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Living Well



Ann Hall



Kay Kahla

Aging is New Again

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**Bob
Courtney**



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where *patients* come first.**



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BryanLGH Heart Institute

Making a contribution is a continuing theme running through this issue of our magazine. The talented and dedicated people featured on the cover are three of many who make living in our communities easier. We thank them for the example they set.

Researchers tell us that fall is seen as the beginning of the year more than January. Likely it's the start of the school year that gets us in the mood to begin projects and make plans. The stories on page 31 illustrate how planning can make a difference.

We are receiving reports from people who have received promotions or requests that are increasingly sophisticated, but are attempts to defraud. These come in many forms and look exceptionally authentic. I've received several e-mails asking about my PayPal account and wanting more information. I don't have a PayPal account. I forward these to officials who are addressing these schemes at spam@uce.gov.

Remember your contribution as a citizen by voting in the November election. It's your responsibility to be aware of the issues and vote knowledgeably. There are several ballot initiatives that will require reading and research. I would encourage you to review the issues critically before you vote.

I also want to acknowledge and thank those of you who chose to offer support for our magazine's first year by making a financial contribution. The magazine is free to all who wish to receive it; however your contributions make our goal of breaking even more achievable. We wish you a beautiful fall and happy holidays.

June Pederson

Director, Lincoln Area Agency on Aging

Directors Corner



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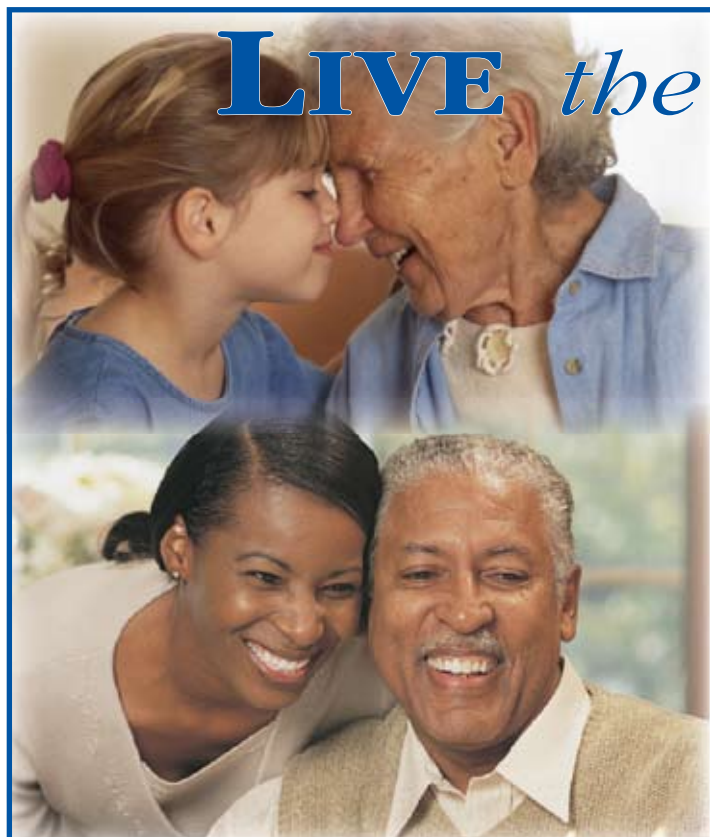
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60+ Readership Level in LAAA's
8 county area: 32,000+ (60% of 60+)
Editor: June Pederson
Support staff: News Link 475-6397

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

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

Living Well is available FREE on cassette from: Talking Book and Braille Services Nebraska Library Commission, The Atrium, 1200 N Street, Ste. 200, Lincoln, NE 68508



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- Norman Geske, Director Emeritus, Sheldon Art Gallery

Call For Artists 55+: “The Fine Art of Experience”

The **FINE ART OF EXPERIENCE**, sponsored by the Lincoln Area Agency on Aging, is a juried Art show exclusively featuring the visual artwork of artists, age 55 and older.

Paintings, drawings, and fiber art, including weaving, will be shown. A call for artists will begin October 15 and conclude December 1. Submissions will include slides of up to three artworks per applicant with a \$20 entrance fee. Three additional slides may be submitted for another \$10.

The competition will be juried by noted local Arts advocates, Norman Geske, Anne Pagel, and Dean Settle. Cash prizes will include:

- Best in Show - \$300
- First Place - \$200

- Second Place - \$150
- Third Place - \$100
- Honorable Mention - \$25, three awards.

Applications will be available by calling (402) 441-7158.

The Fine Art of Experience will hang at The Loft at the Mill, 800 “P” St., 3rd floor, in Lincoln’s Historic Haymarket from January 5-8, 2007.

A public reception for the artists will be held in conjunction with the First Friday Gallery Walk from 7 p.m. to 9 p.m. Jan. 5.

Artwork will be available for purchase.

More information about the show will be available by calling (402) 441-7158.

Funding for this show provide by the Nebraska Arts Council, www.nebraskaartscouncil.org.



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Exclusive interview with Art Linkletter.



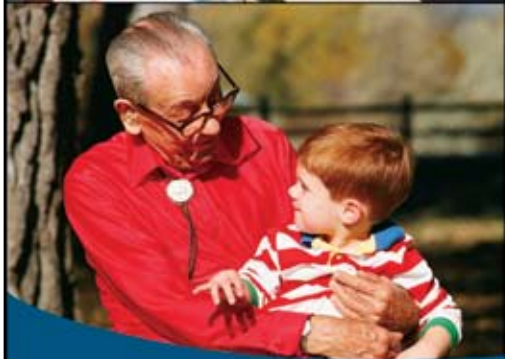
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These publications are easy to read, come in passport and pocketbook sizes and will help you maintain your personal health records all in one place. They both have a durable plastic holder.

The Health Record is passport size with features for your immunization records, insurance information, emergency contacts, list of medications, doctors, personal and family health history, and health exams all in one booklet. The Guide is pocket size with all the features of the Record plus advance directives and information on topics such as healthy eating and exercise. The Guide includes warning signs of a heart attack and stroke, plus a diabetes test record.

It serves as a reminder to get regular examinations and preventive screenings. Supplies are limited so call for your free Record or Guide today. One per person, please.

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Volunteers 'Reach for the Stars'

More than 300 people gathered to honor Lincoln Area Agency on Aging, Retired and Senior Volunteer Program volunteers at the 32nd annual awards brunch held in their honor at The Cornhusker Hotel.

Shirley Brozek received a RSVP Living Bell Award for her outstanding volunteer service with the FoodNet organization. The Lincoln Area Agency on Aging Widowed Persons Service received the award for Outstanding Volunteer Groups for reaching out to the newly widowed.

The Food Bank of Lincoln received the Outstanding Community Partner award for its work utilizing hundreds of volunteers to feed Lincoln's hungry people.

"All of the people who were honored are a great

asset to our city," said Lily Hans, director of RSVP.

Hans said volunteer work has many benefits.

"Those who are active and stay involved stay healthy," she said. "Sharing lifetime experiences are so valuable."

Special Presidential Service Awards, signed by President George W. Bush, were presented to 67 volunteers for their 4,000 plus hours of service.

Norma Cochran, Sophie Johnsen and Mary Merritt received the Governor's Service Award for 10,000 hours of volunteer service to the community.

Helen Kelley was recognized with the 25 Years of Service Award, posthumously.

Entertainment included The OK Chorale with a special guest appearance by Chris Sayre, performing an original song entitled "Making a Difference."

RSVP places senior volunteers, ages 55 and older, into volunteer positions in more than 100 nonprofit organizations.



Left: Living Bell Award recipients include, from left, Melzie Rademaker, on behalf of Widowed Persons Service; Shirley Brozek, Outstanding Volunteer Award; and Cheri Lawrence, on behalf of the Food Bank of Lincoln.

