

SUMMER 2009

LivingWell

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Lincoln, NE 68508-3628



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Director's Corner

Listening is a gift to everyone

Recently, one of the Agency's experienced case managers said this,

"Sometimes I can't do very much for a client, but I can always listen." I've been pondering her comment and thinking of what a gift listening is to all of us.

We live in a world where multi-tasking is considered a requirement. John Medina, author of "Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School" says the brain cannot multi-task. He writes that the brain naturally focuses on one concept at a time and when interrupted, it takes 50 percent longer to accomplish a task and we make up to 50 percent more errors.

I'm guilty of saying, "I'm still listening, I just need to gather this stuff up." Or, "If you don't mind, I'm going to continue to sort through this mail while I listen." I know I'm clearly not fully engaged in listening when I do this. (I still believe I can

prepare a meal and listen at the same time, in spite of what the *Brain Rules* author wrote.)

The case manager's profound statement in the first paragraph of this message has made me more aware of my responsibility to listen — really listen, when people talk to me. I make eye contact and try to take in all that is being said. I find I remember more and I like the feeling of connection when I'm really listening.

I spent a period in my life when I went home after work to an empty house. Conversation about the day wasn't an option and I missed talking and listening. Now I go home to a great listener and I've learned to value the opportunity to be a listener again.

So, if you call or are present in person, I'm going to put down what I'm doing, look at your eyes and listen. I might not be able to do very much for you, but I can listen. **Lw**

June Pederson

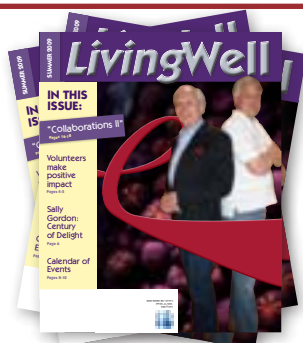
June Pederson, Director, Lincoln Area Agency on Aging

Are you moving? Call 402-441-6146

to change your mailing address.

On the Cover:

Robert Hillestad and John Nollendorfs collaborate for a show, *Collaborations II*. Background photo courtesy of John Nollendorfs



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

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RSVP volunteers recognized

Volunteer opportunities abound for older adults through the Lincoln Area Agency on Aging. And, more and more are taking advantage of those

opportunities, said Laurie McAdams, Retired and Senior Volunteer Program Director for LAAA.

"Word of mouth is our best recruiting tool," McAdams said. "Young retirees, especially, realize the rewards of volunteering."

Continued on the next page.



Laurie McAdams, RSVP Director, thanks the volunteers.



Conley Hinrichs receives the Outstanding Volunteer of the Year Award.



June Pederson, LAAA Director, center, presents a Living Bell Award to AARP representatives Connie Benjamin, left, and Mark Intermill as an Outstanding Community Partner.

Other volunteers honored at the ceremony include:

10,000-Hour Awards

Betty Bartlett
Ken Kruse
Clarence Osborn

Presidential Service Awards

Robert Daniels
Betty Hofstad
Lila Springer

30-Year Service Awards

Jeanette Hietbrink

20-Year Service Awards

Theodore Burns
Phyllis Daniels
Evelyn Morris
Olin Morris
Joanne Penner

15-Year Service Awards

Jo Donohoe
Bonnie Eckery
Grace Hattan
Vera Heimsoth
Gerald Poppe
Lois Poppe
Mary Ann Schultz
Mildred Thompson
Bonnie Trouba

10-Year Service Awards:

Amy Birkey
Helen Brchan
Caroline Caauwe
Norma Cochran
Ardell Eloge
Richard Hammer
Milton Hofstad
Ed Lang
William Wayne

5,000-Hour Awards

Donna Busch
William Powers
Arlene Reighard
Mervin Sipp

1,000-Hour Awards

Hazel Anthony
George Ball
Pauly Bassinger
Bill Bechtolt
Clarence Busboom
Eleanor Campbell
William Cole
Ernest Covert
Margaret Covert
John Fink
Edward Foster
Darelene Hagel-Pitt
Hollis Jennings

Mary Alice Jones
Mariann Kozisek
David Langston
Betty Lynch
Walter Meier
James Pleskac
Carmene Russell
William Schaffhausen
Phyllis Shires
Margaret Tooker
Charles Tweedie
Cora Tweedie
Kenneth Ulmer
Donna Wineman

Volunteers Who Reached 500 hours since last recognition

Ben Bashor
John Desmarais
Helen Ehrlich
Ardell Eloge
Irene Essink
Marilyn Frederick
Rita Gardner
Vera Mae Goggins
Warren Hagel-Pitt
Patricia Hockemeier
Charles Horner
J. Wendel Howsden
Dale Lange
Mancel McGill

Julia Melichar
Marie O'Connor
Michael Pulse
Melvin Richards Jr.
Jack Rippe
Dale Schmitz
Mary Jo Schmitz
Myrna Stieber
Elizabeth Tickner
Patricia Tvrdy
Donna Wineman
Darlene E. Wissink
Fred Zabel

Volunteers Who Reached 50 hours since last recognition

Cheryl Aden
Charles Bachinski
Lorene Bailey
Shirley Ball
Ron Bauersach
Mike Braunsroth
Anne Callahan
Sharon Coberly
Elinor Cuneo
Jerome Davis
Gerald Decker
Patty French
Charles Gates
Bonita Gerdes
E. Colene Hance

Paul Hanks
Betty Henry
Kay Hoff
Marilyn Holmquist
Charles Horner
Fred Iburg
Bonnie John
Carolyn Keller
Carol Kilgore
John Larson
Mary Larson
JoAnn Loudon
Loretta Metcalf
Julia Nyhoff
Patty O'Bryan
Rose Owens
Robert Paulsen
Ormand Plautz
Marlene Power
Demetrel Shinall
Rose Shultz
Allan Smith
Beverlyn Stokebrand
Ethel Strough
Charles Thompson
Jean Travers
Gary Walsh
Lyell Weyers
Connie Witt
Don Wunderlich


continued...

LAAA has supported the community since 1973 by linking volunteers to service opportunities that suit the volunteers' talents, interests and availability. These contributions of skills, knowledge and experience make a real difference to individuals, nonprofits, faith-based and other community organizations.

McAdams said 556 active volunteers were on her RSVP reports for 2007-2008. These RSVP volunteers served 129,015 hours in more than 130 nonprofit and public organizations. At a rate of \$15.93 per volunteer hour, according to the Independent Sector report, they gave the equivalent of more than \$2 million of service.

"I get to work with cream of the crop people," McAdams said. "People who are willing to give this kind of service to the community are outstanding. Older adults really believe in giving back to their community."

Many of these volunteers were honored May 2 at the 35th annual RSVP Program's Recognition & Awards Brunch at The Cornhusker Hotel.

Conley Hinrichs, recycling activist, received the **Outstanding Volunteer Award**. Other 2009 Living Bell Awards went to **County/City Information Desk** volunteers as the **Outstanding Volunteer Group**; and **AARP** as the **Outstanding Community Partner**. 

Foster Grandparents answer call to action

Former President George W. Bush issued a call to Americans in 2002 to dedicate at least 4,000 hours — or two years — to help their neighbors, communities and nation.

Foster Grandparents Darrell Brown, Judy Lingard, Shirley Oliver and Esther Shadday responded and received the Presidential Call to Service Award April 25.




President's Call to Service Award winners for their Foster Grandparent service include, from left, Judy Lingard, Esther Shadday, Shirley Oliver and Darrell Brown.

During fiscal year 2007-2008, 37 Foster Grandparent volunteers provided 30,436 hours of service. 

