

Living Well

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Director's Corner

This issue of *Living Well* is significant for several reasons.

If you are eligible for Medicare, you should be aware that the Medicare Prescription Drug Program, known as Part D, has moved its dates for review and re-enrollment forward beginning Oct. 15 and closing Dec. 7. Everyone should review their plan every year. This program provides significant savings on your prescription drugs. Plans offered by participating companies change every year, and your medication needs may be different as well. You can do this from your computer or with assistance from family or friends, or make an appointment with Aging Partners staff for assistance.

Because this program is so vital and participation is high, Aging Partners is offering a review by our unbiased, trained staff for a fee of \$15 (\$25 per couple) if your annual income is above 150 percent of poverty (see page 13). We also will have a staff member come to your county by appointment (call your county program manager, see page 33) or we will assist people at our office at 1005 "O" Street.

This is Public Information Specialist and *Living Well* Editor Valerie Crook's last publication for Aging Partners. She has accepted a position with the University of Nebraska-Lincoln. We are grateful for the high level of public awareness and professionalism her work brought to Aging Partners and will miss her very much. In the January issue we will introduce you to our new editor.

We are here if you need us. 



June Pederson, Director, Aging Partners

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On the Cover

Bob Smith is surrounded by L.A. Hybrid Lily, a variety that is a cross between an Easter lily and an Asiatic lily.



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

Periodical Postal Rates paid at Lincoln, NE Issues printed: 20,220.
POSTMASTER-Aging Partners Address Changes to:

Living Well Magazine
1005 O Street
Lincoln, NE 68508-3628
Email: livingwell@lincoln.ne.gov
Fax: 402-441-6524
Phone: 402-441-6146
(collect calls accepted)
Toll free: 800-247-0938 (Nebraska only)

60+ Readership Level in Aging Partners'
Eight-county area: 34,320+ (60% of 60+)
Publisher, Editor & Advertising Valerie Crook, 402-441-6156
Mailing List & Accounts Deb Baines, 402-441-6146
Production Coordinators News Link, 402-475-6397

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

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

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What Caregivers Want You to Know

The crisp October air provides a stark and welcome contrast to the 80 degree apartment. I pause for a moment and gaze upward into the autumn night. "How much longer can I do this?" I ask myself. How much longer can I push back the sadness, anxiety and loneliness?

Emotions crash against each other like competing waves on an unforgiving shore. My love for my family is immeasurable; my emotional, physical and mental strength is spent. There is only one ending for this journey, and the mere thought of it feels like a betrayal of all we have been through, all we have done. This is caregiving. This is what we don't express to friends, what we rarely admit to ourselves. Throughout this series, my goal has been to provide information and encouragement to caregivers and the families they support. This final installment is devoted to what we don't say, but feel, what we need, but refuse to ask for.

A Life Changing Moment

The day my father broke his hip permanently changed both his life and mine. In assuming the role of caregiver I realigned my priorities, time commitments, hopes and concerns. I gave up much of my free time and lost the luxury of confidently planning vacations, even weekends. I lost spontaneous road trips and a lack of familiarity with hospital protocol. In return, I received the opportunity to know my parents as people, to discover their personalities in an

adult-to-adult environment. And while this continues to be one of the greatest gifts of this journey, the fact remains that I sometimes long for those days when I didn't know. I wasn't prepared for the changes our situation would require, and I would not have chosen them. Most days I see the gifts of this experience, but some days I resent it for both my family and me.

I also discovered that my new life would strengthen some friendships and end others. Over time, I have come to redefine what it means to be a caregiver's friend. My friends are the people who don't ever say, "Call me if you need anything," because they know I won't. They are not the people who promise to keep in touch because I know they won't. My friends are the people who stop by with a pot of soup, show up when it's time to move a family member to a new facility and willingly celebrate birthdays and holidays in hospitals, rehab units and sweat inducing apartments. They listen when I need to talk, and talk when I need to listen. These friends are the ones who never say, "I know what you are going through," because unless they have been a caregiver they have seen the experience but not felt it. Nonetheless, they know me and they stay patient and close as I navigate each new experience. Being my friend, perhaps being the friend of any caregiver, is not easy. However, I have never needed my friends more than I need them now. I need them to be flexible,



thoughtful and somehow to understand that I am depending on them in ways I can not articulate.

Things Left Unsaid

Many of the things I need to talk about are not the fodder of typical conversation. While the nation has struggled with bipartisan politics, I have struggled with bipartisan emotions. I need to describe fighting back the nausea as I repositioned and bandaged the peeled but still attached skin on my mother's bloody hand. I need to talk about watching my emaciated uncle curl into a fetal position as the EMTs loaded him onto the gurney. I need someone to know that telling the nurse to shut off my aunt's life-support equipment was one of the hardest statements I have ever had to make. Unfortunately, but perhaps realistically, these are not the topics of everyday conversation. For caregivers, expressing these feelings and recalling these events can be freeing. The tension between love and revulsion is difficult to describe and even more difficult to resolve. But my daily experience and the social mandates of the moment often don't match. There are very few places where answering

the question, “What have you been up to” with this kind of information is well-received. However, these are the experiences caregivers face; this is what I am doing when others are at a movie or taking a family vacation. So, in many social situations I say very little and sit quietly in my parallel universe trying to remember the last time I went to a movie ...

Recently, a colleague of mine commented, “You have to take care of yourself, you know.” And while that is profoundly true, it is exceptionally hard to achieve. Taking care of myself means finding time in a schedule where there is no discretionary time. It means choosing between clean laundry and a long walk. It means quieting the voice that says, “There will be time later” when my body and spirit say, “I can’t do any more.” This internal conflict is easily resolved in my head; I know rest and relaxation would make me a better caregiver, but time with my loved one is a precious and diminishing gift, so I live with the imbalance of my needs and theirs. Telling most caregivers they need to take care of themselves is a waste of time. We know it and feel it. What caregivers need to hear is not an admonishment, but an acknowledgement. If you are the friend of a caregiver, tell him or her that you see the effort and the sacrifice, that you respect the love and commitment they display. Without exception, the kindest, most healing words I have heard came from a neighbor who simply said to me, “I don’t know how you do it.”

A Chosen Path

Finally, there is no connection between sainthood and caregiving! I have intentionally chosen my commitment and all that comes with it. However, that does not mean I don’t feel angry, impatient or anxious. It doesn’t mean I don’t rail against the injustice of watching my friends carry on with their lives while I carry Medicare cards and prescription bottles. I still have a full range of emotions. But, I also have the power to control them, and in doing so enjoy the benefit that comes with restraint. I am not a saint; I am a daughter. I feel confident that there were days when my parents wished they did not have children, but they knew the day would pass – I know the same is true for us now.

Learning as You Go

Being placed in a caregiving role is not new. Our parents, and their parents before them, undoubtedly, did much of the same work we are doing now. A difference perhaps is that many of them were full-time homemakers. They did not juggle the demands of the workplace with the needs of a loved one. Generations lived in closer proximity to one another allowing for support and guidance as elderly members neared the end of life. Dying was often done at home. These differences helped create an apprenticeship for younger generations as they learned how to live within and ultimately accept the circular nature of life. Today, medical advances have made lifesaving interventions more

available, but with them have come complex questions of how long and in what capacity life should go on. Families are more geographically dispersed, often leaving the caregiver to make significant decisions on her own. Aging and dying are done behind closed doors. There is no blueprint, and little if any preparation for this life task.

My role as a caregiver began on a sunny February Sunday and now, nearly seven years later, it continues. It has been the greatest and worst journey of my life. I have learned doctors are human, pharmacists can be allies, care facilities are businesses with financial bottom lines and Medicare reimbursements require careful linguistic skill. But most of all, I have learned that love is a potent source of power, friendships are integral to the process and caregiving takes enormous courage.

To every caregiver who has followed this series – I know what you are feeling and I hope someone is caring for you.

To every friend of a caregiver – be patient, be kind, be there – we need you far more than you know. 

Are You a Caregiver?

Is someone relying on you? Do you check in on an older friend or relative? Do you drive your parents to medical appointments or help them with home maintenance and yard work? Are you caring for an older relative in your home? Have you considered how they would get by if you weren't able to provide this assistance?

You are a Caregiver

It may not be a role you prepared for or sought out, but now someone relies on you. People count on you being there to do what they no longer can do for themselves.

You, and 42 million people like you across the United States, play a vital role. Caregivers provide 4.3 million hours of service annually at an estimated value of \$450 billion. Yet caregiving can be an isolating, confusing responsibility.

A Partner in the Process

Becoming a caregiver is a life transition just like getting married or having children, but with far less fanfare and support. Aging Partners is here to help you navigate issues including housing options, the insurance maze, medical concerns and your own stress.

Aging Partners also is an advocate for you as a caregiver, offering programs and services to help you maintain balance and stay healthy so you can fulfill your role as a caregiver and enjoy your own life. Health assessments and fitness and nutrition counseling are available for caregivers, along with support and educational groups.

Stress and Wellness

Aging Partners can offer perspective and help you assess the needs of the person you are caring for as well as your own needs. You can talk with an Aging Partners consultant over the phone or in person. You can call with a quick question or make an appointment for a longer consultation. Aging Partners can connect you to discussion groups, educational programs, counseling and other resources.