Presidential Service Awards:

Martha Anderson
Fern Barker
Kerry "Dave" Barnhouse
Betty Bartlett
Milo Brchan
Shirley Brozek
Fred Bruns
Doris Buechel
Ruth Burns
Theodore Burns
Lorene Churchill
Norma Cochran
Ken Dermann
Charles Elliott
Ruth Elwell
Elaine Evans
Violet Farabee
Catherine Fristoe
Dwight Ganzel
Margaret Ganzel
Walter Gengenbach
Emily Griffing
Margaret Hall
Arnie Hausner
Vera Heimsoth
Sibyl Herr
Irene Hraban
Clarence Johnsen
Sophie Johnsen
Lloyd Johnson
Ellen Kapperman
Helen Kelley
Majorie Kennedy
Lillian Knap
Ken Kruse
Wilbur Leupold
Dolores Lyne
Robert Manthey
Mary Merritt
Carol Mohr
Irene Ninneman
Loretta Noxon
Betty Osborn
Clarence Osborn
Clare Overcash
Melvina Parker
Mildred Petersen
Elva Peterson
Fern Poppe
Lois Poppe

Arlene Rash
Richard Rhodes
Norma Roeder
Clarence Romans
Marian Schessler
Mary Ann Schultz
Roberta Slade
Joy Snell
Irene Stice
Glenn Stippich
Marge Taylor
Mildred Thompson
Irene Tinius
Margaret Trippel
Lois Wathen
Riefert Will
Mary Zender

2006 Living Bell Awards:

Outstanding Volunteer of the Year
- Shirley Brozek

Outstanding Volunteer Group
- LAAA Widowed Persons Service

Outstanding Community Partner
- Food Bank of Lincoln

25 Year Service Awards:

Helen Kelley

20 Year Service Awards:

Joseph Lang
Donald Manley
Lydia Spomer

15 Year Service Awards:

Marge Baade
Marjorie Birt
Ruth Elwell
Catherine Fristoe
Barbara Johnson
Lloyd Johnson

Lois Larson
Peggy Lawrence
Fern Poppe
Helen Porter

10 Year Service Awards:

Hazel Anthony
Pauline Brandt
Shirley Brozek
Robert Buchholz
Donna Busch
Betty Dasenbrock
Geraldine Draney
Amy Franklin
Marjory Gloe
Janet Harms
Ruth Knight
Ken Kruse
Charlotte Manton
Melzie Rademaker
Adolph Roesler
Richard Tager
Nila Utterback

10,000 Hour Awards:

Norma Cochran
Sophie Johnsen
Mary Merritt

1,000 Hour Awards:

Amy Birky
Vlasta (Val) Cawein
Richard Clarence
Anita Crouse
Robert Daniels
Caroline Dolezal
Rochetha Freeman
Mildred Golithly
Warren Graupmann
Melva Hackbart
Helen Hornung
Duane Kracke
Maxine Lawson
Helen Leonhardt
Treva Lind
Shirley Maly
Birdean Migos
Dorothy Okier
Rosalie Paul
Kennetha Perry
Vyvyan Roby

James Sceals
Lois Schuerman
James Sinamark
Ellie Stehr
Alice Stillahn
Gerry Tompkin
Bill Utley
Rosemarie Utley
James Watts

Volunteers who have reached 500 Hours since the last recognition:

Clarice Bailey
Nadine Ball
Sally Beck
Leroy Buresh
Janis Darrington
Sharon Doll
Mary Ann Donoghue
Denis Donohoe
Mary Early
Marian Farkas
Edward Foster
Marvin Hall
John Hansen
Doris Heineke
Freda Holman
Marilyn Hubka
Robert M. Johnson
Kenneth Kokes
Vendla Lamborn
Laura Lauck
Peggy Lawrence
Duane Lenz
Rose Leviticus
Vernon McCrory
Felipe Mariscal
Joe Niess
Priscilla Richardson
Genevieve Ricketts
Helen Rickman
Edie Rochester
Adolph Roesler
Evelina Schoeneweis
Esther Shaddy
Maryalice Sheets
Keith Sheets
Phyllis Shires
H. David Spaniel
Alice Springer

Carl Tesch
Garrold Timmons
Mardel Timmons
Kenneth Ulmer
Nila Utterback
Virgil Vermaas
Garey Young

Volunteers who have reached 50 Hours since the last recognition:

Dagmar Ahlquist
Bill Bechtolt
Mary Jane Bonebright
Verneal Burkey
Opal Carmichael
Kathy Carson
James Cook
Martha Countryman
Janella Ell
Marion Ell
Irene Essink
Leona Ford
Mary Gehrke
Donna Girmus
Raymond Girmus
Darlene Griffin
Warren Hagel-Pitt
Sylvia Hanner
Ruth Harms
Betty Heironymus
J. Maurice Helmink
Kay Hollett
Lena Johnson
Viola Johnson
Rosemary Kavanaugh
Kent Kettenburg
Etta Kokes
Erma McGill
Theresa McWilliams
Maxine Miller
Hazel Minster
Richard Peterson
Dorothy Powell
Ronald Robison
Raymond Rouse
Maynard Sollday
Dwayne Stauffer
Jeanine Stauffer
Maxine Verhoeff
Darlene E. Wissink
Joann Znamenacek

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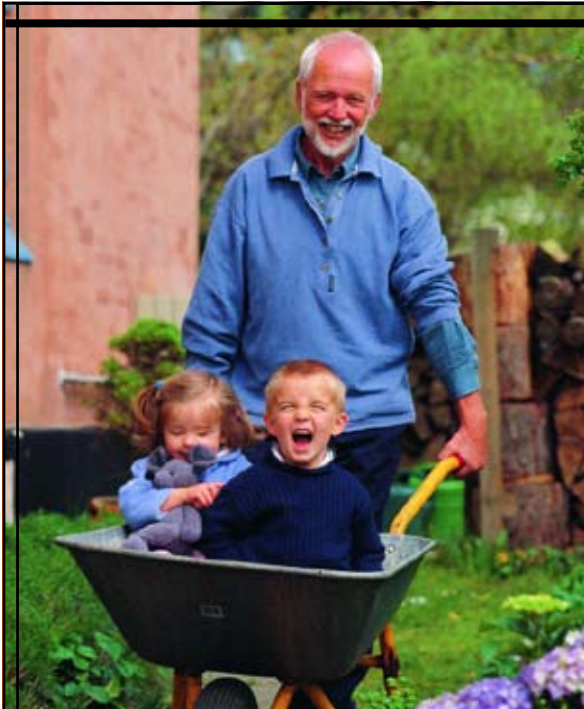


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Lincoln Area Agency on Aging

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.

FIRST SERVICE

Information and Referral

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

SENIORS FOUNDATION

A charitable foundation focusing on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County, (402) 441-6179. www.seniorsfoundation.org

ACTIVAGE CENTERS

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

ACTIVITIES & CLASSES

• Health

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

• Travelogue

Travel films by professional photographers. L 441-7026

• Tickets, tours and events

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

CAREGIVING — (402) 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 441-6105.

• TELECARE

Daily reassurance phone call to older adults. L 441-6571

• Project HELP

Homebound older adults receive companionship. L 441-6103

• Caregiver Support Services

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

LONG TERM CARE OPTIONS/ CARE MANAGEMENT

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

• Care Management Services

• LifeLine Emergency Response System

24-hour emergency access by pressing a button.

• Resident Services

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

• Senior Care Options

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

• Supportive Services Program

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

• Medicaid Waiver Services

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

• Harvest Project

Mental health and substance abuse services. L 441-7070

EMPLOYMENT

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

• OperationABLE

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

FINANCIAL

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

• Financial Counseling

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

on Aging Services

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

- **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 and fraud.
L 441-6103

HEALTH & FITNESS

(402) 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

- **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

- **Alzheimer's Disease**

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

- **Widowed Person Service**

Support for people who are widowed.
L 441-6101

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.

NUTRITION

(402) 441-7158

- **Nutrition Consultation**

Older adults receive assessments, intervention planning, counseling, follow-up and coordination

with other service providers.

- **Meals**

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

TRANSPORTATION

- **Transportation to the ActivAge Centers**

L 441-7158

- **Lancaster County Rural Transit**

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

- **Other options in the community**

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

VOLUNTEERING

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

Volunteer experiences for those ages 55+.
Coordinates between community needs and the talents of the volunteers. L 441-6103

- **Foster Grandparent Program**..... 441-6105

- **Guardian and Conservatorship** 441-7070

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

- **Project HELP** 441-6103

- **Senior Companion Program** 441-6105

- **SHIIP** 441-7070

- **TELECARE**..... 441-6571

- **TRIAD** 441-6103

- **Widowed Persons Service**..... 441-6101

MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**

(402) 367-6131

- **Fillmore County Senior Services**

(402) 759-4921

- **Polk County Senior Services**

(402) 764-8227

- **Saline Eldercare**

(402) 821-3330

- **Saunders County Senior Services**

(402) 443-4896

- **Seward County Aging Services**

(402) 761-3593

- **York County Aging Services**

(402) 362-7626

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Busting Holiday Stress

The hustle and bustle of the holiday season affects everyone. The season can be even more exhaustive, overwhelming and sometimes debilitating for caregivers.

