

LivingWell

Preserving Your Legacy

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A Look At Arthritis

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Harland Johnson

A Lifelong Volunteer

pages 20-22

Lincoln, NE 68508-3628

Living Well

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Director's Corner

On page 25 of this issue you will find an article about Aging Partners' expanded services. I hope you will read it and call me if you have questions.

This coming January will mark my 10th year as director of this amazing agency. The work is exciting and rewarding, but also challenging. It has been my painful task to address budget cuts in all but one of those years. As of

Aug. 15 of this year, I will have reduced our staff by 26 members since 2003; yet the number of people in our service area has increased significantly and will continue to do so.

Aging Partners is aware that our services are needed by people of all income levels. We are now actively engaged in expanding those services to provide our expert, professional information and services to everyone

who can benefit. We look forward to serving the needs of the broader community in our eight counties. 



June Pederson, Director, Aging Partners

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On the Cover

To recognize Harland Johnson's impact and dedication to the Northeast YMCA, the pool was named in his honor.

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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 Aging Partners. Contents may be reproduced with credit to the magazine.

An audio edition of *Living Well* is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 N Street, Ste. 120, Lincoln, NE 68508



Donna Policky proudly shows off her Lifeline pendant with the support of her friend, Kelle Brandt, Lake Street Senior Center Manager.

Jewelry for Life

Donna Policky promotes Lifeline in a way no spokesperson, flier or marketing technique ever could.

No older adult who walks through the doors of the Lake Street Senior Center will leave without hearing her praise the service.

“Donna has been a good educator for Lifeline,” said Kelle Brandt, Lake Street Senior Center Manager. “She has successfully recruited several people at the center to get Lifeline because they agreed with what she always says: “Lifeline is like a car insurance policy. You hope to heaven you never need it, but if you do, you’ve got it.”

Everywhere she goes, Policky proudly displays her pendant help button, never tucking it into her blouse. To her, this necklace is more precious than any piece of jewelry

could ever be. Although gold and silver are beautiful, she knows such items could never save her life.

“I never take it off, not even for showers because it’s waterproof,” she said. “I can still wear my necklaces with it, too.”

Policky chose Lifeline through Aging Partners in August 2006 because of her diabetes. She had several blackout spells due to low blood sugar and knew she needed the service if she wanted to remain in her home.

“I feel more comfortable living alone because of it,” she said. “It’s allowing me to stay at home longer than I would normally if I didn’t have it.”

Since she began using Lifeline, she has relied on it three times. One time in particular, she pressed the

button after she had blacked out in the living room and one of her responders, a next door neighbor, was contacted by Lifeline and came to assist her.

“It saved me,” she said. “I share my experience with others. I encourage them to get it because if you fall, you can’t always get up yourself.”

Call Aging Partners Lifeline at 402-441-8816 for additional information. 

“It’s allowing me to stay at home longer than I would normally if I didn’t have it.”

– Donna Policky

Robinson Passionate About Helping Others

Tom Robinson, Aging Partners' newest Lifeline volunteer, is passionate about helping older

Tom Robinson, Aging Partners' newest Lifeline volunteer, installs and services Lifeline units regularly.

adults in the local community live a long, safe life.

After working in health care 30 years, Robinson retired and began installing emergency response systems for the next 10 years. He contacted Aging Partners in January, hoping to help with the Lifeline program. Much to his delight, he was put straight to work installing and servicing units. He now works an average of 20 hours a month depending on the need.

Robinson knows his decision to volunteer with Lifeline is making a significant impact in the lives of Lifeline subscribers. Tom's investment of time and effort creates a sense of security and

well-being for both the subscribers and their family members.

In fact, Tom is so highly regarded within the community,

one woman who met Tom in the halls of her apartment complex called Aging Partners to switch her service to the Lifeline program.

"When you're doing something like this, it is a gratifying experience," he said. "Lifeline is something that makes life easier and more comfortable for people. I'm making a difference in these people's lives."

When a pendant's signal is growing weak, it alerts the office whether the owner is aware of it or not. When Robinson receives the call, he contacts the person, explains the situation to him or her and schedules a time to replace the battery or personal help button, ensuring the person's safety.

Although he hopes it's something adults will never have to actually use, he encourages older adults to choose Lifeline because it provides peace of mind and, in many cases, the ability to age in place.