Nutrition

Do you sometimes skip lunch so you'll have time to run an errand for mom? It is easy for caregivers to overlook their own nutritional needs. Registered dietitians can meet with you and recommend a realistic, healthy eating plan that will give you the energy you need to care for yourself and others.

Aging Partners has meal programs available to help you meet the nutritional needs of the person you are caring for. Depending on where you live, these services may include meals at an Aging Partners Center, meals to go or home-delivered.

Fitness and Exercise

Exercise can increase your energy level, help you sleep better and give you the positive attitude you will need as a caregiver. Aging Partners can assess your fitness level and design a program of simple exercises you can do at home. You also can attend special exercise classes for caregivers.

Respite Care

Often what caregivers need the most is a break. Respite care offers

Caregiver Facts

- The typical caregiver is a 46-year-old woman with some college experience and provides more than 20 hours of care each week to her mother.
- The majority (83 percent) are family caregivers – unpaid persons such as family members, friends and neighbors of all ages who are providing care for a relative.
- Caregivers report having difficulty finding time for one's self (35 percent), managing emotional and physical stress (29 percent), and balancing work and family responsibilities (29 percent).
- Unpaid caregivers provide an estimated 90 percent of the long-term care.
- An estimated 21 percent of households in the United States are impacted by caregiving responsibilities.

Source: CDC

temporary relief to caregivers who need time to attend a class, get away for a movie or even a vacation. The Senior Companions program can give family members a regular break from caregiving. Aging Partners can discuss respite needs with you and help you arrange times to get away for some rest and relaxation.

Support, encouragement and perspective is just a phone call or e-mail away. Contact Aging Partners at 402-441-7070, 800-247-0938 or caregiver@lincoln.ne.gov. 

Raising a New Generation

After raising three children of her own, Julianna Hoaglin never imagined she'd step back into the realm of motherhood. But when she looks at the successful young adults her three grandchildren have grown into, she wouldn't have it any other way.

"This wasn't how I pictured spending my retirement, but I've enjoyed raising them," she said. "They teach me something new every day."

A Recurring Theme

Like Julianna, many grandparents are stepping into the role of parent. According to a 2010 census, about 4.9 million, or 7 percent, of children under age 18 live in a household headed by a grandparent, up from 4.5 million in 2000.

Approximately 20 percent of these children have neither parent present and the grandparent is responsible for their basic needs. Of these grandparents, about 33 percent are over the age of 60, and 20 percent live in poverty.

Not Just a Statistic

Julianna currently has two 14-year-old grandchildren living with her in the home she's resided

in for more than 40 years. Both started high school this year. One is interested in art and was nominated for homecoming queen, and the other recently joined the drama club. Both plan to attend college.

"They've just flourished," Julianna said.

It hasn't always been so easy for the unorthodox family. One of the youths has had two open heart surgeries and was born with a double cleft lip and no palate, and the other she rescued from a homeless shelter.

But by combining her own special blend of love, strength and perseverance, Julianna is ensuring her grandchildren mature into successful adults.

"I felt I was their only salvation; I had to step in," she said. "There's been a lot of challenges, but it's been such a joy. They keep me going."

Fit to Care

To stay in top grandparenting form, Julianna often takes long walks in the morning before her grandchildren awake. And, sometimes in the middle of the night, she gets up and just sits there and enjoys the quiet.

"It's my little piece of therapy," she said. "You have to keep yourself focused and centered."



Julianna raised her granddaughter, Erin, now 14, from the age of 3.

Grandparents raising grandchildren are eligible for services offered through Aging Partners, including the Fit to Care Program. Services offered include:

- Health and Lifestyle Assessment
- Nutrition Assessment and Counseling
- Physical Activity Consultation
- Stress Management Tips

Appointments can be set up at a time and location convenient for you and are provided in eight Nebraska counties: Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York.

For more information about Aging Partners Caregiver Support and Fit to Care Services, call 402-441-7575. 

Celebrating National Family Caregivers Month

Every November, caregivers throughout the country celebrate National Family Caregivers Month as a time to thank, support, educate and empower family caregivers.

According to its website, the National Family Caregivers Association launched the first ever celebration of family caregiving in 1994 when it declared National Family Caregivers Week. Since

being recognized by President Clinton in 1997, when he signed the first proclamation, NFC Month has been proclaimed by an American president each year. 

Caregiving in a Rural Setting

She wouldn't realize it until many years later, but Donna Ehrenberg can pinpoint the exact moment she began a journey that would transform her into the conscientious caregiver she is today.

In 1973, Donna was riding in a car with her parents, Lucille and James Scott, when a drunk driver crossed the center line. The family survived the accident, but Lucille remained in a body cast for more than a year.

"I wanted to give her that extra love and attention, so I went to the hospital every day and fed her breakfast, lunch and dinner," Donna said. "I didn't consider myself a caregiver, though. She was my mom; she was family."

In 2005, Donna's husband, Floyd, was diagnosed with bone cancer. Though she now was caring for both her mother and Floyd, Donna was startled when an Aging Partners representative suggested she join a caregiver support group.

"I told them I wasn't a caregiver," she said. "I had never cared for anybody outside of the home, just my family members. I didn't think I was classified as a caregiver."

A Common Misconception

A native of Saunders County, Donna held a mindset similar to that of the rural residents she meets every day through her work with Aging Partners, where she's worked since Aug. 29, 2010, as the Saunders County Program Developer.

As parents and spouses grow older or sick, many rural residents step into the role of caregiver without realizing it.

Due in part to an ancestral bequeathment of self-reliance and independence—traits necessary to surviving the brutal summers and harsh winters of Nebraska's farmlands—Donna said many rural caregivers have a hard time asking for assistance.

"It's that rural pride," she said. "So often, they won't ask for help because they think it is their responsibility to care for these family members. They grew up self sufficient, and they're not going to change."

And, because of their remote location, it can be a daunting burden to carry. Many services—such as home-delivered meals and bathing assistance—provided in large communities are not available in rural outposts.

But even if a service is available in town—such as a caregiver support group—it's often too difficult for rural caregivers to find someone to care for their family member while they are away.

"Caregivers in a rural setting shoulder a larger burden than their counterparts in larger communities," Donna said.

Preparation is Key

Aside from shouldering much of the care themselves, rural caregivers have the added stress of ensuring they are well stocked in the event of an emergency.

If a winter storm blocks access to town, it's integral enough oxygen or medication is on hand to sustain a loved one for a long duration.



Donna continues to care for her 87-year-old mother, Lucille.

"There are so many fears when you're a caregiver in a rural area," Donna said. "You have to think ahead and be ready for the unexpected at any time."

Learn to Accept Help

Caregiving in a rural setting is no easy task, but there is a light at the end of the proverbial tunnel. Asking for help, or learning to accept it when offered, can make a big difference.

"Your closest friends become caregivers to you and keep you going during the most difficult times," Donna said. "When a friend offers any type of help, let them. Accept it with open arms and don't feel guilty about it."

Aging Partners also offers several services that can make the caregiving experience less stressful. Among them are the Saunders County Public Transportation and the Senior Companion Program, a free service that provides volunteers to look after loved ones while caregivers take advantage of much needed alone time.

"You don't have to do it on your own," Donna said. "Your friends and services from Aging Partners can help you find balance so you can maintain your own life while caring for your relatives."

For more information on services provided for rural caregivers, call 402-441-6106. 

Can Yoga De-Stress Caregivers?

A caregiver's job typically requires him or her to be emotionally—and sometimes physically—strong in the face of daily challenges and change. Practicing yoga techniques like deep breathing, relaxation and stretching can improve the caregiver's well-being and create a positive domino effect on the person they are caring for.

Peggy Apthorpe, Health and Fitness Coordinator, said yoga can be enjoyed by anyone—any shape, size, age or physical ability.

"Yoga is an art and a science, not a religion," she said. "It is a way to use the body and breath to calm the mind."

Many caregivers feel like they don't have the time or energy to devote to techniques such as yoga.

The good news is that they can do gentle exercises in a small amount of time with a big payoff. A few moments of deep breathing, yoga stretches and postures can quickly make a person feel more at ease, well and in control. Caregivers can practice yoga anytime and anywhere with very little space or equipment required.

Research documents physical benefits that include increased strength and resiliency, improved immune function, decreased pain, decreased blood pressure, increased energy, improved sleep, posture, flexibility and range of motion. Psychological benefits include increased quality of life, concentration and coping skills and decreased anxiety and depression.



Caregivers can take advantage of yoga services offered by Aging Partners by attending the Yoga & Stress Management for Caregivers class offered each Wednesday—10 a.m.—233 South 10th St., or by requesting personal consultations. Our certified yoga instructors can meet caregivers at times and locations convenient to them.

For more information, call 402-441-7575. 

The Unexpected Gifts of Caregiving

In celebration of National Family Caregivers Month in November, Nancy Nathenson will be presenting *The Unexpected Gifts of Caregiving: A Personal Story*.

Nancy is the Respiratory Therapy Education Coordinator and Chair of Emergency Care at Madonna Rehabilitation Hospital, the RT consultant for Lincoln Public Schools and the Chair of the Patient Provider/Curriculum committee for the Community Asthma Education Initiative.