Here are some “Holiday Stress Busters” that can help you enjoy this special time of the year without compromising your physical and emotional health.

1. Take Care of Yourself!

- Avoid the temptation to overindulge in holiday food (loaded with fat, sugar and empty calories), alcohol and caffeine.
- Get enough rest. Sleep deprivation lowers your immune system so you are less able to tolerate stress — plus it increases your risk of illness.
- Don't give up your exercise routine. Physical activity has many benefits including stress reduction, increased energy level and improved sleep. A workout (or several short activities) is well worth the time and effort expended.
- Take time out to relax. Give yourself breaks from noise and activity. Put your feet up. Listen to quiet music. Practice relaxation techniques that work for you.

2. Set Priorities!

- Choose quality over quantity. You might be tempted to accept every invitation to parties, programs and religious activities. Choose those you consider highest priority and enjoy these outings. Learn to say no gently but firmly ... release the guilt of saying no.
- Share responsibilities of cooking and baking. Remember that it does not have to be homemade to be delicious.

3. Keep it Simple!

- Decorations, food and clothing do not have to be elaborate or expensive to be enjoyed. Don't feel obligated to follow old traditions. Start new, less intensive traditions or enlist family members to take over your role.
- Trim your greeting card list — send only to people you will not be seeing during the holidays.

4. Plan Ahead!

- Make a list of priorities.
- Don't start projects at the last minute.
- Avoid last minute shopping, wrapping, decorating and food preparations.
- Solicit help whenever possible for all time or energy-consuming tasks. Don't assume people should offer to help. They may be willing but unaware of your needs ... **ASK!!**

5. Stay in Budget!

- Resist the commercialization of the season.
- Don't spend the new year trying to catch up with this year's bills.
- Share your talents with homemade gifts when you can ... but only if you have the time, energy and enjoy such projects.

- Suggest gift exchanges where each person brings and receives a gift instead of gift exchanges with every one at the social gathering.
- Know that sincere notes of affection can be more cherished than “things.” Even better ... reach out and give hugs to those you love.

6. Be Realistic!

- Resist the “Norman Rockwell picture-perfect holiday” image.
- Know that world peace or even family harmony does not magically occur during the holiday season. Keeping a positive attitude will help you cope with any challenges and disappointments that you may experience.

**MOST OF ALL,
ENJOY THE SEASON!**



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Mark your calendars: Flu immunizations available

With flu season around the corner, prevention will be a key to battling the flu bug. Various locations and times where flu immunizations will be available in Lincoln include:

- Oct. 17 — Senior Health Promotion Clinic** 1005 "O" St.
9:30 a.m. - 2 p.m.
441-7575
- Oct. 19 — Senior Health Promotion Clinic** 1005 "O" St.
9:30 a.m. - 2 p.m.
441-7575
- Oct. 30 — Northeast ActivAge Center** 6310 Platte
8 a.m. - 1 p.m.
441-7151
- Oct. 31 — Northeast ActivAge Center** 6310 Platte
8 a.m. - 1 p.m.
441-7151
- Nov. 2 — Calvert ActivAge Center** 4500 Stockwell
(call for info)
8 a.m. - 9:30 a.m.
441-8483
- Nov. 2 — Lake Street ActivAge Center** 2400 South 11th St.
Noon - 1 p.m.
441-7157
- TBA — Maxey ActivAge Center** 2032 U St.
441-7849



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Community Health Services

Influenza (Flu)

Protect Yourself & Your Loved Ones

**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*



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NE 09/06

Keeping Your Heart Healthy

Heart disease is the No. 1 killer of women.

Exercising heart muscles on a regular basis, drinking plenty of water, eating nutritious food and controlling stress is the prescription for keeping the body and heart healthy.

Too many times, though, after a long, stressful day at work, many say, "tomorrow."

Imagine a device that reduces stress and exercises your heart in just a half hour? Sound impossible?

Introducing HealthMate infrared sauna.

HealthMate is recognized by the medical community for helping the body attain good health in a fast-paced lifestyle. In just 10 minutes, the sauna relaxes using gentle heat to relieve aches and pains from arthritis, rheumatism and fibromyalgia.

As body temperature rises, the heart gets a workout by moving blood around to keep the body cool. After about 30 minutes, this cardiovascular exercise is equivalent to a 6- to 9-mile run.

Using the sauna for about 30 minutes can burn up to 900 calories. Weight loss and reduction of cellulite are possible because body fat becomes water-soluble at 110 degrees Fahrenheit. Saunas help the body sweat out fats, toxins and heavy metals that can't otherwise be eliminated.

The infrared sauna produces two to three times more sweat volume than a steam sauna and increases the elimination of those toxins at temperatures that are 50 to 70 degrees lower than what is required in a hot rock box.

It's never too late to do something good for your health and your heart.

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CENTER
489-7474 or
(800) 399-4478**

1020 SOUTH STREET
LINCOLN, NE 68502





Kay Kahla goes on a Caribbean cruise.

People entering retirement today find this stage of their life to be a great opportunity to tackle things they have always wanted to but couldn't.

They believe "aging is new again." It is full of opportunities for volunteering, spending more time with friends and family or take on causes they hold close to their hearts.

"Retirement means having time to do the things I want to do," said Kay Kahla. "I can say 'no' if I don't want to do something or get involved as much as I want."

And Kahla does get involved.

The retired York High School teacher serves as a board member and volunteer as a Court Appointed Special Advocate (CASA). As a CASA volunteer, she becomes the voice for children in court who have been victims of abuse or neglect. Kahla listens to the children in these cases to find the best, most permanent home and solution for them.

"I wanted to stay working with children," Kahla said. "This was a way I could still impact the lives of children in a positive way."

Kahla also stays active with the York Aging Services board and has been appointed to the Lincoln Area Agency on Aging Advisory Council, which includes representatives from the multi-county area.

Aging is N

Robert Courtney also serves on the Advisory Council and stays active in other ways during his retirement from the Nebraska Air National Guard. Courtney hung up his uniform and broadened his horizons to include such hobbies as antiques, gardening and politics.

When he retired his plans were simple: buy a walking watering hose and a lawn chair and sit down.

"That lasted three or four months," Courtney said. "Then, I got involved."

Retired since 1992, he has been involved with many projects for more than a decade. While it may not sound like fun to some, Courtney said being home and doing volunteer work is fun for him.

"A lot of people would tell you when they retire, they're going to travel," Courtney said. "For me, it was wonderful to stay home."

While he has lived in Crete nearly 45 years, his job required weekend work and travel, including 10 weeks of each year at the Pentagon.

"I lived here, but I wasn't involved here," Courtney said. "I decided when I could, I'd give back to the community."

Kahla echoes the remark.

"I've always felt that if you can serve, you should," she said. "There are so many people who can't; and it's nice to give back to others."

Courtney's community involvement began when his wife, Jo Ann, a volunteer with Saline ElderCare, told him about her experiences. In 1988, he was asked to be a member of the board. His ElderCare volunteer

work involved doing Homestead Exemptions with the Saline County Assessor's Office.

What he discovered shocked him. He gave an example of a Crete woman whose home, valued at \$130,000, meant a \$2,600 tax bill. With a yearly income of \$8,000, she was paying 35 percent of her income for property taxes.

"That poor lady was not long from being forced out of her home," Courtney said. "You don't have to have many of those kinds of examples to realize the need for change in the law."

He started talking to people six years ago about the need for change, which led him to politics. This year, the change came when Legislative Bill 968 was signed into law. The law increases the amount of home value an eligible person is allowed to exempt from property taxation and allows more people to file for a homestead exemption by increasing the maximum home value that is eligible for an exemption.

"I never liked politics and knew nothing about the Legislature, nothing about getting a bill passed,"



Ann Hall
lead ex
Milford



Robert Co
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volunteers to
exercise classes at
Senior Center.



Courtney
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Courtney said, but he knew something needed to happen.

While he has been recognized for his AARP volunteer efforts in the process, Courtney gives credit to Mark Intermill, AARP Associate State Director for Advocacy, for helping him learn the ropes and Nebraska Senator Jeanne

Combs for sponsoring the bill.

