60+.

Try Movement Matters, aerobic fitness for active older adults. The class takes place Oct. 25 to Dec. 15 at 9 a.m. and 11 a.m. on Tuesdays and Thursdays at the Auld Recreation Center. Call 219-7000 to register.

The cost is \$40 for St. Elizabeth Advantage members and \$44 dollars for non members.

Seniors also should look into Yoga Refresh and Renew, a gentle yoga class that includes relaxation. It takes place Oct. 27 to Dec. 14, Thursdays from 10 to 11:30 a.m. at Belmont Recreation Center.

Call 441-7575 to register. \$45 for the eight-week session.

Vaccinate!

The single best way to protect against the flu is to get vaccinated each fall.

October or November is the best time to get vaccinated, but you can still get your shot in December or later.

Call Lifetime Health at 441-7575 for flu vaccine information.

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Lincoln Area Agency on Aging Services

LINCOLN AREA AGENCY ON AGING
Butler, Fillmore, Lancaster, Polk, Saline,
Saunders, Seward and York Counties
1005 "O" St. / Lincoln, NE 68508-3628
402-441-7022 / 1-800-247-0938
www.lincoln.ne.gov keyword: aging
KEY FOR SERVICES: L = Lancaster only

MISSION

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

PROFESSIONAL ASSISTANCE Information and Referral

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

SENIORS FOUNDATION

Charitable foundation focused on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County. 441-6179 www.seniors-foundation.org

ACTIVAGE CENTERS

Older adults receive social, recreation, health, educational programs and activities. Noon meals, selected evening meals with entertainment, special holiday meals, light menu choices, and shelf stable meals for at home. Transportation to the five centers in Lincoln and Lancaster County is free. L 441-7158

ACTIVITIES & CLASSES

- GOAL Computer Classes - Classes about modern technology L 441-7506
- Health - Physical activity and exercise classes to improve health and fitness. L 441-7575
- Travelogue - Travel films by professional photographers. L 441-7026
- Tickets, tours, and events - Opportunities to enjoy cultural and educational events. L 441-7158

CAREGIVING - 441-7070

- ElderCare Connection - Caregivers receive information, support, and assistance. www.eldercare.gov
- Caregiver Support Groups - Discuss issues and problems of caregiving with other caregivers.
- Senior Companion Program - Homebound older adults receive companionship.
- TELECARE - Daily reassurance phone call to older adults. L 441-7026
- Project HELP - Homebound older adults receive companionship. L 441-6103
- Caregiver Support Services - Caregivers receive stress management, exercise, health and wellness assessments, nutrition counseling. 441-7575

CARE OPTIONS -

441-7070 or (800) 247-0938

- Care Management Services - In-home services for vulnerable 60+ persons.
- Guardian and Conservatorship Program - A volunteer guardian or conservator provides assistance with personal affairs. L
- LifeLine Emergency Response System - 24-hour emergency access by pressing a button.
- Resident Services - Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor, and Crossroads House in Lincoln and in Geneva. Fillmore & Lancaster only.
- Senior Care Options - Long-term care and assessment for Medicaid eligible persons seeking nursing home care.
- Supportive Services Program - Eligible older persons can receive assistance with the cost of in-home services and adult day care.
- Medicaid Waiver Services - State funded in-home services for those who are Medicaid eligible who choose to live at home or use community based services.

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

- OperationABLE - Job searching for persons 50+. Works with employers who have jobs.
- WorkABLE Solutions - A comprehensive 90 day re-careering training for those 40+.

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

- Financial Counseling - Information on Medicare, private insurance policies, reverse mortgages, and home equity loans. L
- Medicare Fraud - ECHO seeks to reduce waste and fraud in the Medicare Program.
- Long-Term Care Ombudsman - Protects the rights of residents in long-term care facilities.
- SHIIP - Senior Health Insurance Information Program Information concerning Medicare, Medicaid, and health insurance.
- TRIAD - Referral to appropriate agencies for crime prevention, elder abuse, scams, fraud. L 441-6103

HEALTH & FITNESS 441-7575

- Lifetime Health Program - Health assessments, physical activity and exercise classes. A variety health educational presentations. Exercise classes, Forever Strong, Exercise for a Lifetime, Yoga and Pilates on 5-City TV daily. L
- Black Bag Project - Assists those with chronic conditions to obtain optimal health care and home services. L 441-7070
- Forever Strong Health Club - Fitness equipment and consultations with certified personal trainers. L
- Senior Health Promotion Center - The University of Nebraska - Medical Center and LAAA provide Health screenings. L

HOUSING

- Home Handyman Service - Handyman services from mowing to leaky faucets to painting to broken light fixtures. L 441-7030
- Assisted Living and Nursing Facilities - Listings are available from the LIFE office. (402) 441-7070, (800) 247-0938, lincoln.ne.gov keyword: aging.