She became certified as a Holistic Life Coach in 2010 and presents locally, regionally and nationally on topics related to

respiratory care, women's wellness and caregiver support.

"My husband has brain cancer and limited abilities, and I am still the luckiest woman in the world," said Nancy, describing her caregiving role.

Her program includes:

- Strategies for navigating a loved one through the health care system.
- Ways to recognize and respond to a caregiver's personal needs.
- The impact of the changing roles of family members.
- How to recognize hidden blessings of traumatic events in our lives.



Nancy Nathenson

- Time for participant questions.

This free event is Thursday, Nov. 3, from 7 p.m. to 8:30 p.m. at the Roper & Sons reception room at 4300 "O" St. To register, call 402-441-7575. 

An Exercise in Caregiving

After more than five decades of marriage, Ramona and Delwyn Dearborn still find new things they enjoy doing together. One of their most recent discoveries is the Aging Partners Health & Fitness Center, where the couple have been working out every Tuesday and Thursday for the last year.

“We really look forward to going,” Ramona said. “It’s helped us psychologically, physically and socially, and it is a great way for us to get out together.”

Active at Every Age

According to the National Institute on Aging, regular exercise and physical activity can help older adults stay independent and reduce their risk of



Maintaining her health at the Aging Partners Health & Fitness Center helps Ramona Dearborn care for her husband, Delwyn.

developing some diseases and disabilities that often develop as people age. Caregivers can benefit from the stress reduction and increased energy that physical activity provides.

Exercise also can be used as treatment for such chronic conditions as arthritis, heart disease and diabetes, and it can help older adults maintain high blood pressure and assist with balance problems.

Caregivers are another population that can greatly benefit from physical activity; getting the heart pumping can reduce stress, boost moods and increase energy.

Reaping the Benefits

The Dearborns, both in their late 70s, work with a personal trainer to maintain their health and functional fitness through range of motion exercises and weight machines.

The biweekly workouts provide important benefits for both Delwyn, who was diagnosed with Parkinson’s three years ago, and Ramona, who serves as her husband’s primary caregiver.

“Working out has kept us limber,” Ramona said. “Stiffness is a real problem for Del, so we work on things that keep him flexible.”

Stretching and strengthening exercises fine tune Delwyn’s motor skills and improve his posture, and the workouts keep Ramona in top caregiving form.

“It puts me in a better mood,” she said. “When you work out physically, you brighten up. It’s been a very positive experience for me and Del.”

Add Exercise to Your To-Do List

The Dearborns encourage other older adults to make health a top priority and utilize the Health & Fitness Center.

“At our age, we lose things so quickly: strength, agility, balance,” Ramona said. “If you’re able to maintain yourself through exercises, that’s very important. We feel fortunate to have this program available.”

For more information about Aging Partners Health & Fitness and Caregiver Support Services, call 402-441-7575. 



Are You on the List?

Aging Partners maintains a constant contact e-mail list to keep the area's older adults up-to-date on the latest happenings. E-mail Donna Washburn at dwashburn@lincoln.ne.gov to get your name added and learn more about upcoming events, new programs and times and locations for caregiver support groups. This list is not shared, and your e-mail will remain confidential. 

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Open Enrollment for Part D

Let Aging Partners help you choose the Medicare Part D plan that best fits your needs. During open enrollment from Oct. 15 to Dec. 7, Aging Partners will be offering assistance at the Downtown Center.

Though appointments remain free of charge for those with incomes that are above 150 percent of the Federal Poverty Level (FPL), or \$1,362 a month, Aging Partners is asking for a suggested contribution of \$15 per person, or \$25 per married couple, for those whose income is above 150 percent of the FPL.

Houston Doan, Insurance and Financial Counselor, said it's important to re-enroll in the Part D plan every year.

"Medications change, and your current plan may not cover your new prescriptions," he said.

Doan recommends taking advantage of the knowledgeable counsel offered by Aging Partners.

"It gives you the opportunity to visit with an impartial advisor," he said. "Your Aging Partners advisor has no financial interest in the plan you pick. It also provides an opportunity for the advisor to see if you qualify for additional programs that will save you money."

For more information, or to make an appointment, contact Houston Doan at 402-441-7070. 

The Nebraska Senior Health Insurance Program (SHIIP) also is available to assist older adults with Medicare Part D plan enrollment free of charge. This year, SHIIP will have a number of enrollment clinics throughout the area. For more information, call 800-234-7119.

Q: Is it true that exercise helps improve mood and depression?

A: Yes. Exercise is very effective for both depression and anxiety. There's lots of great research supporting its use for both of these conditions. In fact, it is so powerful for depression it is actually as effective as psychotherapy or talk therapy for this condition. Interestingly, it is even more

effective for people with very severe symptoms. Exercise is one of the few treatments we can offer with no side effects and nothing but beneficial effects in the rest of your body. In fact, exercise will decrease the symptoms of almost every illness and even help you to live longer. Talk to your doctor today about starting an exercise program safely. 

– Chanel Helgason, M.D.,
UNMC College of Medicine

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– Grant Hutchins, M.D.,
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Love Creating Beauty



Bob Smith is an open-hearted man under an open blue sky.

By Valerie Crook, Editor

Meeting Bob Smith and gazing into one of his exquisite flowers are similar experiences. Both live under a wide open sky, face to the sun in a village named Prairie Home. Both draw you in and welcome you. Bob may argue that his flowers are the beauties, but the easy laughter and twinkle in his eye would beg to differ. Rain or shine, a visit will leave you feeling lighter.

Sprint Cars to Flowers

Bob and Beverly Smith went to the sprint car races on their first date. She was the serious fan. By the time they were married in 1962, she had introduced Bob to another passion—growing prize-winning hybrid irises. He caught on to the cars faster than the irises.

Together, the couple raised four children. Bob served as coach for their sports. Beverly provided the supermom services and was busy with her irises. The Smiths both had demanding careers. Beverly worked for the Federal Soil Conservation Department in finance. Bob spent most of his career with Mid-America Pipeline Co. Both traveled extensively for the last 10 years of their careers. They built many shared interests during the years and were happy to be able to stay home and enjoy them upon retirement.

Bob was known as the Iris Lady's husband until one fateful day in 1995. Bob and Beverly were visiting Allan Ensminger, a giant among local iris enthusiasts. Bob

Bob's Hibiscus and Rose of Sharon hybrid is the result of 14 years work.

casually asked Allan, "What are you doing?" Allan explained to Bob how he crossbred irises to create new varieties.

His face lights up as he recalls it now, "It was like catching a big 'ole bass.' I was hooked! It was like going from dark to daylight."

Later, while taking University of Nebraska classes with horticulturist Dr. Dale Lindgren, he got serious about the science of hybridizing lilies, hibiscus and Rose of Sharon. It took him 14 years, but he created



a half-hibiscus/half-Rose of Sharon hybrid. It sports giant hibiscus flowers on the Rose of Sharon shrub. He has varieties with exotic foliage, but favors those with the best blooms. He even has one that has flowers of three different colors on the same bush. Some of these plants are polyploids—plants containing 88 chromosomes, twice the usual. He points out how much thicker and more complex the leaves feel.

He credits his success to being nosy and curious. Bob can't walk by a flower without wondering what he can create next. These flowers have become his creative canvas. He views them throughout the day from many angles, and they never fail to give him new ideas.

As each summer's crop comes into bloom, Bob hovers over flowers to see if what he had envisioned the prior season has come to fruition. As we walked through the blooms, from time to time the wrens and Bob's guests would hear, "That's a keeper!" There were exotic new colors and variations: deep reds, exotic centers, ruffled (braided) edges and exotic "shark's teeth, tentacles and owl ears."

"Every day is like Christmas. You never know what you'll get," he said.

During the next few years, Bob cultivates the "keepers" to increase their hardiness, vigor, bloom time and number of blooms before they are ready for market.

Beverly had been the treasurer for the Iris Society for many years. That and her finance experience helped them keep track of their business as it grew and grew. Bob also has kept extensive records to keep track of his beauties' lineage.

He remembers a summer when they were so busy with their flowers that their property was always filled with visitors. On one occasion, Beverly came out of the house and

told him, "You have 10 minutes to come in and clean up. We're going out to eat."

Later when dinner arrived, he realized they hadn't left the property for three weeks. They returned to find visitors waiting patiently for their return.

Bob loves his visitors as he does his flowers. They come for the flowers, but leave with a large side order of hospitality. "Plant people are special. I have never received a bad check in all our years of business," he shared.

His creative process doesn't slow down during winter. Seedlings begin to sprout on every available surface throughout the house. Under a magnifying glass, he painstakingly culls the hibiscus seeds to make sure weevils haven't invaded and eaten their centers. Records are logged and consulted for future crops.

Not All Roses

Bob lost his beloved soulmate, Beverly, in February 2010 to cancer. He was at her side as she fought the disease and treatment. He knows the pain of watching one you love suffer and wither away. He still feels lost without her, but his daughters and grandchildren are often with him and always in touch.

Last year in December, after a car wreck, doctors discovered Bob, too, has cancer. At the time of this story, he reports that he is still amazing his physicians, as his cancer has not spread.