One of the most enjoyable aspects of traveling the state to educate people about the need for the change was taking Jo Ann with him. With an aneurysm on her brain stem in 1990, Jo Ann has been disabled. An electric wheelchair and a handicapped accessible van made her participation possible. Courtney said one of his retirement

joys is being Jo Ann's caregiver.

In addition to serving as the Saline county representative on the LAAA Advisory Council since 1994, he is the AARP representative for District 32. When he isn't working in the community, Courtney loves to hunt and fish. He also plants and tends a large garden, which is good

news for family, friends, neighbors and folks at the Saline County LAAA Care Management Office.

"Whatever is extra goes to whoever gets here first," he said.

Away from politics and the garden, he and Jo Ann have fun collecting antiques, including R. Alexander Fox photos from the '20s and '30s, photos originally intended for funeral home calendars.

Ann Hall stands out as another outstanding retiree who volunteers in her community.

A retired registered nurse, Hall now finds time to serve on the LAAA Advisory Council for Seward County. She also volunteers to lead exercise classes, including water aerobics, for the Milford Senior Center. Hall is a Tabitha Hospice volunteer.

She was honored by the United Methodist Church this summer during an annual conference for the state. Hall received the Denman Evangelism Laity Award.

"I feel like I have something to give and it's been rewarding to be able to volunteer and do the things I feel are important," Hall said.

Hall is a chairperson for health ministries at the church, taking blood pressures and organizing transportation for congregation members to medical appointments.

No matter how busy Hall stays, she sees it as more rewarding than work.

"People don't care how much you know, until they know how much you care," she said. "Volunteering is rewarding and not a drain on me."

Benefits of Partnership

Many programs and services from Lincoln Area Agency on Aging result from the input of the older adults themselves.

A good avenue to solicit that input is the LAAA Advisory Council, which includes representatives from each of the eight counties served by LAAA, said Denise Boyd, division administrator and staff support for the Advisory Council.

"I think we build better programs with their input and these individuals serve as a good resource for us in the multi-county area," Boyd said. "The benefits work both ways."

LAAA Advisory Council has representatives from each of the member counties. The number of representatives are based upon population in the county. A minimum of two people, however, are appointed as representatives from each county. This council meets about eight times a year for purposes listed in its bylaws:

- To support and further the goals and mission of the Lincoln Area Agency on Aging.
- To act as the advocate for older citizens of the eight-county area regarding their concerns, needs, problems and issues.
- To assist in the development of effective plans to meet those identified needs on a prioritized and continuing basis.
- To develop, or cause to be developed, needed services, programs or efforts to meet those identified needs or concerns.
- To monitor and evaluate aging services and programs for older people to ensure that service objectives are being set in concert with the identified needs and concerns and that those objectives are being met.
- To act as a sounding board for staff by providing review and input on new or revised initiatives, strategies and projects.

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Beware of Medicare Part D scams

Medicare Part D-based solicitations are a growing trend in Nebraska and across the country.

The solicitors' goal is to gain personal financial information from the person such as their bank account or credit card numbers. The U.S. Government Accountability Office estimates that \$1 of every \$10 spent on public insurance programs is lost to fraud.

The Federal Trade Commission estimates that consumers lose more than \$10 billion to health care fraud each year.

Typically a solicitor calls an individual, identifies him or herself as representative of a legitimate-sounding organization by including governmental or health care-related words in the title. Examples of these non-existing organizations include Pharma Corp., National Medical Office or National Medicare Office.

Next, the caller tells the individual certain information, particularly bank account information, must be given to the caller in order to keep their Medicare benefits.

Cindy Kadavy, State Long-Term Care Ombudsman of Nebraska Health and Human Services, warns against such solicitors.

**"If it doesn't sound right,
it may not be."**

— Cindy Kadavy
state long-term care ombudsman

"Listen to your instincts," Kadavy said. "If it doesn't sound right, it may not be."

If one believes the solicitor is a con artist, Kadavy advises not to give any financial information.

An individual who receives a call may tell the solicitor they need time to think about it and will call back if interested. Individuals who gave out bank account information and now believe they may have been a victim of a scam, should contact their banks and credit card companies immediately.

For more information on how to identify, report and prevent Medicare, Medicaid and other healthcare fraud, contact the Nebraska ECHO Project (Empowering Consumers of Healthcare Organizations) at (800) 942-7830.

More information about Medicare's Prescription Drug Benefit on Page 28

ActiveAge Events

ASSISTANCE EVENTS

• Widowed Persons Service

Meetings

WPS is a program sponsored by the Lincoln Area Agency on Aging with support from AARP. The program is concerned about the newly widowed in our community and offers various groups for widowed men and women. Those in WPS have experienced widowhood and know how difficult this period can be and want to let you know there is help available, should you need it. No fees. If you would like to visit with a trained volunteer or receive more information, please call (402) 441-7028. You are invited to attend these get-togethers:

- Friendship Group

meets every Sunday from 2 p.m. - 3:30 p.m. Open to widowed people of all ages. Call 441-7028 for the current location.

- Widower's Breakfast

meets every Thursday at 8 a.m. at Stauffer's Café, 5602 South 48th St.

- Widow's Breakfast

meets the 3rd Thursday of each month at 9 a.m. at T & R's Garden Restaurant, 5250 Cornhusker Highway.

- Widow's Luncheon

meets the first Thursday of each month at 11:30 a.m., visiting a different restaurant monthly. Call 441-7028 for the current location.

- Just Pals

A social group for widowed persons, meets once monthly on a Saturday night, visiting a different restaurant monthly. Call 441-7028 for the current location.

- "Charlie Brown's Kids"

A group for children who have lost a parent through death, meets the first and third Thursday of each month from 6 p.m. - 8 p.m. at Sheridan Lutheran Church, 6955 Old Cheney Road. Bring a brown bag supper. Also sponsor "Parents Night Out" one evening each month. Call 483-1845 for information.

• 2006 Trees of Love

This is the 20th year that the Lincoln Area Agency on Aging and Wells Fargo 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 The Ambassador, Haven Manor, Homestead Health Care, Malone Manor, Milder Manor, Tabitha and Village Manor with more than 1000 residents. Each nursing home provides the first name and gift wish of their residents and LAAA places these wishes on ornaments to be hung on trees in all the Wells Fargo Bank facilities. People in the community are asked to come to Wells Fargo, remove an ornament, write their own name on the thank you ornament which remains on the trees, purchase and wrap the suggested gift and return it to any Wells Fargo Branch. Please help because after all, Christmas isn't just for kids. Kick-off event will be Nov. 17. For more information, call (402) 441-7026.

EDUCATION EVENTS

• Hands-on Technology Classes

You saw the latest gadgets at the "Time Warner Senior Technology Fair" at the LifeLong LIVING Festival. Now, these workshops will give you a chance to learn about technology at your own pace and have one-on-one hands-on time too. Three different workshops are offered. Each is at the NET Building, 1800 North 33rd St. (2/10 mile north of Holdrege St.) on a Thursday from 9 a.m. - 10:30 a.m. Parking is available in front of the building. Coffee and donuts will be available prior to the workshop. Door prizes! Every workshop is free.

October 12 -

Explore the World Wide Web

November 2 -

Navigate through Digital Cable Channels

December 7 -

DVR: Makes TV Recording Easy

Sponsored by Time Warner Cable in cooperation with LAAA. Register at (402) 441-7158. To help the instructors tailor the class to your needs, you will be asked these questions when you register:

- 1) Do you know how to use the Internet?
- 2) Do you know how to send/receive e-mails?
- 3) Do you record TV shows? If yes, how?

Continued on Page 20

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- 4) Are you familiar with remote controls and on-screen program guides?

• **How to Make Your House — “Your Home”**

Most people prefer to stay in their own home as they age, and they also want home to be even more comfortable. Spaces can evolve with us to meet our changing lives and health conditions. Imagine a world where everything is designed to meet the needs of all people. This is called “Universal Design” and it allows you to create or modify a safe, comfortable, and convenient home allowing people to live independently for as long as they wish. Panel discussion and resource fair includes: Assistive Technology Partnership; Home Access Solutions; Home Builders Association of Lincoln; League of Human Dignity; and Shirley Niemeyer, PhD, Housing and Environment Specialist, University of Nebraska Lincoln. Friday, Oct. 13, 1:30 p.m. at Auld Recreation Center, 3140 Sumner (off of Memorial Drive in Antelope Park). Call (402) 441-7158 for more information and registration.