Senior Companion Program partners with St. Monica's

St. Monica's and LAAA's Senior Companion Program recently began a partnership matching Senior Companion volunteers with women enrolled in St. Monica's programs. Companions will strive to provide support via basic life skills, friendship and fellowship through normal daily activities.

Senior Companion volunteers have years of experience they are willing to share such as homemaking resources or home and car maintenance instruction. During fiscal year 2007-2008, 48 Senior Companion Program volunteers provided 25,065 hours of service. 



Elisa Stutheit, Senior Companion Program Director; left, June Pederson, LAAA Director; Corrie Kielty-Wesley, St. Monica's Director; Michelle Hawco, Community Support of St. Monica's; and Lynette Carr-Girmus Senior Companion Program Field Supervisor gather to commemorate the partnership.

Gordon offers century of delight

By Shannon Gordon

You can learn a lot from reading about what has happened in our community, our nation and our world in the last 100 years, but you can learn more by hearing firsthand stories from someone who has lived through it.

Sally Gordon celebrated her 100th birthday March 26, and I was lucky enough to be there for the festivities. I saw the line of well-wishers form down the hallway of the Capitol. I heard many people, acquaintances and dear friends alike, inquire about the secret of her vitality. I felt an enormous amount of love and pride for the vivacious, graceful and wise guest of honor at the gathering.


Gordon lives each moment with such zest and enthusiasm, a practice she has carried out nearly all of her 100 years. She takes the time to smell a pretty flower, talk to a stranger and enjoy every last morsel of a sweet treat. She maintains compassion for those in pain, joy for others' successes and is a firm

believer in doing the right thing. She plays her violin with emotion, walks with elegance and tells stories and jokes with precision and wit.

If you know her, you know these things.

If you don't, you can catch this energetic centenarian buying fresh produce at a neighborhood grocery store, selecting yarn to knit her next afghan, which she will donate to charity, or at the State Capitol when the legislature is in session, as she works as one of the Unicameral's Sergeants-at-Arms.

Either way, stop and talk with her next time you see her or when you first get the opportunity to meet her. She's got 100 years worth of experiences to share, and she thrives on learning about the history, interests and ambitions of others.

As for that secret of vitality? I think it's all speculation at this point. After all, I'm one of her seven granddaughters, and even I don't know it. 

Note: Shannon Gordon offered this perspective into the life of Sally Gordon, who recently celebrated her 100th birthday and was the person featured on the cover of the October/November/December 2005 edition of Living Well.



At her birthday celebration March 26 at the Capitol, Sally Gordon shares a laugh with a dear friend.



Sally Gordon, left, shares a moment with one of her granddaughters, Shannon Gordon.



Sally Gordon is all smiles, standing next to Lincoln Mayor Chris Beutler.



Sally Gordon autographs a copy of the March 26 Lincoln Journal Star, the edition in which she appears, in celebration of her 100th birthday.

Is a reverse mortgage right for you?

Recently certified by AARP and HUD as a reverse mortgage counselor, Houston Doan wants to make sure that homeowners who come to him with financial questions understand the bottom line.

"This is a loan that's not for everyone," he said. "People need to understand their options when looking at any kind of loan agreement, be it a personal loan, car loan or home loan. You need to look at the true costs of what the instrument may be."

What It Is

A reverse mortgage may best be explained in comparison to a regular mortgage. When homeowners make monthly payments, they build equity and reduce debt. A reverse mortgage is just the opposite: while the owner stays in the home, equity is being reduced through payments back to him or her.

"One nice thing about a reverse mortgage is that as long as you stay in the home, the debt is not due and



Houston Doan

payable," Doan said.

The average reverse mortgage will give 40 to 60 percent of the equity in the home back to the homeowner, which may be used to pay credit card debt or as an additional line of credit.

Not For Everyone

There are drawbacks to this kind of loan. This is not the best option, for instance, if the homeowners want to keep the home in the family.

This also is an expensive loan, both in the origination, as far as paperwork, and ongoing fees, of which insurance against the loan is a part.

"If you're going to stay in the home for a period of time, the reverse mortgage becomes a very reasonably priced kind of loan," Doan said.

The Process

"Another plus about a reverse mortgage is that in order for a homeowner to get one, they need to go to a counselor to weigh the options," Doan said.

The counselor ensures the customer is fully informed on the costs and options.


A new development in the reverse

mortgage world is a newly-approved program that allows homeowners to use the reverse mortgage to purchase a new home. This allows homeowners to downsize and not worry about a monthly house payment by transferring equity to the new home, which allows equity to roll over more effectively than going through the sales process.

"They may not have to put as much of their own money into the new home," Doan said.

AARP's Part

This type of loan originated in the 1980s and has changed and expanded through the years. AARP sponsored this program through Congress and remains a leading proponent of reverse mortgage counseling training.


AARP's Web site provides resources and publications on the topic, the most recent of which is the 38-page Reverse Mortgage Loans: Borrowing Against Your Home, available for free download. It outlines what a reverse mortgage really is, how they work, who would benefit from such a loan and who wouldn't. 

Social Security made easy

Important services such as applying for retirement, or disability, and requesting a Social Security card can easily be found on a new, more user-friendly Web site.

Some features of this enhanced site include: Retirement Estimator to get a quick and accurate estimate of your future, Benefits Planner to prepare for your retirement, a way to complete and submit your retirement application in as little as 15 minutes

online, or apply for disability benefits.

Social Security's online services top customer satisfaction lists because it is viewed as fast, convenient and secure. 

Social Security unveils a new, more user-friendly Web site at www.socialsecurity.gov.



Lincoln Area Agency on Aging 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 Web site listed and you are linked directly to a service or advertiser's Web site, and with some you can e-mail questions about the provider services.

There are wonderful stories in all the issues of *Living Well* and by visiting the Lincoln Area Agency on Aging Web site, you will find current and past issues. Feel free to print out the whole magazine or just the pages you're interested in. Call Deb Baines at 402-441-6146 or e-mail her at dbaines@lincoln.ne.gov to sign up.



Senior Health Promotion Center

Downtown ActivAge Center

1005 "O" Street
July 9 & 14, Aug. 13, 20 & 27
9:30 a.m. - 2:30 p.m.

Call 402-441-7575 or 402-441-7158
for more information.

This drop-in clinic is sponsored by LAAA's Lifetime Health Program and UNMC College of Nursing. Services includes comprehensive foot care, ear wax removal, glucose, cholesterol and blood pressure screenings. Contributions are accepted.

UNMC Cosmopolitan Mobile Nursing Center

Call 402-441-7575 for information.

Services free to 60+ include cholesterol (total and HDL), glucose and blood pressure screenings, body mass index using height and weight and vision/peripheral glaucoma checks. Nurses spend time with individual questions and health concerns. People under age 60 are asked to pay a \$10 fee for cholesterol checks.

- Waverly ActivAge Center
Friday, July 17, 9:30 a.m. - 11:30 a.m.
- First United Methodist Church 14410
Folkestone, Waverly
- The Legacy Terrace
Friday, July 17, 1:30 p.m. - 3:30 p.m.
5700 Fremont, Lincoln*
- Maxey ActivAge Center & El Centro
Friday, July 24, 9:30 a.m. - 1:30 p.m.
2032 "U" Street, Lincoln*
- Northeast ActivAge Center
Tuesday, July 28, 9 a.m. - 11 a.m.
6310 Platte Avenue, Lincoln
- Mahoney Manor
Tuesday, July 28,
1:30 p.m. - 3:30 p.m.
4241 N. 61 Street, Lincoln
- Downtown ActivAge Center
Tuesday, Aug. 4, 9 a.m. - 11 a.m.
1005 "O" Street, Lincoln
- LEW Housing for the Elderly
Tuesday, Aug. 4, 1:30 p.m. - 3:30 p.m.
1700 "J" Street, Lincoln
- * Sahara ultrasound bone density
checks also will be offered at this
location. Free to 60+ and \$7 for
under age 60.