"My doctor said, I don't know what you're doing, but keep it up," Bob said. He is very active, prepares healthy meals and appears fit and healthy.

Bob says he's a lucky man. He gets to do the work he loves, and is surrounded by his blooming creations and the people he loves. He has a positive attitude and laughter is never far away.



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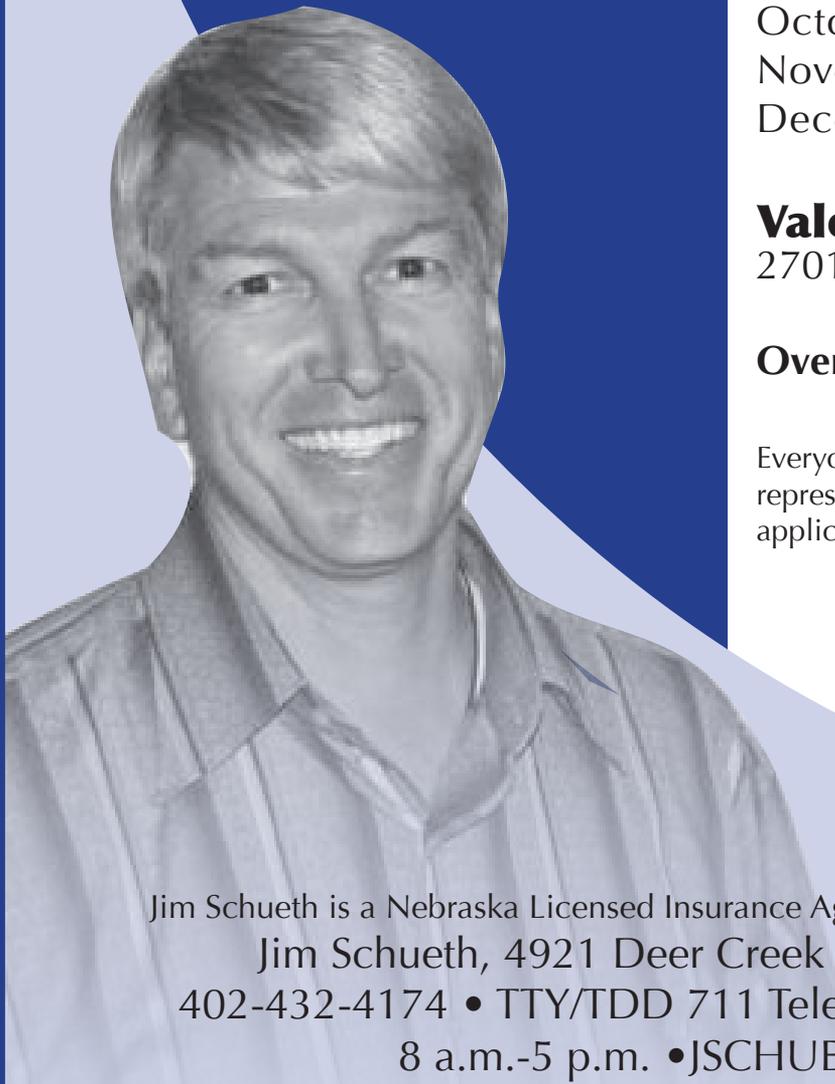
He's already created a legacy of love and beauty. One can't help but wonder what he'll bring to life next. 

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Letter from the President

Once again, it is my pleasure to serve as a second-term Seniors Foundation President during this coming year. The Seniors Foundation Board of Directors is made up of truly dedicated individuals that believe in giving back to their community. Over the years, Seniors Foundation has helped support programs and services of Aging Partners in assisting seniors to maintain their independence in our community.

In 1986, a previous Seniors Foundation Board raised \$1.2 million dollars to renovate the current Downtown Senior Center, which opened in 1989. The Foundation Board then raised in excess of \$200,000 to purchase and renovate the Northeast Senior Center.

In 1993, Seniors Foundation took possession of the former Clayton House Hotel at 10th and O streets, raised \$3 million and converted the property into housing units. It became The Crossroads House and was ultimately transferred to Lincoln Housing Authority to provide low income housing for seniors. In 2007, our project was the Lincoln Seniors Transportation Program, which is a social transportation program for older adults utilizing volunteer drivers. Earlier

this year, Easter Seals of Nebraska became our partner to begin the process of replicating this program into Lancaster County.

Seniors Foundation will see many changes in the next few months. Take the time to read Executive Director Diane Rolfsmeyer's report in this issue for more details. With the Foundation's incredible staff of one full-time and two part-time employees, and the Foundation's Board of Directors, great things are happening that will enhance the lives of seniors of Lincoln and Lancaster County.

Our acquisition of the 75-year lease with the Veteran Administration will allow Seniors Foundation staff to move from the downtown area to the Veterans Affairs' 58 acre site just south of 70th and O streets. As we move in and continue our planning, we are pleased to be in the position to provide many, many more choices in programming that will benefit our senior population. We welcome any ideas that you might have that will enable us to truly help older adults. With you as our partner, we can accomplish great things.

Sincerely,
Helen E. Griffin



Helen E. Griffin
Seniors Foundation
Board President



Jerry Joyce

We had to say goodbye. . . .

Jerry Joyce, long time friend and supporter of Seniors Foundation, died Aug. 17, 2011. Jerry is best known for his real estate career in Lincoln including the renovation of Golds Galleria, Cherry Hill Construction (Rentfro-Joyce) Residential and Commercial Construction, and as co-founder of Town & Country

Realty. Most recently, Jerry is known for his development of Legacy Retirement Communities and Arbors Memory Care. Seniors Foundation named Jerry as our 2008 Community Service Award recipient. In this way, he will be forever in our memory. Jerry Joyce will be greatly missed.

Harold's Story

We have been sharing the story of Harold, a small town widowed farmer in rural Nebraska who is dealing with life alone.

Harold, if you'll recall, lives 90 minutes away from Lincoln. When his wife was still living, the two of them were quite outgoing and active in their community. Vera, his wife of 50-plus years, died when Harold was in his 70s. Harold's loss was significant, and he became lonely, worried and anxious about his future without his wife. Their only child, who lives in Denver, recognized her father's troubles and became apprehensive about his well-being. Living so far away, she also became anxious about her ability to assist her father.

Looking into the Future

We have been looking ahead in years at the development of Aging Partners' One Campus and how its existence might change the story for many seniors like Harold. Let's continue to look at this brighter future and hear more about how it can make a difference.

With the help of the Senior Center staff in his hometown, Harold and his daughter were able to get the help they needed to reduce anxiety for both of them. The technology, housed in Aging Partners' One Campus in Lincoln was available to Harold's hometown senior center for individualized communications and assistance. For Harold, this "new-fangled technology" took some getting used to. For his daughter, it was a goldmine of information and quick, easy communication with people in her father's own community.

With this technological capacity in the One Campus, the staff at Harold's hometown senior center have been able to receive distance training and had many more resources available to them in order to help Harold and others. There were customized exercise programming, cook-



ing and nutritional classes, wellness classes and "how to" classes; **How To Cook For One; How to Live With Chronic Illness; How to Exercise Doing Everyday Things; Learning Healthy Eating; Computer Training;** and many more with new topics available all the time.

Now in his 80s, Harold has purchased a home computer. He has learned to use email, search the web for information and keep in touch with his grandchildren through free voice and video calls and chats over the Internet. This same technology allows for video conferencing with the professionals in Harold's life and includes his daughter in three-way conversations.

Harold still misses Vera very much. At the same time, he and his daughter have been able to move forward with assurance that Harold is safe and able to reconnect with his community. He is able to do this with the assistance of Aging Partners' One Campus and its ability to reach out to the place he has called home for many, many years.

Harold still drives, but less and less all the time. Fortunately, as his driving comfort has waned, Aging Partners' One Campus has brought a more centralized transportation into being. Seniors Foundation, in turn, has brought to the campus an array of affiliated services that has yielded collaborations with other transportation non-profits. Now a group of committed

(continued on page 3)

Harold's Story (continued)

citizens are taking on the confusing transportation system in all the Counties that Aging Partners serves.

One of these new systems provides a 'Day Pass' to One Campus. It has been a long time since Harold has been to Lincoln. Since everyone talks about this One Campus, he has decided to check it out. There are so many activities that he can choose from for his day pass. Some are free to be involved in, others require a fee. If he chooses, Harold need

only pay a small transportation price and be involved in free activities on One Campus for a full day.

Harold also has the opportunity to participate in activities, either on the campus or in the community, for fees that range from full to reduced pricing. He has choices, and he will finally see this, "One Campus outfit I keep hearing about."

Stay tuned for HAROLD'S BIG ADVENTURE, THE 'DAY PASS' in up-coming issues.

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Executive Director's Letter



*Diane Rolfsmeyer,
Executive Director,
Seniors Foundation*

*Future home of
Aging Partners*



The Veterans Hospital site in Lincoln has a new development plan! Yes, Seniors Foundation has been selected to develop the Veterans Administration Medical Center campus.

During the winter of 2009, Seniors Foundation began developing an innovative vision of services for those over 60 in our community. This vision looked toward the efficacy of partnering with complementary service providers located in a centralized site to provide easy public access. The culmination of that work was the submission of the proposal to develop the Veterans Administration Medical Center campus here in Lincoln under an Extended Use Lease.