• **Making a Difference**

Each person has unique gifts to contribute to others and the world. Are you fully living your life? Is it filled with clarity, focus, ease, and grace? Kris Thaller, Certified Life Coach, will help you discover and/or remember what is really important to you and provide you with tools to make life a little easier.

Saturday, Oct. 14, 8:30 a.m. - 11:30 a.m.,
Northeast ActivAge Center, 6310 Platte Avenue.
Call the Lifetime Health program at (402) 441-7575 for more information and workshop reservations.

• **Bridge Classes**

Keep playing! More multi-week classes with instructor, Bruce Burns. Designed for the beginning beginner to the seasoned player. Call (402) 441-7158 for information and reservations. Must register prior to class attendance. Price is \$20-\$25. Checks are payable to “Lincoln Area Agency on Aging” with a notation in the memo stating “Bridge” and which class (example: Beginning I - Jan 9). The check is sent to:

Lincoln Area Agency on Aging
ATTN: ActivAge Bridge
1005 “O” Street
Lincoln, NE 68508-3628

Class #13) October 23 - Beginning II:

Mondays for 8 classes, 9 a.m. - 11:30 a.m.

Class #14) October 25 - Beginning II:

Wednesdays for 8 classes (no Nov. 22),
2:30 p.m. - 5 p.m.

Class #15) December 18 - Party:

Monday, 9 a.m. - 11:30 a.m. **FREE!**

Class #16) December 20 - Party:

Wednesday, 2:30 p.m. - 5 p.m. **FREE!**

HEALTH PROMOTION EVENTS

Call the Lifetime Health Program at (402) 441-7575 for information and registration.

• **MIND/BODY/SPIRIT DAY 2006**

The meaning of dreams, aromatherapy, acupuncture, spiritual healing ... Friday, Nov. 3.
Call (402) 441-7575 for more information and registration.

• **Senior Health Promotion Center**

The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging’s Lifetime Health program, perform health and dental screenings at the Downtown ActivAge Center, 1005 “O” Street. No appointments needed for most services, walk-ins are encouraged. Dental screenings do require an appointment; please call (402) 441-6687. The Clinic is usually open from 9:30 a.m. - 2:30 p.m., on Tuesdays and Thursdays during the school year. Call the Lifetime Health Program at (402) 441-7575 for more information about the Clinic, dates open, free parking, and free transportation. Also, check with your closest ActivAge Center for transportation to the Clinic. The schedule includes:

October: 3, 5, 17 (flu shots), 19 (flu shots), 24, 26, 31.

November: 2, 7, 9, 21, 28, 30.

December: 5, 7.

• **Flu Shots**

This important immunization is offered at various locations. Call for information/confirmation.

Oct. 6

9 a.m. - 10 a.m. Maxey ActivAge Center,
2032 “U,” 441-7849

Oct. 17

9:30 a.m. - 2 p.m. Senior Health Promotion Clinic,

Continued on Page 21

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1005 "O" St., 441-7575

Oct. 19

9:30 a.m. - 2 p.m. Senior Health Promotion Clinic,
1005 "O" St., 441-7575

Oct. 30

8 a.m. - 1 p.m. Northeast ActivAge Center,
6310 Platte, 441-7151

Oct. 31

8 a.m. - 1 p.m. Northeast ActivAge Center,
6310 Platte, 441-7151

Nov. Date to be announced

Hickman ActivAge Center, 300 East 3rd Street,
441-0423 (Wed., call for date)

Nov. 2

8 a.m. - 9:30 a.m. Calvert ActivAge Center
4500 Stockwell, 441-8483

Nov. 2

Noon - 1 p.m. Lake Street ActivAge Center,
2400 South 11th, 441-7157

• Stretch and Tone

An easy and relaxing way to improve your flexibility and muscle tone. Most exercises are done sitting or standing near a chair. A great class for the beginning exerciser or person who hasn't been exercising for a while. Classes are Tuesdays and Thursdays, 9:30 a.m. - 10:15 a.m., North Gate Estates, 2425 Folkways Boulevard. Instructor is Barb Krenk. A new class session begins Oct. 17 ending Dec. 21. Can join at any time. Cost.

October:

3, 5, 10, 12 (final class), 17 (first class), 19, 24, 26, 31.

November:

2, 7, 9, 14, 16, 21, 28, 30.

December:

5, 7, 12, 14, 19, 21 (final class).

• Easing into Yoga

Class is designed to introduce the practice of yoga. Most work will be chair based. Classes are Tuesdays, 9:30 a.m. - 10:30 a.m., Auld Recreation Center, 3140 Sumner (off of Memorial Drive in Antelope Park). Instructor is Terri Swanson. Can join at any time. Cost.

October:

3, 10, 17, 24, 31 (final class).

• Easy Tai Chi

Fun! Easy! Effective! The movements are basic and do not require years of study. No experience or

equipment needed. Learn the basics to continue at home. Class meets Wednesdays, 10 a.m. - 10:45 a.m., Lake Street ActivAge Center, 2400 South 11th St. Instructor is Laura LaDue. A new class session begins Oct. 4, to Nov. 22. Can join at any time.

October:

4 (first class), 11, 18, 25.

November:

1, 8, 15, 22 (final class).

• Fitness 101

This drop-in class is designed for the person new to exercise or the person who has not exercised regularly for some time. Stretch and tone and breathing and relaxation exercises will be done in or near a chair. This on-going class meets Wednesdays, 10 a.m. - 11 a.m., Calvert ActivAge Center, 4500 Stockwell, and Wednesdays, 10:30 a.m. - 11:15 a.m., Downtown ActivAge Center, 1005 "O" St. **FREE**

• Gentle Pilates Mat Class

This slower-paced class utilizes the principles of STOTT Pilates to enhance stabilization of the core body and major muscle groups. Class meets Thursdays, 9:30 a.m. - 10:30 a.m., Auld Recreation Center, 3140 Sumner St. (off of Memorial Drive in Antelope Park). Instructor is Wendy Anderson. Can join at any time. Cost.

October:

5, 12, 19, 26.

November:

2 (final class).

• Yoga Refresh and Renew

This beginner/intermediate level class is a gentle and relaxing way to improve balance, enhance overall flexibility, gain strength and refresh your mind. Classes are Thursdays, 10 a.m. - 11:30 a.m., at the Belmont Recreation Center, 1234 Judson. Instructor is Daya Nelson. Can join at any time. Cost.

October:

5, 12, 19, 26.

November:

2 (final class).

Continued on Page 22

ActivAge Events

Continued from Page 21

- **Forever Strong Health Club**

Open weekdays, 8 a.m. - 4 p.m., and Saturdays (except holidays), 9 a.m. - Noon. Located at the Downtown ActivAge Center, 1005 "O" St. Free for those 60 and better. Call the Lifetime Health Program at (402) 441-7575 for more information on the Club, free parking, and free transportation.

- **Certified Personal Trainers**

Available on Tuesdays, 1 p.m. - 3 p.m., Wednesdays, 8:30 a.m. - 10:30 a.m., Thursdays, 1 p.m. - 3 p.m., or by appointment. Located in the Forever Strong Health Club, at the Downtown ActivAge Center, 1005 "O" St.. Call the Lifetime Health Program at (402) 441-7575 for more information.

ACTIVAGE CENTERS

Stop by the Centers for fun, social, recreational, health, or educational programs. Meal reservations must be made two days in advance. Call the Center listed for reservations or information.

Oct. 6

9 a.m. - 10 a.m., Flu shot clinic; Maxey, 441-7849 - call for information.

Oct. 10

Blood pressure checks; Calvert, 441-8483 - call for location.

Oct. 11

Bone density presentation; Calvert, 441-8483 - call for location.

Oct. 16

9:30 a.m. - 11:30 a.m., Bone density screening; Calvert, 441-8483 - call for location.

Oct. 17

9:30 a.m. - 2 p.m., Flu shot clinic; Senior Health Promotion Clinic, 441-7575 - call for information.

Oct. 19

9:30 a.m. - 2 p.m. Flu shot clinic; Senior Health Promotion Clinic, 441-7575 - call for information.