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supplies needed to complete the day's
painting project are provided by the
instructor.

Tuition: \$40.

Class size is limited.

Call 402-441-7158 to enroll.

Northeast ActivAge Center

6310 Platte Avenue

"Forest Edge"

- July 18, 9 a.m. - 3:30 p.m.
Capture the beauty of a large oak
tree cradled in the morning glow
of a forest opening.
- Aug. 29, 9:30 a.m. - 3:30 p.m.
(This class only, Lake ActivAge
Center, 2400 S. 11 Street)

"Trails End"

- Aug. 15, 9:30 a.m. - 3:30 p.m.
- Sept. 19, 9:30 a.m. - 3:30 p.m.
This beautiful landscape features a
rustic old cabin that sits at the end
of a time-worn trail marking the
edge of a glowing woodland.

“Autumn Day”

- Aug. 22, 9:30 a.m. - 3:30 p.m.
 - Sept. 5, 9:30 a.m. - 3:30 p.m.
- This beautiful landscape combines an array of autumn colors that enhance a scene graced by a majestic distant mountain and a peaceful lake.

ActivAge Centers

Call 402-441-7158

ActivAge Dinner and a Show Series
Sponsored with HUMANA
at Cotner Center Condominiums,
66th & Holdrege streets

• **July 16 - Joe Taylor** **“Mr. Memories”**

You enjoyed his Sinatra tribute so much that we asked him back again! This time Joe will perform his personal favorite tunes from the Boomer Years, 1946 to 1964. You can count on Joe to bring you an evening of favorite musical memories! Menu: meat loaf, scalloped potatoes, pears and a cookie.

• **Aug. 20 - Elaine Peacock**

Elaine Peacock is a full-time vocalist and entertainer who performs a variety of styles and

musical genres, but her personal favorite is Patsy Cline. Elaine has admired and emulated Patsy Cline and her songs since she was 11 years old, and sang “Faded Love” in a neighborhood talent show. Join us this month as Elaine performs a tribute to the music of Patsy Cline. Folks everywhere say it’s just like having Patsy back again! Menu: chicken breast, corn, roll, marble cake.

• **Sept. 17 - “Free 4 All”**

Back by popular demand, this exciting new vocal quartet will share all their personal favorites from the world of 50s and 60s classics, spirituals, show tunes, beloved barbershop ballads and more! All with some good-natured humor thrown in. If you missed them last year, now’s your chance to catch up with “Free 4 All!” Menu: roast beef, mixed vegetables, roll, chocolate pie.

ActivAge Day Tripper Tours

Call: 402-441-7158

The Loft Theatre - “Crazy for You” July 26 - \$81 per person.

Spend the afternoon with laughter and suspense as you are entertained by a performance of “Crazy for You,” the story of Bobby Child, a well-to-do 1930s playboy whose dream in life is to dance. Despite the serious efforts of his mother and soon-to-be ex-fiancée, Bobby achieves his dream! Memorable tunes include “Bidin’ my Time,” “I Got Rhythm,” “They Can’t Take That Away From Me,” “Nice Work if You Can Get It,” “Embraceable You” and “Someone To Watch Over Me.” It’s high-energy

comedy that includes mistaken identity, plot twists, fabulous dance numbers and classic music. Following the performance, enjoy dinner with your travel mates before heading home.

The Double D Ranch - Roy Rogers Jr. & the High Riders in Concert

Aug. 22, \$50 per person

Roy Rogers Jr. (better known as Dusty), is the eldest natural son of famed Western stars Roy Rogers and Dale Evans! Experience a variety of emotion as you listen to this famed artist, along with his band, share some of his family moments. It is Dusty’s intent to continue the legacy of Roy & Dale by providing quality entertainment for the entire family. Chuck Wagon Cowboy Dinner included.

The Double D Ranch - The Benders B 50s and 60s Show!

Sept. 19, \$50 per person

Big Hair, Big Fun, Big Show!! Byron Brewer, Kevin May, David Keller and “Rev” Nate Orlando will be rockin’ the Ranch with their 50s and 60s Rock Revival Show. Don’t miss it! Chuck Wagon Cowboy Dinner included!

Bridges of Madison County & John Wayne Birthplace.

Sept. 22 - \$95 per person

Discover the magic and romance of Winterset, Iowa, home to the novel “The Bridges of Madison County” by James Waller. Some of the oldest covered bridges in the nation are still in use here. Visit many of the sites that Clint Eastwood and Meryl Streep brought to life in the movie version. Your first stop

Continued on Page 10

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

— J. Lubbock

Lincoln Area Agency on Aging News and Events

Continued from Page 9

ActivAge Centers Continued . . .

will be the John Wayne Birthplace, built in the 1800s. This four-room house has been restored to its 1907 appearance, the actor's birth year. Then, after lunch at the Northside Café (one of the film's locations) your local guide will take you on a storybook tour of Madison County to include some of the movie's covered bridges, as well as enrich you with the history of the area. Also, visit Howell's Greenhouse and Floral and see the process of drying flowers and the creation of beautiful arrangements.

Celebrate ActivAge Centers Week, Sept. 21-25

It was 1974 when the Lincoln Area Agency on Aging opened the first "Senior Diners" sites. The names have changed over the years, but the mission of providing area older adults with opportunities and choices for a more active and healthy lifestyle has stayed the same. Mark your calendar with these special Celebration Events!

Contact your nearest ActivAge Center or 402-441-7158 for more details.

• ActivAge Week Celebration Dance - Featuring "The Merrymakers"

Wednesday, Sept. 23
Auld Center, 1650 Memorial Drive
6:30 p.m. to 8:30 p.m.
Free Admission

It's the music you love, played by such notable Nebraska talents as: Johnny Ray Gomez, Joe Taylor, Kim Eames & Charlie Glasgow. Together, they are Omaha's "The Merrymakers." Sponsored with: Care Consultants For The Aging, Diabetic Outreach, HoriSun Hospice and Jim's Home Health Supply.

• "Remember When? A History of Lincoln Restaurants of The Past"

Lunch with Mary Jane Nielsen & Jon Roth
Thursday, Sept. 24
10:30 a.m. - 1 p.m.
Lincoln Firefighter's Reception Hall, 241 Victory Lane


Join us for a special All Center/All City, History Luncheon Event featuring noted authors Mary Jane Nielsen and Jon Roth. Best known for their latest book "Lincoln Looks Back" and Mary Jane's "A Street Named O," the team will take us on a nostalgic look back at Lincoln's favorite restaurants. There will be door prizes and a few other surprises. Don't miss it!

• First Annual ActivAge Centers Pitch Tournament

Saturday, Aug. 15, 9 a.m. - Noon
Lincoln Bridge Club
237 S. 70 Street

OK Pitch players, let's start a new tradition! Sign up for our first annual Pitch Tournament. There will be refreshments and prizes for the first, second and third place teams. \$5 entry fee per person. Sign up at your nearest ActivAge Center or by calling 402-441-7158.

Saturdays Are Back at the Downtown Center!

Thanks to funding received through the American Recovery and Reinvestment Act, the Downtown ActivAge Center will resume its Saturday programming. Beginning Saturday, July 11, the Center will be open (with the exception of holiday weekends) every Saturday through July 2010. The usual lunch reservation and transportation deadlines will still apply. See you there! 