I am quite proud of our assembled team of organizations and professionals that will help us bring our vision to reality. We believe our team's development plan for this beautiful campus is a true example of public/private partnerships. Not only will the campus bring much needed services to older adults, but the project also will bring jobs to our community.

Our vision celebrates the beauty and integrity of this historic site. We look forward to bringing new vibrancy to the campus and surround-

ing commercial areas. Preliminary plans focus on a "one campus" concept of aging services comprised of both public and private business partners. Original Veterans Administration buildings, historic and beautiful, will remain a center piece of the campus.

As the developer for the site, Seniors Foundation is making its new home in one of the historic housing units on the north side of the property. As we progress, we will make new information available to the public. All of us at Seniors Foundation are both honored and humbled to be awarded the stewardship of such an important and historic campus in Lincoln. We are all eager to share our vision, as we are able to, and look forward to giving regular progress reports.

Harold's story, as he continues meeting the challenges of his life, will help us understand how the campus can be used for all older adults living in the eight counties that Aging Partners serves. We hope you enjoy following Harold as he uses the various tools of the One Campus in order to retain his much cherished independence. Harold's story also helps us understand how the families of older adults, no matter where they live, can make use of the services provided by the One Campus concept.

Ours is an exciting venture. Join us!

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Snow Removal Program Needs YOUR Help

When snowflakes appear in the sky, 78-year-old Evelyn McFarland is left wondering how she will clear her sidewalks and driveway through yet another brutal Nebraska winter.

Though she has relied on the Aging Partners Snow Removal Program the last five years, the availability of the program for the community's low-income older adults is directly dependent upon the generosity of the community.

"We are limited to serve the number of low-income clients supported by the donations we receive each season," said Carol Meyerhoff, Home Handyman Program Coordinator. "The need outweighs the donations every year."

Unlike the regular Handyman Program – available for anyone age 60 and older – the Snow Removal Program is provided for older adults in the community who cannot afford other community snow removal options.

The greatest number of the program's clients are between the ages of 70 and 89, and women are four to five times more likely to utilize the service than men. Throughout the 2009 to 2010 season, the Snow Removal Program assisted 69 residents, with another 52 helped in 2010 to 2011.

Thanks to help from the Snow Removal Program, clients stay connected with medical and urgent care diagnoses, appointments and treatments; allow for mobility and connections with community based services, social contacts and access to grocery and shopping; and clear the path for home health workers, medical deliveries, meals on wheels and other essential deliveries and services.

Without assistance from the program, Evelyn would be unable to attend the standing appointment she's had with her doctor every Wednesday afternoon for the past several years.

"There's no way I could ever get out there and shovel the snow myself," she said. "I feel safe in my home knowing someone will take care of it for me."

With help from the Snow Removal Program, Evelyn is able to remain in the northeast Lincoln home she's resided in for about 20 years.

"It's a really wonderful agency to contribute to," she said. "It's comforting to know there are people just like me who are really just barely hanging on, but Aging Partners helps us stay in our homes."

And just as the number of residents in need varies, so does the amount of snow that falls each year. The greater the number of snowfalls and the greater the depth, the



greater the cost and the more dollars needed to provide the service.

Nadhim Alameri has been involved with the program for two years and assisted clearing Evelyn's walkways and driveway last winter. When he arrives at homes like Evelyn's, he sees firsthand the importance of such a service.

"Without this program, they'd have no other place to turn," he said. "And without donations, we won't be able to help."

To donate to the Aging Partners Snow Removal Program, send a check to the Seniors Foundation with "Snow Removal" written in the check's memo section. The donation is fully tax deductible and the Seniors Foundation will acknowledge each donation received.

And, just as donations are needed, so are Home Handymen like Nadhim, willing, flexible and physically able to do snow removal. For more information about donating a financial gift or becoming a handyman, call the Home Handyman Program office at 402-441-7030. 

Ways to Donate

Tax Deductible designated "Snow Removal" donations are made easy through the following ways:

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Many DTB recordings are done by retired teachers and college professors. Judy Hanefeldt has served eight years as a volunteer narrator for the Nebraska Library Commission.

Talking Books Get an Upgrade

New technology makes it easier than ever for Nebraska's visually and physically impaired citizens to catch up on their favorite reading, including the latest edition of *Living Well*.

A new talking book medium – called a Digital Talking Book (DTB) – was recently added by the Nebraska Library Commission's Talking Book and Braille Service to its format lineup.

"We're in a truly interesting period of transition away from the cassette format that's been used for almost 40 years into the new Digital

Talking Books and players," said Scott Scholz, Circulation and Audio Production Coordinator.

A Bit of History

The Nebraska Library Commission's Talking Book and Braille Service was formed in 1952. It is part of a nationwide network of cooperating libraries headed by the National Library Service, a division of the Library of Congress.

Any resident of Nebraska who cannot see to read regular print or hold a book or turn its pages qualifies for talking book and braille services, including those who cannot

handle books or see to read due to medication or while recovering from an accident or surgery.

Books, magazines and playback equipment are sent to patrons free of charge by mail. The service currently serves between 3,500 and 3,600 Nebraskans and boasts a collection of 63,000 recorded titles and 120,000 copies, as well as 2,400 titles in braille. Each year, the service records in its local studio 30 to 40 books and 138 magazine issues.

Changing for the Better

Much more user-friendly than its predecessor, the flash memory based format of the DTBs allow a listener to hear an entire publication or book on a single cartridge. Cassettes require users to flip between sides while sliding a side selector switch on the player. If a book is long, Scholz said a user can go through as many as 12 to 14 cassettes.

The DTBs and their corresponding players also boast a higher sound quality. While duplication of cassettes can result in noise, DTB background noise is nonexistent.

The DTB players offer several features that previously weren't available, including an option to flag a page or passage with a user bookmark and a 'sleep' button. The players also make navigation a breeze. When skipping through pages, a beep alerts the listener to a new chapter or article, and a 'next' button automatically jumps to the next section.

"So far, our patrons have been really happy with them," Scholz said.

Sometime next year, the service will shift its production efforts entirely into the new DTB medium and retire the cassette format. Currently, recordings are available on both DTB and cassette formats.

An Important Tool

Utilizing the Nebraska Library Commission's Talking Book and Braille Service is one of the easiest ways for residents to stay up to date on current and local events. Almost every magazine related to Nebraska – such as *Living Well*, *NEBRASKAland* and *Big Red Report* – is available.

"People don't have to think of visual or physical impairment as something that's going to cut them off from their reading," Scholz said. "We can keep them in the loop on everything."

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**“So far, our patrons have been really
happy with them.”**

– Scott Scholz

Fall Harvest: Fun, Flavorful Facts and Recipes to Make the Most of Autumn's Grocery Cart

Apples and Pumpkins and Beets, Oh My!

As the days become shorter and the nights become cooler, we see a change in the foods Mother Nature provides. The water-rich fruits of summer—such as berries and melons—give way to denser and drier root vegetables and squashes.

This produce grows close to the ground to protect itself from Jack Frost, while the apples, pears and other fruit of the trees quickly ripen to form a tougher skin and intense sweetness.

It's easy to eat a lot of fruit and vegetables during the summer with the constant display at farmers' markets, roadside stands and grocery stores. However, there is a lot of produce that reaches peak ripeness in autumn. While fresh produce may seem most desirable during the summer months, it's important to eat them year-round to stay healthy.

Here is just a sample of the astonishing fruit and vegetables available. They can be prepared multiple ways, ranging from baked, boiled, steamed, grilled and broiled.

Apples

One of the first autumn produce that comes to mind, apples grow in a variety of colors, shapes and tastes. Some are crisp and sweet, while others are tart and soft.

Research suggests apples may reduce the risk of colon cancer, prostate cancer and lung cancer. They also are a rich source of antioxidant compounds and may help with heart disease, weight loss and controlling cholesterol.

Try including apples into your diet this fall. They can be eaten raw, stewed, cooked in pies and pastries, included in salads and stuffing and squeezed to make cider.

Pumpkins

Though two words may come to mind with the word pumpkin—pie and Jack-o-lantern—there is much more that can be done with pumpkins than dessert and decorations.

Pumpkins are very versatile in their uses for cooking because most of its parts are edible: the fleshy shell, seeds, leaves and even the flowers. Ripe pumpkins can be boiled, baked, steamed or roasted. Serve it as squash, season and roast its seeds or cook and eat the leaves as a vegetable or in soup. Pumpkin also can be roasted with other vegetables, used with cheeses as a savory stuffing for ravioli, mashed for soups or used to flavor beverages. But, the most common way to prepare pumpkin is in desserts, including pies and sweet breads.

Pumpkin is rich in vital antioxidants and vitamins, low in calories and a good source of vitamin A and flavonoid polyphenolic antioxidants like leutin, xanthins and carotenes. It's very rich in carotenoids, which is known for keeping the immune system strong and healthy, and beta-carotene, which is a powerful antioxidant and anti-inflammatory agent. Pumpkins also have been known to reduce the risk of macular degeneration of the eyes.