Oct. 30, 31

8 a.m. - 1 p.m., Flu shot clinic; Northeast, 441-7151 - call for information and to order a sack lunch.

Nov. Date to be announced, Wednesday

Flu shot clinic; Hickman, 441-0423 - call for information and date.

Nov. 2

8 a.m. - 9:30 a.m., Flu shot clinic; Calvert, 441-8483 - call for information.

Nov. 2

Noon - 1 p.m., Flu shot clinic; Lake Street, 441-7157 - call for information.

Nov. 13-17

Thanksgiving Holiday meals; call your closest Center or 441-7158.

Nov. 14

Blood pressure checks; Calvert, 441-8483.

Dec. 11-15

Winter Holiday meals; call your closest Center or 441-7158.

- **Thanksgiving Holiday Meals at the ActivAge Centers**

Will be Nov. 13-17. Enjoy roast turkey with stuffing and pumpkin pie for dessert! Please make your meal reservation at least two days in advance at the ActivAge Center where you will be eating. Suggested contribution for eligible participants is \$4; price for those under 60 is \$6. Many Centers will also have special entertainment. For more information and reservations, please call your closest Center or (402) 441-7158.

- **Winter Holiday Meals at the ActivAge Centers**

Will be Dec. 11-15. Enjoy Swiss chicken breast with stuffing and peach pie for dessert! Please make your meal reservation at least two days in advance at the ActivAge Center where you will be eating. Suggested contribution for eligible participants is \$4; price for those under 60 is \$6. Many Centers will also have special entertainment. For more information and reservations, please call your closest Center or (402) 441-7158.

DINNER & A SHOW SERIES

More exciting evenings of fabulous food and fantastic entertainment at the ActivAge Centers, Cotner Center Condominiums (1540 North Cotner: North 66th at Cotner and Holdrege), or other locations. The LAAA ActivAge Centers co-sponsor this series with Cotner Center Condominiums and Seniors Foundation. Reservations (and cancellations) must be made by 10 a.m. on the Tuesday before that week's event by calling (402) 441-7158. The meal is served at 5:30 p.m., with

Continued on Page 23

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entertainment following. Price is \$5 for people over 60; and \$6 for people under 60 (except for Dec. 8). Van is an additional \$1 fee. Make payment(s) prior to the event(s). Checks are payable to "Lincoln Area Agency on Aging" with a notation in the memo of "Dinner & a Show."

Payments are sent to:

Lincoln Area Agency on Aging
ATTN: Dinner & a Show
1005 "O" Street
Lincoln, NE 68508-3628

Pre-payment is requested. "Pay at the door; \$2 more!" If you must pay at the door, prices are: \$7 for people over 60 or \$8 for people under 60.

Oct. 12 -

Joe Taylor; Cotner Center Condominiums.

Nov. 16 -

USO Show, with special musical guests Rave Revue; Downtown ActivAge Center, 1005 "O" St.

Dec. 8 -

Holiday Lights Tour; Downtown ActivAge Center, 1005 "O" St., \$8 and \$9; door: \$10 and \$11.

TBA -

Motown Review

LEISURE EVENTS

LAAA Volunteer Programs Travelogue Film Series
2006/2007

Mountains, landmarks, history, and culture. All this and popcorn too! See the world from your theatre seat! Professionally produced travel films with live narration by the film makers. Door prizes - "Get Up & Go Certificates," courtesy of Executive Travel. Co-sponsored with Executive Travel. Shows are Tuesdays, 2 p.m. and 8 p.m., and Wednesdays, 2 p.m. and 6 p.m.; at Edgewood Theatre near 56th and Highway 2. Tickets available at door: \$6 for those 55+ or \$7 for those under 55. Or call Volunteer Programs at (402) 441-7026 about season tickets or group rates.

Oct. 10-11

"Alaska," presented by Dale Johnson.

Nov. 14-15

"Hawaii - the Pacific Paradise," presented by John Wilson.

Feb. 21-22, 2007

"Mexico," presented by Fran Reidelberger.

March 13-14, 2007

"Vietnam - a Land of Surprises,"
presented by Buddy Hatton.

April 10-11, 2007

"Prague to Paris," presented by Clint Denn.

• Senior Prom

Dance at the University of Nebraska-Lincoln East Campus Ballroom on Sunday, Oct. 22. Sponsored by LAAA and the UNL Pepsi Scholars. Call (402) 441-7157 for more information.

• Veterans' Dance

With the Lou Arnold Orchestra. Wednesday, Nov. 8 (note new date), 1 p.m. - 4 p.m. at the Auld Recreation Center, 3140 Sumner (off of Memorial Drive in Antelope Park). Call (402) 441-7158 for more information.

• Star City Holiday Parade Events

Pete Penguin's Picnic

Stop by the Downtown ActivAge Center for a pancake feed, kids activities and Santa Claus on Dec. 2, 9 a.m. - noon. Admission is \$5.

Call (402) 441-7158 for more information. See www.downtownlincoln.org for more information on all the events.

• "Stories of Home" Public Art Project

On display at the Downtown ActivAge Center, 1005 "O" St., Dec. 16-28. For more information see www.artscene.org or call (402) 434-2787.

• Bookfair

The Foster Grandparent Scholastic Bookfair will be held Nov. 27 - Dec. 2 at the Downtown ActivAge Center, 1005 "O" Street. Thousands of new books, toys, puzzles, and games for children of all ages will be available for purchase during this week long event. All profits from this sale will be used to purchase books for local schools in honor of Foster Grandparents in our community. For more information, call (402) 441-6105.

• Fine Art of Experience

Is a juried art show exclusively featuring the visual artwork of professional and high quality amateur older adult artists, age 55 and older. Paintings, drawings, and fiber art, including weavings, will be shown. A call for artists will be Oct. 15 - Dec. 1. Submissions will include slides of up to three artworks per applicant with a \$20 entrance fee. Three additional slides may be submitted for

Continued on Page 24

ActivAge Events

Continued from Page 23

another \$10. Juried by Norman Geske, Anne Pagel, and Dean Settle. Funding from the Nebraska Arts Council, www.nebraskaartscouncil.org. At The Loft at the Mill, 800 "P" Street, 3rd floor, in Lincoln's Haymarket. Begins with the downtown First Friday Gallery Walk and runs Jan. 5-8, 2007. Artwork will be available for purchase. Applications will be available by calling 402-441-7158. More information about the show will be available by calling (402) 441-7158.



REDUCED PRICE TICKETS

Call (402) 441-7158 for reservations or information. Please call in reservations before sending payment(s). Enclose a business-sized (9.5"x4"), self-addressed, stamped envelope for each event.

- Lincoln's Symphony Orchestra 80th Season

Tickets are usually \$35, reduced price tickets for older adults will be \$20, BRING THE GRANDKIDS - student/youth tickets are just \$5. make checks payable to "LSO," also Visa and MC; visit www.lincolnsymphony.com.

Oct. 29

2 p.m., "Magic & Fantasy,"
O'Donnell Auditorium, \$20.

Dec. 10

2 p.m., "Home for the Holidays,"
Kimball Recital Hall, \$20.

Feb. 2, 2007

7:30 p.m., "Russian Heartstrings,"
Kimball Recital Hall, \$20.

March 10, 2007

7:30 p.m., "Solos & Celebration,"
Kimball Recital Hall, \$20.

April 15, 2007

2 p.m., "Madcap, Music & Mayhem,"
O'Donnell Auditorium, \$20.

May 12, 2007

7:30 p.m., "Mahler's Resurrection Symphony,"
Lied Center, \$20.

- Lincoln Community Playhouse 61st Season

Make checks payable to "LCP." Also, credit cards

need zip code for billing address of the credit card used. Visit www.lincolnplayhouse.com

Oct. 8

2 p.m.; "Kids Say the Darndest Things," musical based on Art Linkletter's television show and book, \$5.

Oct. 29

2 p.m. and **Nov. 4**, 7:30 p.m. "Getting Away with Murder," \$10.

Dec. 1

7 p.m.; "Lyp-Schtick!," (Dec. 1, 7 p.m. is the family performance), \$8.

Dec. 10

2 p.m.; "You're a Good Man, Charlie Brown," musical, \$10.

Jan. 28, 2007

2 p.m.; "A Year With Frog and Toad," musical, \$5.

March 8, 2007,

7:30 p.m.; and **March 11, 2007**, 2 p.m.; "The Full Monty," musical, \$15.