"It keeps people in their homes longer since they have the ability to receive help when they need it," he said. "If someone ever has to use it, they experience what a good thing it is to have. Without it, they could be lying on the floor for hours or even days without being able to get up."

Call Aging Partners Lifeline at 402-441-8816 for additional information today. 

Lifeline is something that makes life easier and more comfortable for people. I'm making a difference in these people's lives."

– Tom Robinson



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Preserving Your Legacy

Nothing compares to the thrill of stumbling upon an old photograph of mom or dad or a treasured item once owned by grandma and grandpa. Often, the discovery sparks a desire to know the story behind the discovered object. Yet, the stories are lost in time.

Just as today's adults wish they knew more about their family's past, tomorrow's adults will wish they knew about the silent and baby boomer generations.

Personal Historian Judy Shutts encourages seniors to preserve their stories now for future generations.

"Think of it as being a good ancestor," Shutts said.

The Importance of Preserving Memories

In today's world, teenagers typically know more about their favorite movie stars than their own grandparents. As time goes on, they'll wonder what their family was like, wishing they had stories, photos, videos — anything to give insight into their history. Although many older adults may believe their stories are of little consequence to future generations, Shutts believes everyone's story is important and deserves to be preserved.

"Our families will be interested in our stories one day, just as we became interested in our parents' and grandparents' stories," she said. "A lot of people say, 'Oh, I wish my dad was still alive. He had all these great stories about the war.' I tell people that you have stories, too. One day, someone will be really glad you told them. Everyone needs to stop and realize that their lives are unique. It's something no one can replicate."



Judy Shutts, right, helps Karen Church, left, preserve her memories through an audio recorder.

Heirlooms are nice, but detailed life stories are the most intimate gift a person can give their loved ones. Shutts explained that memories are a way of conveying the things important to you in life, including music, education, family, religion, art and traveling. Memories go one step beyond heirlooms, communicating advice and wisdom for future generations.

How to Preserve a Life Story

Although journals and diaries are a popular way to record stories, some find writing a rather daunting task. Knowing where to start, how to organize one's thoughts and how to make a story perfect are common deterrents for many who consider journaling.

For those not interested in writing their story, there are alternatives.

Scrapbooking photos with captions explaining the background and purpose of each image is another popular method. Shutts advises adults who choose this method to keep photos out of damp

basements or hot attics where they could be destroyed.

Thekitchn.com recommends compiling signature recipes into a family cookbook. Each generation could add to it before passing it on to their children. Make notes alongside the recipes explaining from where or whom it originated or add photos of the completed dish.

For nearly a year, Shutts has been a professional audio recorder for Voices In Time, a company that uses audio recording devices to preserve the stories of local adults. She believes audio recordings are the best way to preserve memories because of the unique insight the human voice gives a story.

"Having a loved one's story in his or her own voice is something very special," Shutts said. "A voice is powerful. It reflects emotion and personality. This doesn't always happen when you write. Many would be excited to have a photo of a family member, but how much better would it be if they found a story about that person in his or her own voice?"

Choosing which Memories to Preserve

Shutts recommends beginning with a particular event, perhaps a disaster or war. Recording these events will typically trigger other stories. The major events a person experiences are important to include, but not as important as their reactions to those occurrences.

“People are interested in hearing about their family member being in the war, but they really want to know what it was like when they came back from the war and how their lives were different,” she said.

Day-to-day events also are important to include. Future family members will want to know about the things that may at first glance appear insignificant or monotonous such as getting married and adjusting to a new family.

“No matter how common or everyday the story may be, it will reveal something to your family or friends,” Shutts said.

When to Begin the Preservation

Immediately. Don’t procrastinate or wait for the opportune moment because it may never come. Whether 10 or 110, it’s never too early to begin preserving history.

“Memories will fade,” Shutts said. “Capture the stories now before they are lost or forgotten.” 



Carol Meyerhoff, Aging Partners Home Handyman, Transportation and Lifeline Program Manager

Carol Meyerhoff Selected as Nebraska Association of Transportation Providers Manager of the Year

Carol Meyerhoff, Aging Partners Home Handyman, Transportation and Lifeline Program Manager, was named 2012’s Transit Manager of the Year by the Nebraska Association of Transportation Providers.

Charles McGraw, NATP Board Member, West Central Region, said the annual award recognizes the contributions of a Transit Manager to his or her profession.

Meyerhoff, McGraw said, is truly devoted to clients and those who ride public transportation.