Beets

Beets are highly nutritious and a cardiovascular health friendly root vegetable. Certain unique pigment antioxidants present in this plant have been found to offer protection against coronary artery disease and stroke and lower cholesterol levels in the body. Beets contain high levels of vitamin C, iron and magnesium, dietary fiber, folate, potassium and manganese.

The roots, as well as their fresh, tender, green top leaves and stems, may be eaten. The root may be peeled, steamed and eaten warm with butter as a delicacy; cooked, pickled and eaten cold as a condiment; or peeled, shredded raw and eaten as a salad. Beet juice has grown in popularity and is a quick way to gain the plant's beneficial nutrients.

Tantalizing Garden Treats

Other common fall produce preparing to hit their peak ripeness include such root and ground vegetables as potatoes, broccoli, carrots, Brussels sprouts, cabbage, gourds, squash, garlic, leeks, spinach and turnips, and fresh fruit such as apples, pears, citrus fruits, grapes and cranberries.

Don't forget to take in 2½ cups of vegetables and 1½ cups of fruit each day. We have so many wonderful and tasty seasonal options to pick from this fall! 





Pumpkin, Sweet Potato and Leek Soup

By: *MARBALET*



3 tablespoons olive oil
2 leeks, chopped
1 small white onion, chopped
1 stalk celery, chopped
1 small carrot, chopped
2 sweet potatoes, peeled and diced
1 medium sugar pumpkin, seeded and cubed

2 tablespoons chopped garlic
1 quart chicken stock
1 cup whipping cream or 2% milk
1 bay leaf
1 tablespoon chopped fresh sage
1 pinch ground cloves
1 pinch ground nutmeg
1 pinch ground cinnamon
salt to taste
ground black pepper to taste

Heat oil in a heavy-bottom pot. Add leeks, onion, celery, carrot, sweet potatoes, pumpkin and garlic; saute until they start to brown. Add bay leaf, stock and cream; bring to a boil. Reduce to a simmer and cook until all vegetables are tender. Add sage, cloves, nutmeg, cinnamon and salt and pepper to taste. Remove bay leaf and puree. Serve hot.

Lower Your Utility Bills With FREE Weatherization

Our FREE Weatherization Program can make your home more comfortable and save you money every month!

We offer:

- furnace tune-up/repairs/replacement
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- door and window repair/replacement
- installation of exhaust fans, CFL bulbs, and carbon monoxide detectors

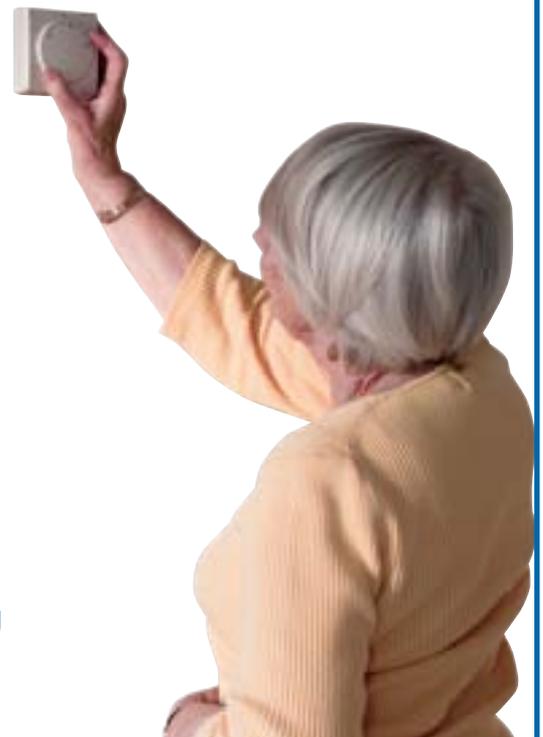


For more information:

402-875-9365

www.communityactionatwork.org

Community Action is part of a national effort through the US Dept. of Energy to weatherize more than two million homes for income-eligible residents



Fall Harvest: Fun, Flavorful Facts and Recipes to Make the Most of Autumn's Grocery Cart

Nuts 2 U

The colloquial phrase “Nuts 2 U” can mean buzz off or get lost—but it also can be very good nutrition advice.

While comparatively high in fats and calories, nuts can offer some special health benefits. Nutrition researchers point out that nuts provide an unusual combination of nutrients, including much needed minerals such as magnesium, selenium, and copper, such vitamins as folic acid, vitamin E, and vitamin K, and such as phytonutrients phytosterols, flavonoids, and proanthocyanidins.

In addition, nuts provide significant amounts of protein and fiber, as well as a great balance of monounsaturated and polyunsaturated fats (and relatively small amounts of saturated fat). This nutrition profile for nuts is unique among foods!

Unfortunately, the typical intake of nuts in the U.S. is only three to seven grams per day. About 30 grams of nuts per day

are typically recommended as part of the health promoting Mediterranean diet. Research published in the Archives of Internal Medicine showed the health improvements of this amount. Individuals with metabolic syndrome (which includes obesity and high blood pressure, cholesterol and blood sugar) were given 30 grams of mixed nuts to eat every day along with a Mediterranean diet plan to follow. After one year, this group had greatly improved their physical health. While none had dropped significant amounts of weight, their waist size diminished along with their cholesterol and blood pressure.

How much is 30 grams? It's not a lot, and some recommend just a palm full. The California Almond growers also have some simple ways to gauge this amount.

It may be a small amount, but it's a nutritional powerhouse. In fact, nuts received the first FDA

approved health claim for a food. Too often we think of nuts as a snack food and eat them roasted and salted.

My advice—think about adding plain nuts to your cooking and baking. Most salads can be crowned with walnuts or slivers of almonds, or think about adding some to your oatmeal or yogurt for breakfast. It takes some searching and label reading, but you can find plain unsalted nuts in most grocery stores. Remember, nuts are high in fat, so store them in the refrigerator or freezer.

To make a little bit of nuts taste over the top, try this tip to toast a single variety of nuts:

1. Make sure nuts are shelled and of uniform size.
2. Spread nuts in a single layer on a baking pan (one with walls is best) for toasting in the oven. Cook at 400° F for seven to 10 minutes, or until the nuts start to turn golden. Shake the pan halfway through toasting.
3. Place nuts in a single layer for toasting in a skillet. With the skillet over medium-high heat, stir or shake the nuts continually for five to seven minutes, or until they start to turn golden.
4. Remove them from the cooking pan as soon as they're done. 

Sweet Nut Crush

2 cups nuts (walnuts or pecans work best)
1 tablespoon granulated sugar
1 small pinch of kosher or sea salt
6 tablespoons unsalted butter, melted

Spray a 9-inch pie plate with gluten-free nonstick cooking spray. Preheat oven to 350 degrees. Put nuts, sugar and salt in a food processor and pulse until it is finely chopped—but no further. Avoid over processing the nuts. Pulse in the melted butter. Press evenly into the prepared pie plate in an even layer. Bake 15 to 20 minutes or until browned and fairly set. It may still be a little soft when it comes out of the oven but will firm up. Cool completely before filling. Great with pudding or yogurt and fruit. (This is a gluten-free recipe.)





Senior Hunger: It's Real, and It's Right Next Door

As we work to alleviate hunger in our community, a vital segment of the food-insecure population often is forgotten about—seniors.

In some cases, older members of our community have to choose between meals and medicine. This is a real problem with no easy solution, but the Food Bank of Lincoln is working hard, with the help of many dedicated volunteers, to address the situation.

The Facts

In 2009, about one in three Americans 65 years or older lived in low-income families. Nearly half of older Americans will encounter at least one year of poverty or near poverty between the ages of 60 and 90. Historically, economic security for seniors has been built on Social Security, pensions and savings. However, sources of income are extremely uneven for most low-income seniors. Social Security accounted for at least 70 percent of the cash income of poor and near-poor older adults.

Health and housing costs are a huge strain on the budgets of low-income older Americans, making it extremely difficult to afford other basic necessities such as food.

According to a 2010 Feeding America study, 30 percent of client households with seniors indicated they have had to choose between food and medical care, and 35 percent had to choose between food and paying for heat/utilities.

Providing low-income seniors with nutrition assistance allows them to stretch their food budget and eases the burden of having to choose between buying food or other necessities, such as medicine and rent.

To address the specific needs of seniors, the Food Bank of Lincoln operates two programs that specifically serve seniors:

Commodity Supplemental Food Program (CSFP)

The Commodity Supplemental Food Program is a federally funded program that provides monthly food packages of USDA commodities to low-income seniors 60 years and older. The Food Bank of Lincoln receives, stores and packages the food and the Indian Center distributes the food in Southeast Nebraska. For distribution sites in your area, visit www.lincolnfoodbank.org or call 402-466-8170 for more information.

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program—formerly known as the federal Food Stamp Program—is the largest nutrition assistance program administered by the U.S. Department of Agriculture (USDA). The program provides monthly benefits to eligible low-income families. Those benefits can be used to purchase food. No more paper food stamp coupons.

Clients now use an Electronic Benefits Transfer (EBT) card, which is similar to a debit card.

As of August 2010, the Food Bank of Lincoln provides food stamp outreach and application assistance to low-income individuals. For more information or assistance with the application process, call 888-789-2615 or 402-466-8170, ext. 104, and ask for Mary, SNAP Outreach Coordinator for the Food Bank of Lincoln.