*"The one thing in the world, of value,
is the active soul."
— Ralph Waldo Emerson*

Dining room substitute opportunity available

An opportunity exists for people looking to earn money and make a difference. Dining room assistants are needed at Burke Plaza and Mahoney Manor.

"It's a great opportunity to be acquainted with some delightful residents and volunteers at both locations," said Denise Boyd, LAAA Division Administrator.

Currently, three people regularly work at the two locations. They prepare coffee, serve meals already prepared, distribute menus, clean up, work with volunteers, and spend some time socializing with the residents. They put in about four hours each day.

Meals are served Monday through Saturday.

Gloria Coil, who has been a dining

room assistant more than 10 years, calls it a rewarding experience.

"I'm lucky to be doing this," she said. "I love being with the people. I feel comfortable with them and they feel comfortable with me."

Coil aims to accommodate everyone so they have a special place to eat. She has shared stories and built friendships with residents by treating everyone with respect and dignity.

She works five days a week, three at Burke Plaza and two at Mahoney Manor.

Anyone interested in serving as a substitute dining room assistant for the three regular employees can contact Rebecca Meyer at the LAAA office, 402-441-6153. 



Gloria Coil, dining room assistant at Burke Plaza and Mahoney Manor, calls it a rewarding experience.

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	Female	Male
683-684	\$75.93	\$87.27
685	\$83.63	\$96.13

*Age 65; nontobacco-user rates, tobacco user rates may be higher; rates are subject to change and vary by ZIP code; additional rates on next page



Medicare supplement insurance is underwritten by Mutual of Omaha Insurance Company, Mutual of Omaha Plaza, Omaha, NE 68175. Neither Mutual of Omaha Insurance Company, nor its Medicare supplement insurance policies are connected with or endorsed by the U.S. government or the federal Medicare program. Policy forms M181, M182, M183, M278, M374 or state equivalent. These policies have exclusions, limitations and reductions. An outline of coverage is available upon request.

This is a solicitation of insurance and an insurance agent will contact you.



Medicare Supplement Monthly Premium*

Nebraska ZIP Codes Beginning With 683-684 and 686-693

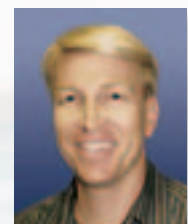
AGE	PLAN J	
	Female	Male
65-66	\$75.93	\$87.27
67	79.18	91.01
68	82.70	95.06
69	86.36	99.26
70	90.00	103.45
71	93.65	107.64
72	97.31	111.85
73	100.97	116.06
74	102.83	118.20
75	104.68	120.32
76	106.54	122.46
77	108.39	124.58
78	110.23	126.70
79	112.25	129.02
80 & Over	120.56	138.57

Nebraska ZIP Codes Beginning With 685 and Some Beginning With 680

AGE	PLAN J	
	Female	Male
65-66	\$83.63	\$96.13
67	87.21	100.24
68	91.09	104.70
69	95.12	109.33
70	99.13	113.95
71	106.15	118.56
72	107.19	123.20
73	111.22	127.84
74	113.27	130.19
75	115.30	132.53
76	117.34	134.88
77	119.38	137.22
78	121.41	139.55
79	123.64	142.11
80 & Over	132.79	152.63

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

<http://aging.lincoln.ne.gov>

Key for Services: L = Lancaster only

MISSION

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

LIVING WELL MAGAZINE

402-441-6156

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes.

LIVE AND LEARN

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

FIRST SERVICE

Information and Referral

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 Service is the starting point in determining alternatives, and arranging services for individuals and their families in the LAAA 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 or

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. Six centers in Lincoln and five in Lancaster County L 402-441-7158

ACTIVITIES & CLASSES

- **Health** - Physical activity and exercise classes to improve health and fitness L 402-441-7575

CAREGIVING

402-441-7070 or 800-247-0938

- **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. L 402-441-7070
- **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 402-247-0938

- **Care Management Services**
- **LifeLine Emergency Response System** - 24-hour emergency access by pressing a button
- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities
- **Resident Services** - Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor and Crossroads House in Lincoln and in Geneva Fillmore and Lancaster counties 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 402-441-7070

EMPLOYMENT

402-441-7064 or 800-247-0938

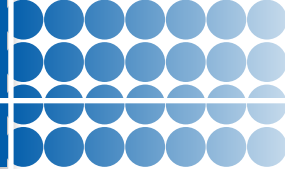
- **OperationABLE** - Job searching for persons 50+. Works with employers who have job listings.

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and home equity loans.
- **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid Program.

Aging Services



HEALTH & FITNESS

402-441-7575

- **Lifetime Health Program**
- **Forever Strong Health Club**
Fitness equipment and consultations with certified personal trainers.
- **Senior Health Promotion Center**
The University of Nebraska-Medical Center and LAAA provide Health screenings. L 402-441-6687
- **Alzheimer's Disease** - LAAA provides information and referral.
402-441-7070 or 800-247-0938
<http://aging.lincoln.ne.gov>
- **Widowed Person Service** - Support for people who are widowed
L 402-441-7026
- **Fit to Care** - Tips from a registered nurse, dietician and certified personal trainer to help decrease the effects of chronic tension often associated with caregiving. Free
- **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. L

HOUSING & HOME REPAIRS

- **Home Handyman Service**
Handyman services from mowing to leaky faucets, painting and broken light fixtures
L 402-441-7030
- **Assisted Living and Nursing Facilities** - Listings are available at
402-441-7070 or 800-247-0938
<http://aging.lincoln.ne.gov>

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 402-441-7158
- **Lancaster County Rural Transit**
Fixed schedule transportation from rural Lancaster communities into Lincoln. L 402- 441-7031
- **Other options in the community**
Listings available at 402-441-7070
<http://aging.lincoln.ne.gov>

VOLUNTEER!

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

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

CONTACT US

All Counties: 800-247-0938

- Butler County: Becky Romshek
402-367-4537
- Fillmore County: Brenda Motis and Rhonda Stokebrand, 402-759-4921
- 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: Lori Byers and Nancy Hoblyn, 402-362-7626
- Donna Mulder, Aging Program Coordinator, 800-247-0938
- Sue Kramer, Senior Care Option and Waiver intake, 800-247-0938
- Avis Blase, Rural Waiver Services Coordinator, 800-247-0938
- Nancy Kohler, Rural Waiver Services Coordinator, 800-247-0938
- Wendy Hanshaw, Rural Services Coordinator, 800-247-0938
- Sandy Oswald, JoAnn Currie and Shirley Vickinovac, Senior Care Option, 800-247-0938

WANT TO RECEIVE *LIVING WELL* VIA E-MAIL?

If you would like to receive *Living Well* by e-mail instead of in the mail, please call Deb Baines of Lincoln Area Agency on Aging at 402-441-6146 or e-mail dbaines@lincoln.ne.gov

“Collaborations II”

Robert Hillestad's passion for textiles serves as a good metaphor for how he lives his life.

“Everything in life intertwines,” he said, noting he likes to network and collaborate with others.

He had the opportunity to do just that with a project on display during April at The Burkholder Project in Lincoln's Historic Haymarket.

He collaborated two months with photographer John Nollendorfs to construct a colorful exhibition. It showcases both Hillestad's ability to intertwine fibers to create art forms and Nollendorfs' skill in capturing the art in another format. The result: “Collaborations II.”

“It was definitely successful,” Nollendorfs said. “The project flowed naturally for us and we had a good time working on it.”

Setting the Project in Motion

While this was the second collaborative show at The Burkholder Project for the two artists, they have worked jointly during photo shoots for years.