“This manager has the true big picture of public transit, and will ask questions on why or how something can be done to better serve her clientele and public

transportation,” he said. “She also has a great ability to work with county commissioners and explain public transportation to them.”

Prior to her current assignment, Meyerhoff worked with individuals of all ages and abilities with the Parks and Recreation program. In addition to her transit responsibilities, she also operates the Home Handyman and the Emergency Response programs.

“Please join me in congratulating Carol Meyerhoff as the 2012 Transit Manager of the Year,” McGraw said. 

Hoarding or Too Much Stuff? Knowing How to Help

Imagine coming home for the holidays to visit mom or dad. You knock on the door, and, as it opens, painful reality hits you. Piles and piles of stuff cover every surface of the entryway. There's barely any walking space, and you begin to worry for their safety. Questions flood your mind: How did I not know this was happening? What could I have done to prevent this? What can I do now to fix it?

Many caregivers have experienced this scenario. However, the method of effectively dealing with the issue depends on what's going on behind the scenes. Collecting and hoarding are two separate issues, said Social Worker Joanne Farrell. One deals with a situation that has gotten out of hand, and the other is a mental illness.

The Similarities of Hoarding and Extreme Collecting

Extreme collectors and those with mental illnesses both involve the excessive collection and retention of things or animals that interfere with day-to-day functions and, in some cases, health, work and relationships. Both are embarrassed by their situation and are generally resistant to revealing their problem to others.

"The base premise is the same," said Karen Braaten, director of Helping Hands Estate Services in Lincoln. "Both are afraid of being judged."

Defining the Differences

Those with clutter issues suffer from "Pack Rat Syndrome," according to a presentation by

the Orange County Task Force on Hoarding. These individuals have large mounds of items that accumulate in spaces not typically used for storage. Often, these people have inherited a large amount of belongings from a deceased relative, suffer from a disability or illness that results in the inability to de-clutter their environment, or have let a mess spread so drastically they don't know where to begin.

"It begins with not having the energy to clean or organize it," Braaten said. "You think, 'I'll just look at it tomorrow.' Then it happens again somewhere else, and then somewhere else. It's a snowball effect, and it becomes overwhelming."

Hoarders, however, have difficulty discarding items when they become unusable or unneeded, according to the International OCD Foundation. They often cannot process information properly and suffer from symptoms of attention deficit hyperactivity disorder. Their possessions are not well-organized or confined to certain spaces such as extreme collectors.

"A hoarder doesn't see an issue," Farrell said. "Their ability to see the reality of it is blurred by the things that are important to them. The people who just clutter and need to downsize realize the issue. That is not hoarding."

Collectors: Determining Where to Begin

For caregivers whose parents or loved ones need help de-cluttering, Braaten suggests several options:

- Offer to help them clean one small area, even if it's just one shelf.
- While helping them clean, ensure the homeowner is making the final decision on what stays and what goes.
- If a parent offers you something, take it, even if it means you'll donate it later. It gets it out of their home and reduces his or her clutter.
- Revisit the decisions to keep items. If there's no storage for it, there's no room for it. Recommend that something else goes in its place.
- Encourage them to reduce the acquisition of new possessions.
- Be patient and don't get frustrated. "When you go on a diet, you don't lose 100 pounds the first week; you lose one pound," Braaten said. "It's a gradual thing. Set small goals. It allows that feeling of success with each step."

Hoarders: Remember It's Their Life

Since hoarding is a mental issue, focus on the person, not the mess, said Gladys Cooper, information and referral supervisor at Aging Partners.

"Going in gung ho and cleaning up is not an option," she said. "It can harm the individual."

Above all else, Cooper urges caregivers dealing with hoarders to remember that it's their life and it has to be their decision to change. If a caregiver forces change, it could ruin their relationship forever.

Instead, Cooper gives these suggestions to influence behavioral change:

a Loved One



- Talk to them about how they feel.
- Ask them if there's some small thing they would like you to do to help them.
- Always ask permission before removing anything.
- Don't be judgmental.
- Take your time.
- Tell them there are people who understand how you feel about your stuff and how you're living, and ask the homeowner if they would be comfortable talking to such a person.
- Realize that some people will never change, and remember you can't force reason.

"If you can't change their behavior, accept it," Cooper said. "You have to decide you're going to love your loved one the way he or she is. Something might come along later that will change their way of thinking."