April 8, 2007

2 p.m.; and **April 14, 2007**, 7:30pm;
"Enchanted April," \$10.

May 6, 2007

2 p.m.; "James and the Giant Peach," \$5.

June 7, 2007

7:30 p.m.; "Soda Pop," musical presented by The Crooked Codpiece Company, \$8.

June 24, 2007

2 p.m.; & **June 30, 2007**, 7:30 p.m.; "The Wiz," musical, \$15.

— Lied Center for Performing Arts 17th Season

A "restoration fee" is a new charge from the Lied Center that is usually \$2 per ticket; checks payable to "UNL," also Visa and MC. Usually section 2. Visit www.liedcenter.org or call FingerTips at (402) 323-1764 for recorded information. **Call (402) 441-7158 for price information.**

Oct. 11, **The Passing Zone**

Oct. 13, **Bayanihan Philippine Dance Company**

Oct. 14, **Bo Diddley & Friends**

Oct. 17, **"Rent"**

Oct. 25, **Hubbard Street Dance Chicago**

Oct. 27, **Karrin Allyson & Nebraska Jazz Orchestra**

Continued on Page 25

Continued from Page 24

Nov. 2, **The English Concert** with Andrew Manze, Violin
Nov. 3, **An Evening** with Peter Bogdanovich
Nov. 7, **Miami City Ballet** - "Don Quixote"
Nov. 11, **Moscow State Symphony Orchestra**
Nov. 15, **The Good Humor Men** with Pat Hazell
Nov. 21, "I Can't Stop Loving You"

Dec. 2, "CATS"

Dec. 21, **Mariachi Sol de Mexico** de Jose Hernandez

Jan. 16, **Hamburg Symphony Orchestra** with
Robert McDuffee, Violin

Jan. 25, **Moscow Festival Ballet** - "Cinderella"

Jan. 31, "STOMP"

Feb. 3, **Maria Schneider Orchestra**

Feb. 7, **Hungarian State Folk Ensemble**

Feb. 10, "The Producers"

Feb. 16, **Roald Dahl's "Willy Wonka"**

March 3, "Man of La Mancha"

March 7, **Doc Severinsen & His Big Band**

March 8, **Riders in the Sky**

March 21, **Bulgarian State Opera** - "Turandot"

March 24, **Soweto Gospel Choir**

March 29, "All Shook Up"

April 6, **John Pizzarelli**

April 17, **Omaha Symphony Orchestra**

April 21, **Elton John and Tim Rice's "AIDA"**

April 28, **Shen Wei Dance**

— Lincoln Friends of Chamber Music

Limited seating, LAAA will check for availability.

Tickets are usually \$30, reduced price tickets for older adults will be \$20. BRING THE

GRANDKIDS - student/youth tickets are just \$5.

Make checks payable to "LFCM," all performances are in the Sheldon Memorial Art Gallery Auditorium at 12th and "R," pre-concert lecture is at 7:30 p.m., concert is at 8 p.m. Visit www.lfcm.org.

Oct. 14

Euclid String Quartet, Sheldon, \$20.

Nov. 17

Chiara String Quartet with Hakan Rosengren, clarinet, Sheldon, \$20.

Feb. 17, 2007

Tempesta di Mare, Sheldon, \$20.

March 23, 2007

Vilnius String Quartet, Sheldon, \$20.

April 27, 2007

Trio con Brio Copenhagen, Sheldon, \$20.

— Lincoln Continentals

Male barbershop music. Make checks payable to "Lincoln Continentals." Visit www.lincolncontinentals.org.

Dec. 10

Holiday Concert, Trinity United Methodist Church, 1345 South 16th St., **FREE** for any age! Donations welcomed. No tickets needed.

April 28, 2007

2:30 p.m., Spring Concert, celebrate the Continentals' 60th Anniversary, special guests are "3 Men & a Melody." Kimball Recital Hall. \$13; or with a group of 10, tickets will be \$11.

ONE DAY TOURS

"A vacation without the packing!" Call (402) 441-7158 for reservations or information.

Oct. 7 -

NEBRASKA HUSKERS FOOTBALL versus the Iowa State Cyclones

Oct. 14 -

NEBRASKA HUSKERS FOOTBALL versus the Kansas State Wildcats

Oct. 29 -

"STARS COME OUT" in Omaha

Dec. 2 -

COUNTRY CHRISTMAS AT THE BARN at Wayne

March 23, 2007 -

PATHFINDER BARBERSHOP CHORUS in Fremont

CLOSINGS

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

Veterans' Day - Nov. 10-11

Thanksgiving - Nov. 23-25

Christmas - Dec. 23-25

New Years' Day - Dec. 30 - Jan. 1

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

end

Holiday Happenings

Before it starts to look a lot like Christmas, you can begin making plans to attend or participate in some of these holiday happenings.

The Lincoln Area Agency on Aging and Wells Fargo Bank will once again be hosting the **Trees of Love** for 2006.

This project ensures that the residents of The Ambassador, Haven Manor, Homestead Health Care, Lancaster Manor, Malone Manor, Milder Manor, Tabitha Health Care and Village Manor will get a special gift that they wish for this holiday season.

Last year, employee groups from Sandhills Publishing, Pfizer Global Manufacturing, Security Financial Life and Olsson Associates along with the City of Lincoln's Leadership Link, participated by taking a number of ornaments and purchasing gifts

for the campaign.

If your group would like to become involved by taking ornaments and buying gifts for older adults, please call 441-7026.

Downtown ActivAge Center will again host a number of activities tied in with the Dec. 2 Lincoln **Star City Parade**.

David Chapelle, Downtown ActivAge Center manager, said plans include a pancake feed, a visit from Santa, book fair and plenty of children's activities. Center doors will open at 9 a.m. for these events and run through noon. A \$5 admission fee helps with the fundraising efforts for the Seniors Foundation.

"These activities have been successful for us in the past and raise awareness of the downtown center," Chapelle said.

LAAA will be one of the participating organizations in the **Holiday of Trees** at the Westminster Presbyterian Church Nov. 30 – Dec. 1.

The Heritage League of Lincoln organizes the annual event and solicits organizations to decorate trees for public display.

"It's a nice way to help get people in the holiday spirit," said Joyce Genoways, co-chair of the tree room for the event. Tickets cost \$1 each.

At the display, people can purchase baked goods and beverages to enjoy while viewing the trees.

Proceeds from the ticket sales and baked goods and beverage sales go to benefit local charities. This year, ticket sale proceeds will go to the Lighthouse, a safe harbor for youth in Lincoln.

For tickets, call 488-3660.




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Medicare's prescription drug benefit: Who, what, when, where and why?

Who is eligible for Medicare's drug benefit?

Everyone with Medicare is eligible for the drug benefit.

If you have prescription coverage that is at least as good as what Medicare offers, you may not need to sign up for Medicare's drug benefit.

Drug coverage from TRICARE, the Veteran's Administration, or a former employer are a few examples of benefits that are at least as good as Medicare's.

What types of plans are available?

There are two types of Medicare drug plans: Stand-Alone Prescription Drug Plans and Medicare Advantage Plans.

1. Stand-Alone Prescription Drug Plans add prescription coverage to your existing Medicare plan (usually, Original Medicare and a Medicare Supplement Policy). These plans are not associated with hospital or doctor insurance; they are designed to "stand alone" with your current coverage.

2. Medicare Advantage Plans are administered by private insurance companies. These plans provide hospital,

doctor and, in many cases, prescription drug coverage through an all-inclusive plan. You pay little or no premium for these plans, but are responsible for service co-payments.

When can I enroll in or change coverage?

If you are turning 65 and do not have drug coverage you may enroll in a Medicare drug plan anytime during a seven-month period (the three months before your birth month, the month in which you were born, and three months after your birth-month).

If you are over 65 and have drug coverage that is ending you have 63 days from the last day of your coverage to enroll in a Medicare drug plan. Generally, this scenario applies to those who are retiring and losing their employer health insurance.

If you already have a Medicare drug plan and wish to change it you may do so between November 15 and Dec. 31, each year.

Certain circumstances, as well as groups of people, qualify for special enrollment periods.

care beneficiaries. Whether you need help comparing prescription drug plans, or have questions or concerns about the plan in which you are already enrolled, SHIP can help. Coordinated within the Nebraska Department of Insurance, SHIP counselors across the state provide unbiased counseling services designed to help Medicare beneficiaries make informed decisions regarding Medicare, Medicaid, and other health insurance.