“John's skill enables me to present imagery of my work in a professional manner, and I appreciate his expertise, much as I do that of my barber and tailor,” Hillestad said.

This particular project was set in motion when Nollendorfs visited Hillestad's studio. He was inspired by new samples of pleated fabric, machine embroidery and twisted yarn, all hand-dyed in brilliant colors.

“Going to his studio to see how he works is a totally different experience,” Nollendorfs said. “It offered me a unique perspective.”

Nollendorfs selected samples of Hillestad's work that were particularly

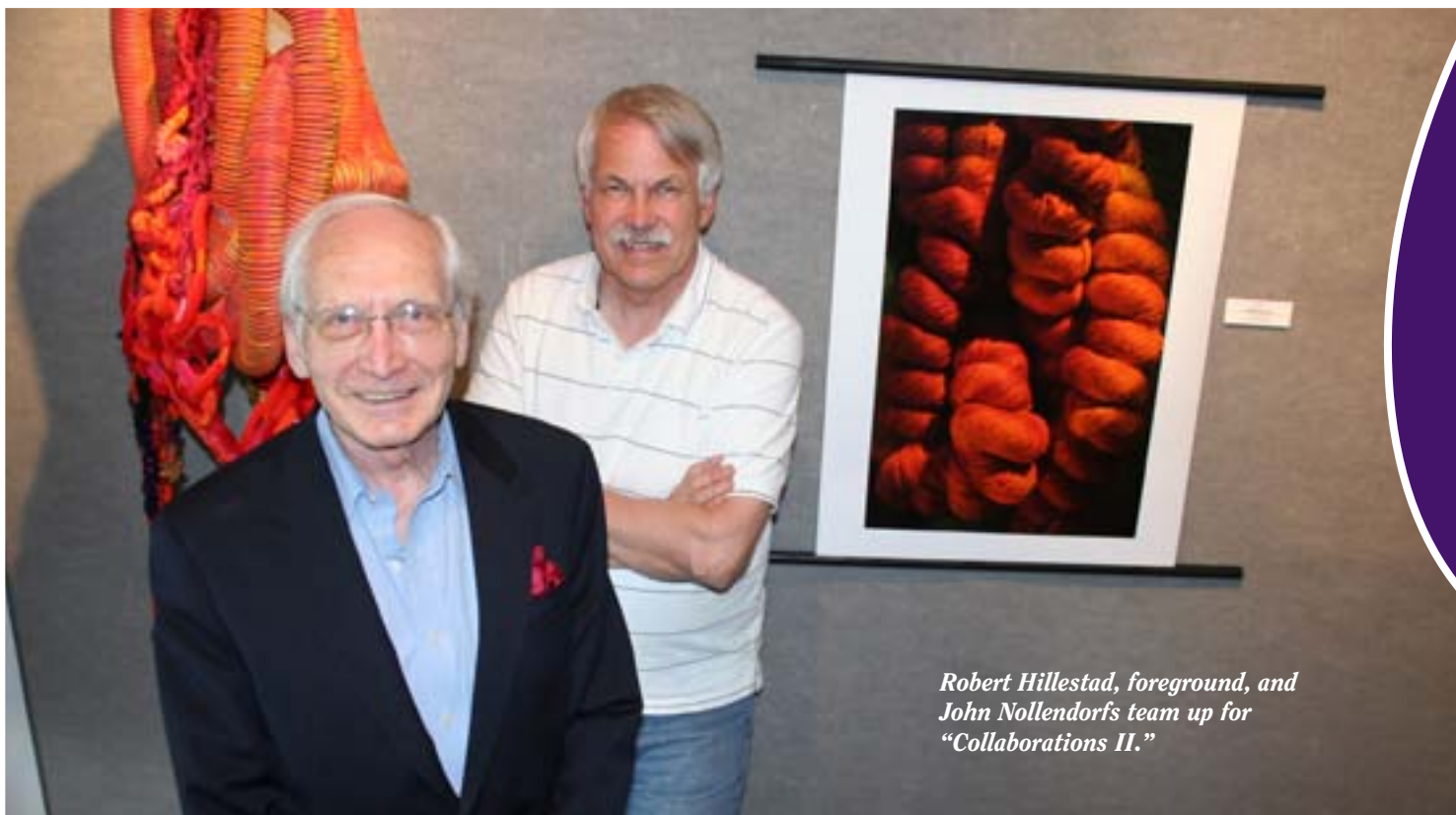
intriguing. After using a high-resolution digital camera to make images of certain areas, he enlarged them to create HP Archival Jet Prints.

“I like to explore things visually through composition and framing,” Nollendorfs said.

During the project, he made three more studio visits. The partnership inspired both of them and they communicated often.

Opening Night

More than 1,000 people turned out for the two-hour opening night reception during a beautiful spring evening. Although weather was a factor in attracting the unusually large crowd, Hillestad believes some were eager to see the outcome of their collaborative venture. Both artists are active in the Lincoln community and are well known.



Robert Hillestad, foreground, and John Nollendorfs team up for “Collaborations II.”

Since several of the prints were hung adjacent to the artwork to which they related, viewers had an opportunity to observe microscopic details of textiles in Nollendorfs prints and identify their origins in the works by Hillestad. The artists heard many favorable comments from countless people throughout the month-long run of the show.

L. Kent Wolgamott wrote in the Journal-Star about "Collaborations II:" "...an illuminating exhibition that showcases the work of a pair of artists while exploring the differences and resonances between their

media. ... "Collaborations II" is large enough that it provides not only a satisfying, stimulating study of the interplay between the work of the two artists, but also can function as an introduction to their work."

Wolgamott went on to write that it was "a true collaboration between artists that on the surface would appear to be working in media that have little in common. But on display, the connection and illumination of each others' work cannot be denied."

Hillestad hopes the show brought about something for people they may not have considered before. As a

retired University of Nebraska-Lincoln Professor Emeritus in the Textiles, Clothing and Design Department, he also hopes people have learned something by viewing the exhibit.

Weaving Hillestad's Journey Together

Hillestad's journey to becoming an internationally renowned fiber artist began at an early age.

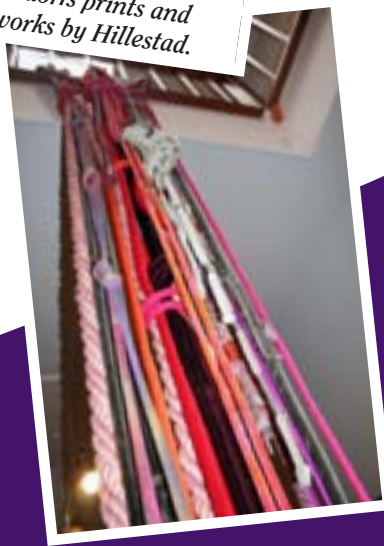
He was the youngest of four growing up in Wisconsin during World War II. His play area was in his mother's sewing room. As scraps of fabric fell, he became enchanted with their colors. His artistic career evolved out of that simple childhood activity and has continued throughout his life.

Hillestad earned several academic degrees, including his bachelor's degree in art from the University of Wisconsin, master's from Drexel

Continued on Page 18



Placement of prints and art work in shows gives viewers an opportunity to observe microscopic details of textiles in the Nollendorfs prints and identify their origins in the works by Hillestad.



Viewers enjoy the variety of pieces in the show.

Several pieces, such as Isle of Threads, foreground, adorn the walls to captivate viewers of the show, which was on display during April at The Burkholder Project.

The work of two

Continued from Page 17

University in Philadelphia and a doctorate in the study of appearance as non-verbal communication from The Ohio State University.