Do I Qualify for SNAP?

Check out the income limits below. If your income level is below or near these guidelines, you may be eligible.

Household Size, Gross (total earnings) Monthly Income Eligibility Standards (130% of Poverty Level)

Household Size	Gross (total earnings) Monthly Income
1	\$1,174.00
2	\$1,579.00
3	\$1,984.00
4	\$2,389.00
5	\$2,794.00
6	\$3,200.00
7	\$3,605.00
8	\$4,010.00

For each additional member, add \$406. Seniors with more than \$3,000 in countable assets, such as a bank account, are ineligible for SNAP benefits. 

AGING PARTNERS

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938
aging.lincoln.ne.gov

Key for Services: ▲ = Lancaster only

MISSION

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

Being Well

NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

HEALTH & FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938
- **Widowed Person Service** - Support for people who are widowed. ▲ 402-441-7026

Planning Ahead

FINANCIAL

- 402-441-7070 or 800-247-0938
- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
 - **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.
 - **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid programs.

SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit seniorsfoundation.org.

Staying Involved

VOLUNTEER!

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

SENIOR CENTERS

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





Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services**
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Home-bound older adults receive companionship.
- **Harvest Project** - Mental health and substance abuse services for older adults.
- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting and broken light fixtures.
▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

Other Services

INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.
Call 402-441-7070 or 800-247-0938.

TRANSPORTATION

- **Ride within Lincoln to the Centers**
▲ 402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln and rural Lancaster areas. Handicap accessible.
▲ 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070

LIVING WELL MAGAZINE

402-441-6156

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

LIVE AND LEARN

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

MULTI-COUNTY PROGRAMS

- Butler County Senior Services
Linda Vandenberg, 402-367-6131
- Fillmore County Senior Services
Brenda Motis, 402-759-4922
- Polk County Senior Services
Maureen Stearns, 402-764-8227
- Saline Eldercare
Amy Hansen, 402-821-3330
- Saunders County Senior Services
Donna Ehrenberg, 402-318-1471
- Seward County Aging Services
Kathy Ruzicka, 402-761-3593
- York County Aging Services
Lori Byers, 402-362-7626

CARE MANAGEMENT

All Counties: 800-247-0938

Aging Program Coordinator,
Donna Mulder

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Amy Theis, 402-747-5731
- Saline County
Trudy Kubicek, 402-826-2463
- Saunders County
Mary Dailey, 402-443-1097
- Seward County: 800-247-0938
- York County, Jerri Merklinger
402-362-7626

SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

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

402-441-7070

In Nebraska 800-247-0938

aging.lincoln.ne.gov

Aging Partners News and Events

Start Electronically Receiving Your Copy of Living Well Magazine Today!

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



Health and Wellness

Aging Partners Health & Fitness Center

Monday through Friday
8 a.m. - 4 p.m.
233 S. 10th St., Suite 101
A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. - 2 p.m., or by appointment. \$10 suggested monthly donation for 60-plus; \$15 for 60 and under.

Senior Health Promotion Center

Free services available to people 60 years and older include comprehensive foot care, ear care, blood pressure and blood glucose checks, Sahara Bone Density screenings and health education. The clinic is open on the lower

level of the Downtown Center on most Tuesdays and Thursdays. Call 402-441-7575 for information. Contributions accepted.

Free Nutrition Consultations

Do you have questions about how to adjust your diet for sodium, saturated fat, calories, carbohydrates, whole grains, omega-3 fatty acids or fiber? Free nutrition consultations are offered by our registered dietitian Tuesdays, 1 - 4 p.m. and Thursdays, 9 a.m. - noon at 233 S. 10th St., Suite 101. Call 402-441-7575 for an appointment.

Senior Yoga

Sept. 6 - Oct. 25, Tues., 10 - 11 a.m.
Lake Street Center, 2400 S. 11th St.
Help slow the aging process by moving joints through their full range of motion. Regular attendees report the benefits of increased range of motion and strength have allowed them to do things they once enjoyed again. \$32 suggested contribution for eight-week session.

Chair Yoga

Sept. 9 - Oct. 28,
Fridays, 12:30 - 1:15 p.m.
Lincoln Yoga Center,
2127 Winthrop Road
This gentle class is designed for people beginning or getting back into their yoga practice. Gentle stretching movements are done on or near a chair. Breathing and relaxation are included. \$32 suggested contribution for eight-week session.

Free Yoga and Stress Management

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

This gentle class is designed for caregivers and others looking for ways to manage stress in their lives.

Tai Chi for Strength and Balance

Sept. 2 - Oct. 21
Fridays, 9 - 10 a.m.
Auld Pavilion, 3140 Sumner
Gentle, easy movements that enhance core strength, balance and flexibility. \$16 for session/\$2 drop-in fee.

Living Well – Take Charge of Your Health

- Oct. 4 - Nov. 8
Tuesdays, 9:30 - 11:30 a.m.
Lied Senior Center of Seward,
1010 Manor Drive West
Call Emily at 402-643-4466 for details.
- Oct. 6 - Nov. 10
Thursdays, 1 - 3 p.m.
Country Club Apartments
Clubhouse,
2800 Woods Blvd., Lincoln
Call 402-441-7575 to register.
- Oct. 12 - Nov. 16
10 a.m. – noon
Lincoln-Lancaster Health
Department Training Center,
3140 “N” St.
Call 402-441-7575 to register.
This free series provides tools that enable participants to live healthier lives. All will receive an easy-to-follow book that outlines day-to-day management techniques and positive approaches to difficult changes and a relaxation CD. Caregivers of persons with chronic illnesses can benefit from this course. Tuition for classes is paid by a grant from Nebraska Health and Human Services.



Occuvax Flu Shot Clinics

Flu Season is on the way! Plan now to get your vaccination at an Aging Partners Center. Why not stay for lunch afterwards? Bring your Medicare Part B card. Call the nearest Center for dates, times and meal reservations.

- Oct. 11, 9:30 a.m. - 1 p.m.
Northeast Center
6310 Platte Ave.
402-441-7151
- Oct. 12, 9:30 a.m. - noon
Lake Street Center
2400 S. 11th St.
402-441-7157
- Oct. 18 & 20, 9 a.m. - noon
Downtown Center
1005 "O" St.
402-441-7575
- Oct. 21, 10 a.m. - noon
Maxey Center
2032 "U" St.
402-441-7849
- Oct. 26, 9:30 a.m. - noon
Hickman Center
Presbyterian Church
300 E. 3rd St.
402-441-0423
- Oct. 27, 9:30 a.m. - noon
Bennet Center
American Legion Hall
970 Monroe
402-441-0423

Educational

Caregiver Education Group

1:30 - 3:30 p.m.
Saint Paul United Methodist Church,
1144 "M" St., Room 145

- Tues., Oct. 25
Changing Spaces: Helpful suggestions about moving from the longtime family home. Jeannine Bryant, Owner of Changing Spaces.
- Tues., Nov. 22
Facing off the Big D: Discussing the serious aspects of caregiving. Elizabeth Howe, past caregiver and author.

Caregiver Support Group

7 - 9 p.m.
Madonna Rehabilitation Hospital,
5401 South Street, Lancaster
Room

- Thurs., Oct. 13
New Communication System: Device that can increase care receiver safety and ease caregiver stress. Marcia Matthies, President of the Nebraska State Stroke Association & owner of "At Your Side."
- Thurs., Nov. 10
Facing off the Big D: Discussing the serious aspects of caregiving. Elizabeth Howe, past caregiver and author.

Special Caregiving Event

Thurs., Nov. 3, 7 - 8 p.m.
Roper & Sons Funeral Home,
4300 "O" St., reception room
The Unexpected Gifts of Caregiving:
A Personal Story
Nancy Nathenson, Respiratory
Therapy Education Coordinator,
Chair of Emergency Care at
Madonna Rehabilitation Hospital and
Holistic Life Coach.

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

Lunch & Learn

Calvert Recreation Center
4500 Stockwell St.
Lunch at 11:30 a.m.
Educational presentation at noon
Aging Partners is collaborating with UNL's Osher Lifelong Learning Institute (OLLI) to provide exceptional educational experiences. Call 402-472-6265 to register. A \$3 contribution is suggested.

- The Day of The Dead, Mystery, Myth & Storytelling
Wed., Oct. 26
Join UNL Emeritus Professor Rafael Garcia as he guides us through this cultural tradition and the fine art of storytelling, just in time for the Sheldon Art Museum's Day of The Dead celebration.

Bob Ross Oil Painting Classes

- Sat., Dec. 3 - Night Time Cerrus
Lake Street Center, 2400 S. 11th St.
Paint along with certified instructor Donald R. Belik in this one-day painting class for painters of all abilities. Students will enjoy fun and sure-fire results. All materials and supplies are provided. Saturday class is from 9:30 a.m. to 3:30 p.m. \$50 fee per class.

Entertainment

Christmas Alley Holiday Show

- Sat., Dec. 10
Pre-Show Luncheon: Northeast Center, 6310 Platte Ave., 11:30 a.m.
Show: Capitol City Christian Church, 7800 Holdrege St., 2 p.m.
Suggested contribution: \$3
Transportation: \$2

Continued on page 36.