CONTACT THE NEBRASKA SHIP AT: (800) 234-7119

LIMITED-- INCOME SUBSIDY

What if I can't afford Medicare's prescription drug benefit?

Social Security can help with prescription costs if you are a Medicare beneficiary with limited income and resources. If you qualify for the full subsidy, you may pay no monthly premium or deductible, and pay as little as \$2 for each prescription. A partial subsidy is available to those with slightly higher income and assets that includes reduced premiums, deductibles, and drug co-payments.

In order to qualify for the limited-income subsidy (in 2006), you must meet the following guidelines:

• Annual income less than \$14,700 for an individual (or \$19,800 for a married couple who is living together);

• Resources or assets limited to \$10,000 for an individual (or \$20,000 for a married couple who is living together. *

* These resource limits can be slightly higher (\$1,500 per person) if you use some of your money for burial expenses. Your car and the home in which you live do not count toward the resource limits.

Find out if you are eligible for extra help by contacting your local Social Security Administration, or by calling (800) 772-1213 and asking for help with your Medicare prescription costs.

Nebraska Senior Health Insurance Information Program
NE Department of Insurance
941 "O" Street, Suite 400
Lincoln, NE 68508-3639

Phone: (800) 234-7119 TTY: (800) 833-7352

This information has been created by the Nebraska Department of Insurance SHIP with financial assistance through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency. This brochure is for informational purposes only and is available to the public. Neither the SHIP program nor the Nebraska Department of Insurance endorses any specific company, product or plan of insurance.

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Why should I enroll in Medicare's prescription drug benefit?

While enrollment in the drug benefit is voluntary, those who do not enroll when they are first eligible may face a financial penalty if they choose to enroll later (1 percent for each month you delayed enrollment).

Even if you don't take any prescriptions now, you should consider joining a plan when you first become eligible to ensure security now and in the future.

Where can I get help?

Nebraska Senior Health Insurance Information Program is a free counseling and education service available to all Nebraska Medi-

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- Mutual Funds
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- Estate Planning
- Employee Benefits
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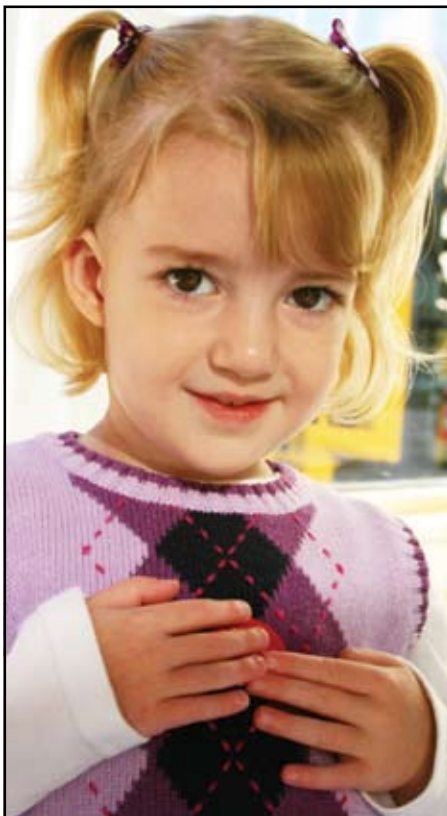
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List eases transition

Teachers seem to have a knack for organization. So when it came time for Phil and Ruth Ann Lyness to downsize and pass items on to their children, former teacher Ruth Ann's ability for organization became a valuable asset.

Knowing they were going to move from a four-bedroom, 2,600 square foot house in Lincoln, to a retirement center's 1,200 square foot apartment, the couple understood items had to be distributed among their five children and their families.

"They all had different needs and we passed on almost everything," Ruth Ann said, noting some items were wanted for sentimental reasons, while others were wanted for practicality.

The couple compiled a five-page list of items and sent it to their children a few months in advance of their move.

They asked each child to indicate the item or items they would like and put a value on a scale of 1 to 3 on it and send the list back. Also stressed was the person taking any item, should handle the movement of it also. Once the couple gathered the lists, the distribution went with little fuss.

They consider themselves fortunate as their children



Ruth Ann Lyness holds a list of items they had passed on to their children, while Phil Lyness shows a pitcher they kept when they downsized into an apartment.

were so accommodating and understanding.

"It's nice to see other family members can use the things we enjoyed," Phil said. "I really didn't cry at all when the lawn mower left."

Items that were not passed on to their children, were auctioned before the move. Ruth Ann said that moving was quite a chore, but the list helped. Her advice: "Move while you are still able," Ruth Ann said.

Who Gets Grandma's Yellow Pie Plate?

Finding the best solutions on how to pass on items to family members when moving to a retirement center or nursing home can be a challenge.

Arguments could arise.

Debbie Way's presentation, "Who Gets Grandma's Yellow Pie Plate," helps people develop ideas for distributing belongings.

The theme was based on the educational packet developed by the University of Minnesota Extension Service.

"Many people have memories attached to these items, so it's best to decide who should receive them right away," said Debbie Way, Community

Outreach Director at Roper & Sons.

Way said several family members often have the same memory of a loved one's possession. Instead of waiting until one's relative must move, the decision concerning who should receive what should have been made.

Way experienced this when her mother-in-law, who owned a set of crystal ware, took the opportunity to sit down with Way and tell her she wanted her to have the set. She told Way why she would receive the set and how her mother-in-law appreciated the value of their relationship.

"People can turn the transfer of

those possessions into a celebration," she said. "It can enhance and improve relationships."

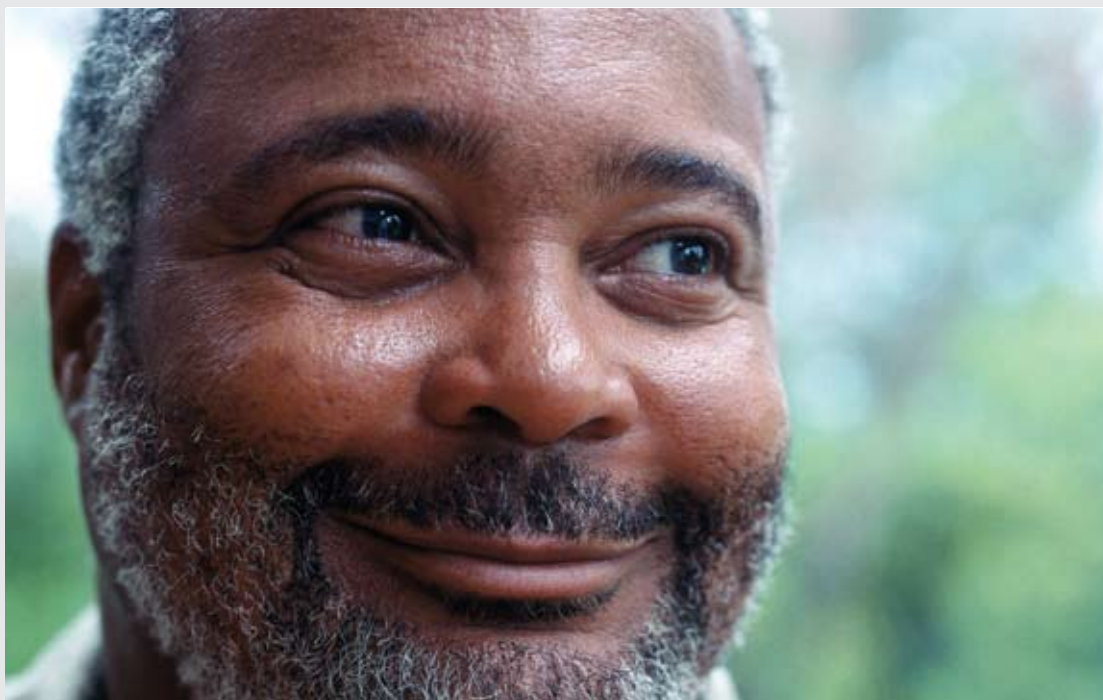
Way's workshops also teach that a loved one's possessions are not the most important things in life.

"The real legacy is our relationship," she said. "That's really all that matters."

Organizations in or around the Lincoln area interested in the "Who Gets Grandma's Yellow Pie Plate" presentation, can contact Way at Roper & Sons at (402) 476-1225.

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