He worked at Marshall Field's, a department store in Chicago, studied fashion design in Paris, and worked as an apparel designer in California before becoming an instructor at UNL.

While Hillestad never thought about teaching in a structured format, he took on the challenge and thoroughly enjoyed it 31 years before retiring in 1996.

"I was fascinated by the fashion industry, but was really drawn to teaching students," he said.

Hillestad has been in more than 150 juried and invitational gallery shows in the U.S. and countries such as Korea, Poland and France, as well as countless runway shows and performances. The Robert Hillestad Textiles Gallery on UNL's East Campus is named in his honor.

He also finished a book last summer, "Robert Hillestad: A Textiles Journey."

While Hillestad is retired from formal teaching, he seeks opportunities to teach in other ways.

"I teach through exhibitions," he said.

He views retirement as a way to continue pursuing his passion for textiles in a not-so structured format, saying "I'm enthusiastic about what I do."

Nollendorfs' Take on Retirement

Nollendorfs has similar views about what retirement will be like.

For 44 years and counting, he has made a career from his passion for photography.

He started working professionally in photography while attending high school. He worked part time at a television station to process black and white prints and turn graphics into slides.

While attending the University of Nebraska-Lincoln in 1966, Nollendorfs was hired for darkroom work at the Journal-Star Printing Company. The photo chief recognized his photographic talents and put him to work shooting assignments.

"I became the weekend photographer," he said.

Following college graduation in 1970, he attended graduate school at the University of Oregon. While there, he worked at a local portrait studio.

Nollendorfs returned to Nebraska and worked for the State Crime Commission as the public information officer for a year and a half. He then took a job as an in-house photographer with Norden Labs. He photographed

everything from products to cats, dogs, cattle and pigs. In 1980, he went to work for Norden's parent company in Philadelphia as the senior illustrative corporate photographer to photograph and document their various facilities throughout the United States and Europe.

Shortly after returning to Lincoln in 1986, Nollendorfs started his own business with a studio at The Burkholder Project.

When he retires, he does not see himself taking a path completely away from what he knows and loves.

"I'll pursue photographic projects that interest me," he said.

Nollendorfs believes many people have ideas about what they want to do when they retire. They tend not to explore that plan before retirement and later find out that it's not what they really want or it doesn't meet their expectations.

"If you have a dream of doing something when you retire, it should be something you start working on before your retirement," he said.

And sometimes when two people's dreams combine into a collaborative effort such as his and Hillestad's, a stellar result can be woven together. Lw



Robert Hillestad displays some pieces in various stages of the process, such as this untitled piece.



Check out their entire collection online!

<http://www.johnnollendorfs.com/collab2/collab2b.html>

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Detecting Alzheimer's early and Memory Walk

The Alzheimer's Association notes that Alzheimer's remains undetected in many cases. With the potential for 10 million baby boomers to develop Alzheimer's, early detection of the disease becomes critical to future planning.

There is currently no cure for Alzheimer's, a fatal brain disease that gets worse over time and causes changes in memory, thinking and reasoning. Early detection and diagnosis is critical to ensuring the more than 5 million Americans living with Alzheimer's have the power to plan their own health care and future.

"Memory loss that disrupts everyday life, such as forgetting recently learned information to the point of asking for the same information over and over or relying on memory aides, is not a typical part of aging. It may be a sign of Alzheimer's disease," said Teresa Stichter-Fritz, Program Director at the Great Plains Chapter Alzheimer's Association. "Being diagnosed early is vital to receiving the best help and care possible."

Benefits to Patients and their Caregivers

There are many physical, emotional and social benefits of early detection, diagnosis and intervention for people with Alzheimer's and their caregivers. They are empowered to:

- Participate in decisions about treatment and care.
- Access community resources to find information and support.
- Plan for future care options, including identifying social and

community resources to support independence as long as possible.

- Seek prescribed medication that can provide some relief.
- Participate in Alzheimer's clinical studies to take greater control of their health care and benefit future generations.

Benefits to Family and Friends


Family members and friends of people diagnosed with Alzheimer's are empowered to:

- Plan together for the future
- Learn the signs to watch for and how treatment can help.
- Identify ways to adapt activities to promote existing skills and interests of loved one with dementia.
- Discover how to care for someone with Alzheimer's, as they progress.
- Learn strategies for talking to physicians.
- Reduce stress by connecting with community resources.
- Find resources to help assist with the daily tasks that become challenging and time-consuming during long-term caregiving.

Know the 10 Signs

Early Detection Matters campaign from the Alzheimer's Association helps promote understanding of the disease and increases awareness of early detection. The 10 signs are:

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgement.
9. Withdrawal from work or social activities.
10. Changes in mood or personality.

For more information on the benefits of early detection of Alzheimer's disease, visit the Alzheimer's Association at www.alz.org or call the toll-free line, 800-272-3900. 

Raising Awareness

The Alzheimer's Association annual Memory Walk® is scheduled for Sept. 20 at Antelope Park in Lincoln.

This event serves as the nation's largest to raise awareness and funds for Alzheimer care, support and research programs. Participants in Memory Walks across the United States have raised more than \$300 million. Part of the proceeds from this event will go for respite grants for family caregivers of Alzheimer's patients.

To start a team or make a donation, contact the Alzheimer's Association at www.memorywalk2009.kintera.org/lincoln or call 402-420-2540.



Early detection of the disease becomes critical.

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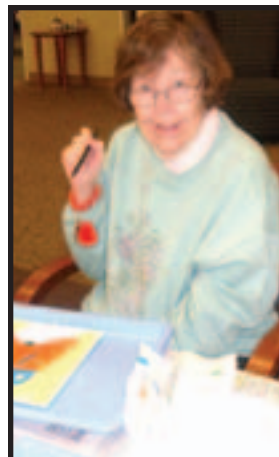
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Considering a move? Early planning can help.

Often times, people wait until the last minute to make a decision.

One decision that shouldn't be made at the last minute or under stressful circumstances is whether older parents should stay in their home or consider moving into a retirement community.

Betsy Sheets, Eastmont Towers Community Director of Marketing, stresses the importance of having a discussion about options early enough so that parents and their adult children can enjoy a relaxed and open conversation about preferences and concerns.

"It's important for seniors to make their wishes known to their families and have that conversation before a decision has to be made in a crisis situation," Sheets said.



H. John Wiederspan, sitting left, and his wife, Landis, moved to a retirement community after having an open discussion with their son, John, and his wife, Nancy. They also discussed the move with their other son, Jim, and his wife, Ann, who are not pictured.

Review options early

John Wiederspan and his wife, Nancy, express appreciation that John's parents started reviewing their options early.

Knowing their wishes, John brought his parents, H. John and Landis, to an open house at Eastmont. Seeing the amenities such as good transportation, medical care for all stages of life when needed and being close to family led them to sign up that day for a spot at Eastmont. H. John and Landis have lived at Eastmont 13 years and are glad they made that choice.

"It was good planning on their part to move in when their health was good," John said about his parents' decision. "It's comforting for us to know that if something was to happen and we're not able to assist at that moment, everything is here for them."

Dr. George Vaillant, Director of the Harvard Study of Adult Development and author of "Aging Well," notes four basic activities necessary for successful aging whether you choose to remain in your house or move to a retirement community: play, creativity, continued learning and making new friends.

H. John and Landis said they have made lots of friends in the retirement community and appreciate being able to get involved in as many activities they wish to without having to do everything.

Open conversation

Susan Brasch shared similar sentiments as the Wiederspans about her experience with her parents.