Aging Partners News and Events

Continued from page 35.

Don't miss this happy holiday musical event presented by Capitol City Christian Church. We'll get together for a pre-show luncheon at the Northeast Center and then travel to Capitol City Christian for a matinee performance of this year's production.

Happy Holidays: Songs of the Season, featuring The O.K. Chorale

- Thurs., Dec. 15
Northeast Center, 6310 Platte Ave.
Dinner: 5:30 p.m.
Suggested meal donation: \$3 for 60-plus, \$6 for under 60
Show: 6:30 p.m. - \$4
Transportation: \$2.

This special event combines the vocal talents of some of Lincoln's finest entertainers and a delicious catered dinner. Just the right blend for holiday musical memories. Call for reservations.

Day Trip Tour

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

- **"The Ghosts of Lincoln" Supper & Bus Tour**
Tues., Oct. 25
Lake Street Center,
2400 S. 11th St.
Dinner: 5:30 p.m.
Bus departs: 7 p.m.
Returns 9:15 p.m.

You've probably heard about Lincoln's various haunted hangouts. Join paranormal researcher, ghost hunter and storyteller Ted Pool on a bus tour you won't forget.

He has a collection of stories and locations that will fascinate and entertain even the most skeptical. The evening begins with a supper and then we board the bus for an evening of spooky fun! Seating is limited. Call for reservations and payment is due by Oct. 20. Cost: \$20

Centers

All Centers Halloween Supper Club

- Fri., Oct. 28
Auld Center, 1650 Memorial Drive
Dinner: 5:30 p.m.
Show: 6:30 p.m.
Suggested meal donation: \$3
Show ticket: \$4

It's the time of year when ghosties and ghoulies roam, and things go bump in the night. Celebrate the Halloween season with a delicious catered dinner, entertainment by Chris Sayre, true Lincoln ghost stories from Dale Bacon and a *live* radio show of Edgar Allen Poe's classic "The Tell-Tale Heart" performed by the Lincoln Southeast High School drama department. Call for reservations.

Holiday Meals at the Centers

Have a delicious holiday meal at one of the centers as a special part of your holiday plans. Check with your center for holiday entertainment schedule. 60-plus only \$5, under 60 is \$8. Contact your center for reservations.

- Thanksgiving Meal Menu
Week of Nov. 14 -18
Turkey, dressing, mashed potatoes and gravy, green beans, cranberry surprise salad, roll with margarine, pumpkin pie and topping, and milk, coffee and tea.

- Winter Holiday Meal Menu
Week of Dec. 12 - 16
Cordon Bleu with sauce, twice-baked potato, California vegetable casserole, roll with margarine, berry pie with ice cream, and milk, coffee and tea.

Holiday meal schedule:

Mon. - Firth, Mahoney
Tues. - Panama, Belmont, Northeast
Wed. - Lake, Hickman, Burke
Thurs. - Downtown, Bennet, Asian
Fri. - Waverly, Maxey

Weather Closing Information

KFOR, 1240 AM, has been designated as the official radio station for news on closing and cancellations of the Senior Centers. If the Lincoln Public Schools have closed, it is Aging Partners policy to close all centers.

Holiday Closings

Aging Partners Centers will be closed Fri., Nov. 11, for Veterans Day and Thurs. and Fri., Nov. 24 and 25, for Thanksgiving. It also will be closed Mon., Dec. 26.

Services

Home Handyman Program

Call 402-441-7030 for your work order requests.

Aging Partners Lifeline

233 S. 10th St., Suite 101
Mon. - Fri., 8 a.m. - 4:30 p.m.
Call 402-441-8816 for the No. 1 medical alert service that helps provide subscribers and their family the peace of mind and confidence to maintain independent living. [Lw](#)

Saunders County Services & Events



Ruth Nichols' Art to be on Display

The artwork of local artist Ruth Nichols will be on display in the Downtown Center's Milestone Gallery during the month of November.

Creativity runs in Ruth's blood—her father, Floyd, was a renowned sculptor of western art, knives and jewelry; and her uncle, Dale, was an American regionalist painter. Ruth, a David City native, currently operates Nichols Art Studio, where she teaches art to elementary, junior and senior high school students.

Stop by for a firsthand glimpse of her creative passion in action. 

Saunders County has a multitude of offerings this fall. Mark your calendar for these great events and services:

Health and Wellness

Health Fair

- Sept. 21, 8 - 11 a.m.
Ashland VFW
104 South 24th St.
 - Oct. 20, 8 - 11 a.m.
Cedar Bluffs Auditorium, Main Street
- Both health fairs will offer a variety of free testing for seniors, as well as free food and prizes.

Tai Chi

Mon., Wed., Fri., 9:30 - 10:30 a.m.
Wahoo Senior Center

Stretch and Bend Exercises

Tues., Thurs., 9:30 - 10:30 a.m.
Wahoo Senior Center

Entertainment

Birthday Celebrations

Oct. 21, Nov. 18, Dec. 16, 1 - 3 p.m.
Wahoo Senior Center

Monthly birthday celebrations will feature live musical entertainment, cake and homemade ice cream.

Services

Transportation

Busy Wheels for Senior Transportation in Wahoo is available Mon. -Thurs. by calling 402-443-4463

Meals and Hours

- Wahoo Senior Center
Meals: Mon. - Fri., call 402-443-4463 for reservations.
Meals on Wheels are available to homebound seniors seven days a week, including holidays.
Hours: 8 a.m. - 4:30 p.m.
- Cedar Bluffs Senior Center
Meals: Mon., Wed., Fri., call 402-628-8101 for reservations.
Meals on Wheels is available to home bound seniors in Cedar Bluffs.
Hours: Mon., 10 a.m. - 3 p.m.,
Wed., Fri., 8:30 a.m. - 3 p.m.
Coffee bar is open Wed., Fri, 8:30 - 10 a.m.
- Yutan Senior Center
St. John's Lutheran Church,
1007th 2nd. Street
Hours: Tues., Thurs.,
11 a.m. - 2 p.m.
Call 402-625-2656 one day in advance for meal reservations.
- Prague Senior Center
Kolache Korner,
321 W. Center Ave.
Meals: Tues., Wed., Thurs., noon.
Call 402-663-4869 one day in advance for meal reservations.
If you live in Saunders County and would like to receive meals, call 402-318-1471. 

402-441-7158
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Rafael Displays His Day of the Dead Altar

Aging Partners is proud to display the artwork of Lincoln native Rafael Garcia in its front window during the month of October.

Though Garcia has built more than 500 Day of the Dead altars for public viewing throughout the last 30 years, this will be the first time one of his masterpieces will be on display in his home city.

"I'm very excited for this installation," he said. "I've always wanted to come back and build an altar in Lincoln."

Rafael graduated from the University of Nebraska-Lincoln with a degree in art education and taught art for 33 years in San Bernardino, Calif. He received a master's degree in painting from the California State University, San Bernardino, and his art has been on display in such places as Chicago,

Albuquerque and Chihuahua, Mexico.

A first generation Mexican American, Rafael was inspired to build altars by his mother, Catalina Garcia Rocha. Catalina was born in Tzintzuntzan, an area in Mexico noted for its altars, and built many to display around the family's home.

Each piece of Rafael's artwork, whether an altar, painting or sculpture, draws on his culture and Catholic upbringing and is alight with symbolism.

"As a teacher, I always try to put across some type of hidden meaning," he said. "I don't believe in doing art without a purpose, and I hope to provoke people into thinking."

This is not the first time Rafael's art has been displayed at Aging Partners. In January, the center

featured his installation entitled "My Return to Lincoln to See Delores," a homage to his late sister and the transformation Lincoln has experienced in his years away.

Though Rafael's artistic talents range from painting to etchings to print making, it is the creation of altars that he enjoys most and is most excited about sharing with his community.

"I love the significance of the Day of the Dead," he said. "You're breaking bread with your loved ones, and it's a symbol of the Last Supper when Christ ate with his disciples. An altar is one of the highest reverences of respect and love you can pay to your deceased loved ones." 

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– Rafael Garcia



Rafael Garcia is excited to showcase a Day of the Dead altar at Aging Partners in October.

Q: What is osteoporosis and how do I know if I'm at risk?

A: Osteoporosis is a thinning of the bones. Your bones become very fragile and they break very easily. You don't know if you have osteoporosis; it's a silent disease. The only time you really know about bone loss is when you break a bone. The best idea is for women at time of menopause to have bone mineral density or dexta testing. Results of the tests will be either that you have normal bone, you have early bone loss which is osteopenia or you have severe bone loss which is osteoporosis.

– Nancy Waltman, Ph.D., UNMC College of Nursing

Q: What exercises can be helpful for hip osteoarthritis?

A: Exercises for hip osteoarthritis include some stretching and strengthening activities. The stretching is primarily for the muscles in the front of the hip. The strengthening activities are through muscles that are on the side and back of the hip, your gluteus medius

and gluteus maximus muscles. The stretching is in a kneeling position or side lying position. The strengthening is going to be in side lying and raising your leg up towards the ceiling and then also lying on your back and raising your rear-end up off the ground which is known as bridging.

– Gib Willett, Ph.D., UNMC School of Allied Health Professions



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