MENTAL HEALTH

- Alzheimer's Disease - The LIFE office provides information and referral. 441-7070 or (800) 247-0938 lincoln.ne.gov keyword: aging
- Widowed Person Service - Support for people who are newly widowed. L 441-6101
- Harvest Project - Coordinates mental health and substance abuse services. L 441-7070

NUTRITION - (402) 441-7158

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

TRANSPORTATION

- Transportation to ActivAge Centers L 441-7158
- Lancaster County Rural Transit - Fixed schedule transportation from rural Lancaster communities into Lincoln. L 441-7031
- Other options in the community - Listings available at 441-7070, lincoln.ne.gov.com keyword: aging. L

VOLUNTEERING

- RSVP / Retired & Senior Volunteer Program - Volunteer experiences for those over 55+. Coordinates between community needs and the talents of the volunteers. L 441-6103
- Foster Grandparent Program Mentor youth - 441-6105
- Widowed person, Conservatorship - 441-7070
- Long-term Care Ombudsman - 441-7070
- Project HELP - 441-6103
- Senior Companion Program - 441-7070
- SHIIP - 441-7070
- TELECARE - 441-6100
- TRIAD - 441-6103
- Widowed Persons Service - 441-6101

MULTI-COUNTY PROGRAMS

- Butler County Senior Services - 367-6131
- Fillmore County Senior Services - 759-4921
- Polk County Senior Services - 764-8227
- Saline County Eldercare - 821-3330
- Saunders County Senior Services - 443-4896
- Seward County Aging Services - 761-3593
- York County Aging Services - 362-7626

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Driving Resources

When viewing one of the web sites below, type in seniors in the search box to get to the correct page.

Maintaining driving skills

- AAA Senior Drivers, www.seniordrivers.org
- AARP Driver Safety Program, www.aarp.org
- Driving Safely while Aging Gracefully, www.nhtsa.dot.gov
- National Safety Council: Driver Safety, www.nsc.org
- Driver's Education Video, call 441-7026.

Evaluating the ability to drive safely

- Alzheimer's, Dementia, and Driving, www.thehartford.com/alzheimers/Assessment
- Checklist on safe driving, www.aging-parents-and-elder-care.com
- Family Conversations with Older Drivers, www.thehartford.com

Resources if you do not drive

- Alternative Transportation - It could work for you, www.nhtsa.dot.gov
- AAA Supplemental Transportation Programs for Seniors, www.seniordrivers.org
- Transportation to the ActivAge Centers in Lincoln, 441-7158
- Lancaster County Rural Transit, 441-7031

Listing of Local Resources

- www.lincoln.ne.gov, keyword: aging, click on transportation, or call 441-7070 or (800) 247-0938
- Handi-Van, www.lincoln.ne.gov or 441-7871
- Ride for Five low income bus pass, www.lincoln.ne.gov, type in handi-van in the keyword box, or 476-1234
- StarTran bus routes, www.lincoln.ne.gov, type in StarTran in the keyword box, or 476-1234
- Ride for Five low income bus pass, www.lincoln.ne.gov or 476-1234
- Senior Saver, 441-7871
- Transport Plus, 730-7303
- Yellow-Capitol Servant Cabs, 477-4111

To medical appointments:

- BryanLGH West Radiation/Oncology Treatment Center 481-5919
- Madonna Rehabilitation Hospital Community Medical Transportation, 483-3456
- Nebraska Urban Indian Medical Center 434-7177
- America Cancer Society "Road to Recovery" 423-4888
- VA Medical Center, 402-486-7842
- VA Medical Center VAMC Transportation (to Omaha) 486-7815
- **To other communities:**
 - Dash About, (800) 720-3274
 - Omalink, 475-5465



Caring drivers

Seniors throughout the city count on van driver Larry Starr, for a ride to and from the city's ActivAge centers.

Starr, a four-year veteran, is one of 11 drivers throughout the city. He drives people who live from South to O Streets and 56th street west. The city includes seven routes in all.

Seniors who would like a ride should call two days in advance to receive the service. Starr said he picks up anywhere from four to 12 people.

He usually arrives at the downtown center around 8:30 a.m. and 11:30 a.m. Once guests have eaten lunch, he's ready to return them home.

"I like it because I get to work part time and have a chance to get to socialize with people," Starr said.

LAAA, Wells Fargo team on Trees of Love

Lincoln Area Agency on Aging and Wells Fargo for the 19th year have teamed up to ensure older adults be remembered during the holidays by receiving a special gift they've wished for.

Participating nursing homes provide a first name along with the gift wish of a resident. The wishes are placed on ornaments and hung on one of the many Trees of Love. Trees of Love can be found

in each lobby of Wells Fargo Banks in Lincoln.

Citizens of Lincoln are asked to come to a Wells Fargo Bank, take an ornament, write their own name on the attached thank you ornament which remains on the tree. The gift is then purchased and wrapped and dropped off at any Wells Fargo Bank.

This wonderful project began in 1987

with Lancaster Manor and has grown to include eight facilities. Thanks to the generosity of the community, more than 1,000 Lincoln residents have received a special holiday gift.

If your group or organization would like to make a holiday community project, call Laurie at 441-7026. Please help because after all, Christmas isn't just for kids!

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ActivAge DIVERSITY

Lincoln's ActivAge Centers serve a richly diverse group of seniors.

LaNora Clay oversees the ActivAge Center at the Malone Center. Clay has worked there three years.