While on a trip to Utah, she began a conversation with her parents about moving into a retirement community. Her parents agreed to research options because they thought yard work was getting to be too much and

their house was too big. They found what they liked in the apartment-style living Eastmont offered and moved in about three years ago.

"I did urge them to really consider looking into it," Brasch said. "But, it was their decision and my brothers and sister and I supported it. When everyone thinks ahead like that, the process goes much smoother. Relationships are not harmed, because everyone is working together on the decisions."


Some adult children express that they are hesitant to discuss the possibility of moving into a retirement community because their parents may be moving away from the home they grew up in, as well as the realization that their parents are aging and may need more help.

Positive experience

Mary Barnes, whose mother moved into Eastmont after her husband died, also saw the positive experience her aunt had there for many years before her death. Mary never saw her parents' move away from their "home" as giving up anything for either her or her parents.

"Wherever they were, that was my home," Barnes said. "A home isn't a building; home is where your parents live. I think by giving up that house, they actually had so much more freedom. They didn't have to worry about the upkeep and expenses and could just do what they wanted."

Barnes considers it a gift from her parents that they were proactive and didn't want to place the responsibility for their future needs on Mary, who lives in Massachusetts, or her sister who lives in the Chicago area.

"My parents were forward looking," Mary said. "My parents faced reality and did something about it. I think everyone really should have a plan in place." 

LAAA Home Handyman

Searching the yellow pages to find an affordable, reliable handyman can be a daunting task.

A quick call to the LAAA Home Handyman Program can remedy your



A homeowner points to a problem with a light switch for a Home Handyman to repair. file photo


need for many repairs and help keep you living in a safe and well-maintained home.

The Home Handyman program draws on a great group of experienced workers. They can provide service for minor plumbing, electrical, carpentry, and small painting projects. They can also provide basic lawn care services and outdoor clean up: mowing, trim shrubs and hedges, clean gutters, set out patio furniture, and much more.

To utilize Home Handyman services, you must be at least 60 years of age, own, and live in the home where the work is being requested. If you are a renter, you can have safety items added with the property owner's written permission.

Handyman participants pay an hourly rate on an income-based sliding fee scale.

Contact the Home Handyman Program at 402-441-7030 to participate. An easy-to-complete application will be provided and you will have access to the many services. Office hours are Monday through Friday 8 a.m. to Noon and 2 p.m. to 3:30 p.m. Voicemail is available during non-business hours.

Home Handyman is always looking for those who possess good handyman skills, and have flexible schedules. If you or someone you know is interested in becoming a handyman, call 402-441-7030 for more information. 


Rural Transit

Whether visiting friends or family, needing a ride to a medical or dental appointment, taking care of shopping needs, or visiting a local attraction or public resource in Lincoln, Lancaster County Public Rural Transit is available to meet your transportation needs. Visiting a library, a museum, the zoo, or other fun or necessary trip into Lincoln is made easy. The curbside service picks you up in the morning with a mid-afternoon return. Rural Transit is accessible, affordable, and dependable and the helpful and trained drivers will make your trip into Lincoln a pleasant, hassle-free experience.

Call 402-441-7031 to schedule a trip from rural Lancaster County into Lincoln one day in advance of your ride. Office hours are Monday through Friday, 8 a.m. to noon and 1 to 3:30 p.m. Voicemail is available for your convenience.

In-town transfers are available when you need to make an additional stop during your trip. Be sure to request this

service when scheduling your ride. There is an additional, small fare for this service.

Lancaster County Public Rural Transit runs a route north of Lincoln on Mondays and Wednesdays and a route south of Lincoln on Tuesdays and Thursdays. A one-way fare is \$2, making your round-trip venture just \$4. A 10-punch rider card is available for \$20 for your convenience — and the best news yet, your first ride is free! 

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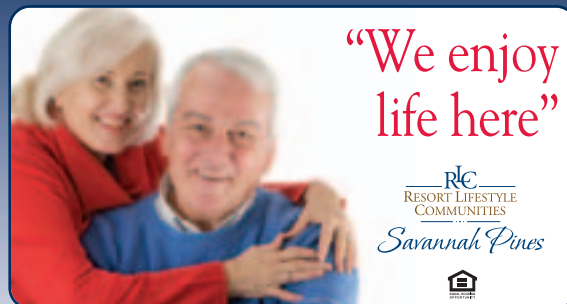


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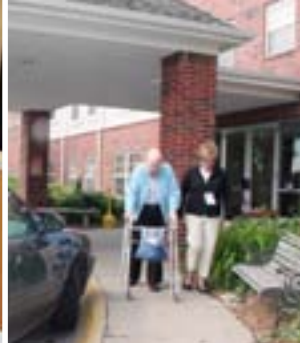
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NE 06/09



Nancy Dolan-Kube serves as a Lincoln Seniors Transportation Program volunteer driver and picks up Merle Ellerbeck from Gramercy Hill to take him to his Sunday church service.

Drivers rewarded by helping others

Want to help others maintain their independence? Become a driver for the Lincoln Seniors Transportation Program.

This program is designed to provide non-medical transportation to those 65 years or older who no longer drive. LSTP drivers help older adults get to places such as grocery stores, beauty appointments, worship services or visits to loved ones in a nursing home.


Nationwide, 600,000 people age 70 or older stop driving each year. When these people stop driving, they make 59 percent fewer trips to stores and restaurants and 65 percent fewer trips to social, family or religious

gatherings. LSTP helps them get back to those life events.


Drivers are asked to commit to one ride a month and are able to decide where and when that ride will happen. Qualifications for being a driver include: having a current Nebraska Driver's License for at least three years, own and maintain vehicle suitable for transportation of eligible riders, have and keep required insurance, have no more than three moving violations in three years and successfully complete driver evaluation with a certified driving instructor.

Drivers earn the satisfaction of knowing they are keeping older

adults active and independent.


For more information about the program, view the Seniors Foundation Web site at www.seniorsfoundation.org under "Ways to Help," or call Deb Hynek at 402-441-6143. 






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ActivAge Centers: Celebrating 35 years

In 1974, President Richard Nixon signed a bill lowering the maximum U.S. speed limit to 55 mph in order to conserve gasoline during an OPEC embargo. The Dean Martin Show aired for the last time. It was the year of Watergate scandal. Muhammad Ali defeated George Foreman in Africa during a boxing bout dubbed “The Rumble in the Jungle.” The U.S. Department of Justice filed its anti-trust suit against AT&T, eventually leading to the breakup of AT&T and its Bell system.

The year also served as a milestone for the Lincoln Area Agency on Aging when eight Senior Diners opened. This September, the Diners, now known as ActivAge Centers, celebrate their 35th Anniversary.

The original purpose was to provide nourishing low-cost meals to older adults. The Senior Diners were funded in part by the Older Americans Act through the U.S. Department of Health Education and Welfare. Since 1974, the purpose has expanded from simply providing meals, to providing a place where older adults can meet to socialize and gain access to all the many services provided by the Lincoln Area Agency on Aging.

Known as ActivAge Centers today, these locations have changed names and neighborhoods several times throughout the past 35 years. Names included Senior Diners, Community Centers for Senior Services, Lincoln/Lancaster Senior

Centers, and up until five years ago, Aging Services Centers.

No matter the name, the centers still help older adults stay active, informed and both mentally and physically healthy. Some of the services that have grown include: income tax assistance, flu shots, Lifetime Health screenings, Farmers’ Market coupons, evening events and activities and Saturday services at the Downtown Center.

“These centers have a tremendous impact for older adults and the community,” said Deb Peck, LAAA Division Administrator. “The centers have served as a bridge for older adults to remain active, be aware of community events and learn about other services offered by LAAA.”