"Diversity is an ongoing project," she said. "It's how we approach the population."

Clay said diversity comes from within. She said she approaches and treats people the way she would like to be treated. "There are no color or boundaries lines to me," she said. "We go past racial and color lines while we make sure to adhere and respect different cultures and religions."

She enjoys working with the se-

nior population. "We have a lot of fun together," she said. "Laughing is an international language."

The centers work with a variety of cultures. The Maxey Center for example, serves Caucasian, Native American, African American, Middle Eastern, and Asian people.

Clay said she's trying to learn some Spanish and Vietnamese for easier communication.

The center shares traditions like the Chinese New Year, Ramadan, Thanksgiving and winter holidays.

"You have to be open-minded to different foods, religions and ideas," she said. Clay said her job revolves

around her clients. She oversees paperwork and stocks up on snacks. "I have a lot of volunteers in our groups," she said. "They have ownership in the center and do great things to make our services grow."

To reach Clay, call 261-4329.

More Lincoln Area Agency on Aging's ActivAge information available in:

- ~ Prime Time supplement and Neighborhood Extra in the Lincoln Journal Star
- ~ City of Lincoln website at www.lincoln.ne.gov/ keyword: aging
- ~ Seniors Foundation website at www.seniorsfoundation.gov

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LAAA provides transportation, interpreters and nurses to operate the Senior Health Promotion clinic. The clinic is announced to churches and civic groups by Traci Foreman. Left photo: Jan Ekeler, BSN RN with Hanh Nguyen. Bottom photo: Ngan Nguyen, left, consults with Mindy Nguyen, interpreter.



Health clinic popularity grows

Seasoned citizens throughout the area benefit from the Senior Health Promotion Clinic held at the Downtown ActivAge Center, 1005 O Street.

Lincoln Area Agency on Aging and the University of Nebraska Medical Center entered the special partnership last year to serve the Lincoln and Lancaster County area. The clinic is available thanks to a grant from the tobacco settlement fund.

The center, open Tuesdays and Thursdays, 9:30 a.m. to 2:30 p.m., works with Lincoln nursing and dental students in their senior year, as well as faculty members.

"The partnership with LAAA was outstanding from my view," said Linda Santar, from UNL. "There's a lot of camaraderie between partners and we're meeting the needs of our older adults and helping to educate our young adults."

Since it opened in 1999, the center has served 1,700 clients which averages about 100 clients per month. "We have a tremendous number of people come to participate," said Traci Foreman. "This is a critical service for our community." She said visitors wait patiently and appreciate what is provided.

Services include: a fully-equipped dental clinic; bone density screening; mental health care; ear care; breast cancer screening; smoking cessation; alcohol and nutrition counseling; physical health assessment; blood pressure, cholesterol and glucose screening; foot care; and consultations on medicines and treatment.

Seniors do not need an appointment.

LAAA operates the Downtown ActivAge Center and donates space and clerical support. LAAA also helps identify older adults who qualify for the services and provides trans-

portation and interpretive services where needed.

"This is something people can count on to be here every week," said Teresa E. Johnson, D.D.S., associate professor of dentistry, UNMC College of Dentistry. "The thought of the care and tenderness that is being provided here means a lot. People are cared for, respected and honored in a dignified way."

The only cost is \$1 for round-trip transportation. A fishbowl is available for donations.

Those wishing to eat lunch at the center should make a reservation two days in advance.

"We serve a diverse population and provide interpreters when needed," Foreman said.

Many of the volunteers are medical students from UNL. "We have had people go from the clinic right to the hospital because of their blood pressure," Foreman said.



SENIORS FOUNDATION

*of Lincoln
and Lancaster County*

Preparing for our 25-year anniversary

In honor of its 25th anniversary, Seniors Foundation is hosting a 25-prize raffle. Proceeds benefit the Seniors Foundation 2005 Community Focus Projects which support older adults in Lincoln and Lancaster County.

- Transportation (social and van)
- Strength and Conditioning Equipment/Outreach
- "Live and Learn," and Health/Fitness Programs on 5 City TV
- Prizes include trips, 27-inch LCD HD flat television and more!

Tickets are \$5.00 each. Drawing is scheduled for December 16, 2005. Contact the Seniors Foundation at 441-6179 or 441-6139 for information on how you can purchase a ticket. Sorry, but raffle tickets cannot be purchased through the U.S. mail, by anyone under 18 years of age, or by use of credit card.

If you would like to contribute to the Seniors Foundation 2005 Community Focus Projects, rather than purchase a raffle ticket, please complete and return the following form.

Name: _____
Address: _____
City/State/Zip Code: _____
Optional - phone: _____ email _____
Contribution \$ _____ In honor or memory of: _____
Check ☐ VISA/MASTERCARD ☐
Account # _____
Expiration Date: _____: Today's Date: _____
Signature: _____
Mail to Seniors Foundation, P.O. Box 81904, Lincoln NE 68501

For more information on the Seniors Foundation - the 2005 Community Focus Projects and the raffle visit www.seniorsfoundation.org.

Senior's Foundation is a 501 (c) (3) charitable foundation.

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