There are currently six Lincoln locations, plus five in the communities of Bennet, Firth, Hickman, Panama and Waverly.

Anniversary Events

Plans are being made to celebrate the centers’ 35th Anniversary Sept. 21-25 during National Senior Center Month, with some big events.

- **A Free Dance** will be Sept. 23 at the Auld Center, still known to many as the historic Antelope Pavilion, 1650 Memorial Drive, from 6:30 p.m. to 8:30 p.m. with music by “The Merrymakers” from Omaha.
- **A Historical Luncheon**, “Remember When? A History of Lincoln Restaurants of the Past,” will be held on Thursday, Sept. 24 from 10 a.m. to 1 p.m. at the Lincoln Firefighter’s Reception Hall, 241 Victory Lane, which is west off Sun Valley Blvd. The



Dayle Gabler shows a book he compiled on the history of the Northeast ActivAge Center in the Havelock area. The book highlights unique facts such as the hearth fireplace at the center was made out of bricks from old Havelock streets. Gabler said the center offers a “remarkable atmosphere.”



Tyler Hunter, Elvis tribute artist, right, gives Norene Watkins some personal attention.

program, presented by authors Mary Jane Nielsen and Jon Roth who created “Lincoln Looks Back,” takes a nostalgic look at Lincoln restaurants of the past 50 years. Also featured will be a mini Vintage Auto “Show & Shine.”

Other celebration events are being planned so check with your neighborhood center manager or call 402-441-7158 for the latest details.

“We like to make it a home away from home.”
- Bill Booe

What's the cost?

While many people think participation in the ActivAge Centers is income-based, Bob Esquivel, ActivAge Centers' Coordinator said that "Lunch at the centers, for the suggested donation price of \$3 is available to everyone 60 or older, regardless of income. It's the best "Value Meal" in town!" Unless specifically noted, all center activities are available for participation by the over 50 but under 60 crowd.

"We find out more and more every day that being connected to others and being active is better for everyone's physical and mental health," Esquivel said, noting the goal of having the centers is to provide opportunities for people to try new things and have new experiences, "To Live, Learn and Explore we like to say."

The "Dinner and a Show Series," "Day Tripper Tours" and "Health & Wellness" screenings give people even more options.


Bill Booe, Northeast ActivAge Center Manager, notes more

amenities are available at the centers than in the past and they continue to make enhancements to meet the demands of a growing,

new generation of older adults.

"We have a good time at the center," Booe

said. "We like to make

it a home away from home. I think the activities boost a sense of belonging and good health." 

To find the center nearest you, call 402-441-7158.



Playing pool serves as a popular activity at ActivAge Centers. Raymond Girmus, foreground, lines his shot as Hedy Wright watches. Wright said going to the center keeps her active.



Tyler Hunter, Elvis tribute artist, right, sings to Dorothy Thompson.



Hunter interacted with the crowd throughout his performance.

UNMC Cosmopolitan Mobile Nursing Unit

The UNMC Cosmopolitan Mobile Nursing Center will make several stops this summer.

• Friday, July 17

Waverly ActivAge Center
1440 Folkestone, Waverly
9:30 a.m. - 11:30 a.m.
Bone density included
The Legacy Terrace
5700 Fremont St., Lincoln
1:30 p.m. - 3:30 p.m.
Bone density included

• Friday, July 24


Malone/Maxey ActivAge Center
and El Centro
2032 U St., Lincoln
9:30 a.m. - 1:30 p.m.
Bone density included

• Tuesday, July 28

Northeast ActivAge Center
6310 Platte Ave., Lincoln
9 a.m. - 11 a.m.
Mahoney Manor
4241 N. 61 Street, Lincoln
1:30 p.m. - 3:30 p.m.

• Tuesday, Aug. 4

Downtown ActivAge Center
1005 "O" St., Lincoln
9 a.m. - 11 a.m.
LEW Housing for Elderly
1700 J St. — Lincoln
1:30 p.m. - 3:30 p.m.

At these stops, there will be health screenings and information for older adults and their families. For more information, contact the Lifetime Health office at 402-441-7575. 

Tips to keep your identity safe

At home, you can lock your doors. When it comes to your car, you can activate the alarm system.

But what can you do to protect your identity?

Identity theft is one of the fastest growing crimes in America. Someone illegally using your Social Security number and assuming your identity can be more trouble than a car thief or house burglar. Identity thieves can use your number and your good credit score to apply for more credit in your name. Then, they use the credit cards and do not pay the bills. You may not find out that someone is using your number until you are turned down for credit or begin to get calls from creditors demanding payment for items you never bought.

What better time than now to educate yourself in protecting your personal information? Here are some quick tips:

- Keep your Social Security card at home in a safe place, wherever you keep your important paperwork.
- Safeguard your number as well — don't give it to just anyone; many places you do business with may ask for it as a means of identification even though they can use other identifying information.
- Shred before you toss. Identity thieves can rummage through your trash or recycling material and find a gold mine of information, so be sure to destroy any identifying information before you throw it out.

While we're talking about safety, here's another great tip: if you receive a benefit from Social Security, get direct deposit. With direct deposit, your payments are electronically sent right to your account and there's no risk of payment being lost in the mail or stolen from your mailbox. At Social Security, signing up is a quick, easy, and secure. Visit www.socialsecurity.gov/deposit to learn more.

If you believe someone may be using your number or identity, you should contact the Federal Trade Commission at www.ftc.gov/bcp/edu/microsites/idtheft, or call 1-877-438-4338 (TTY 1-866-653-4261).

Submitted by Dave Bensley,
Social Security District Manager
in Lincoln. 



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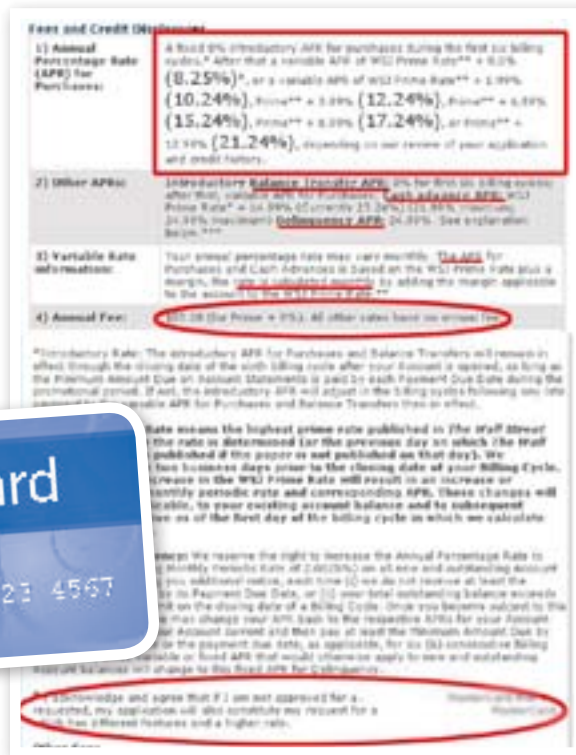
Review your credit card statements

While credit card law changes occurred, there was no cap on the interest rates banks can charge.

Recently, one older woman shared a story about how she carried a balance on her credit card that she had for years. She pays a little more than the minimum every month, but noticed that when her bank failed, the card went to another bank and the interest rate was raised to 31.99 percent.

It's important to review credit card bills and look at the interest rate being charged. If it appears that you might be paying too many fees or high interest, you are encouraged to seek advice.

By calling LAAA at 402-441-7070, you can schedule a meeting with financial counselors Houston Doan or Neal Sandoz to explore more affordable options. 



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