Local Resources:

De-cluttering resources such as Changing Spaces Senior Relocation Services and Helping Hands Estate Services can help homeowners reduce belongings and empower them to make their own decision about what stays and what goes. Those seeking hoarding resources should contact Aging Partners at 402-441-7070. 

This publication was supported in part by Grant No. 1-470491233-D8 under a subgrant from the Administration on Aging and the Nebraska Department of Health and Human Services.

Clean Mouth = Healthy Body

When striving to live a healthy lifestyle, many think beyond the pearly whites when they should begin with them.

Oral hygiene is often overlooked as people age. Medicare doesn't cover the service, making it an expensive preventive measure that steers many away from the dentist. Many think, because oral conditions are not life threatening like conditions that can develop in other parts of the body, oral health should be low on the list of health priorities. Others fear pain, reflecting back on the dentistry tools of their childhood.

No matter what the reason for neglecting oral hygiene is, the medical community urges older adults to place emphasis on maintaining good oral health as recent studies show that many serious and sometimes life threatening systemic health issues begin in the mouth.

“For decades, there has been a disconnect between caring for your teeth and caring for your health,” said Rita Antonson, geriatric nurse practitioner and clinical instructor at the University of Nebraska Medical Center, College of Nursing.

Oral Health's Effect on the Body

According to the American Dental Hygienists' Association, signs and symptoms of serious health conditions appear in the mouth long before they are seen throughout the body. Dentists look for these signs during regular oral health examinations. Systemic effects of poor oral health include:

- Bacterial Endocarditis: an infection of the inner surface of the heart or heart valves
- Aspiration Pneumonia: an inflammation of the lungs and airways to the lungs from breathing in foreign material
 - Respiratory Tract

Infections: any infection of the sinuses, throat, airways or lungs

- Cognition: negatively affects the ability for one to think and process

Basic oral health conditions such as sores, plaque, dry mouth, ulcers,

periodontal disease and more can affect the rest of the body, according to Mary Christensen, geriatric nurse practitioner and nursing instructor at the University of Nebraska Medical Center, College of Nursing. Bone recession can cause the inability to eat right. Problems swallowing can affect the trachea and lungs. Improperly chewed food can cause stomach problems. Poor oral hygiene lowers the willingness for some to smile or laugh because they are embarrassed about how they look, which affects their emotional well-being and, according to Christensen, the list goes on.

For Those with Dentures

A recent oral health study conducted by UNL students Nathan Warner and Jill Deschaine revealed that the majority of older adults in Lancaster County with dentures never visit the dentist.

“People think that because they have no teeth, they don't need to visit the dentist,” said Peggy Apthorpe, Health & Fitness coordinator. “If food or bacteria gets in there, they're at risk for many health issues.”

Whether someone has all their teeth or has full dentures, they should visit the dentist twice a year. Dentists will ensure dentures are fitting properly. Over time, dentures will need to be relined, rebased or remade due to receding bone structure, weight loss and other reasons. Ulcers can develop if ill-fitting dentures





are not corrected and continue to rub an area raw. If dentures click, fall out or cause sores to develop, see a dentist immediately.

Maintaining Proper Oral Hygiene

Learning how to keep your mouth and teeth clean begins at childhood. Yet, these learned practices must evolve as the mouth evolves with age.

Medications many older adults take such as antihistamines can cause dry mouth. Thirst senses decrease with age as well. For both of these reasons, it's important to drink more water.

As the gums recede and the teeth grow weaker, it's important to continue brushing teeth at least twice a day and flossing once a day. Other tips include maintaining a healthy diet, eliminate smoking, limit alcohol intake and exercising frequently.

Christensen said adults with dentures should massage their gums and routinely check their mouth and dentures for any pain, sores, noises and more.

Beyond good oral self-care, older adults should visit their dental provider twice a year as recommended.

The Cost of Good Oral Health

Warner and Deschaine's recent survey revealed that nearly 61 percent of those surveyed were unaware of local resources to receive free or low-cost dental care. Many local resources are available to those in need including:

- People's City Mission Clinic (free on a first-come, first-serve basis)
- Clinic with a Heart (free on a first-come, first-serve basis)
- College of Dentistry at UNMC (discount for those with low income)
- People's Health Center (fees determined on a sliding scale)

Because Medicare does not cover dental work, Antonson urges older adults to make oral hygiene a health priority by setting aside funds for dental care when possible.

Spread the Word

By educating your friends and loved ones about the importance of good oral hygiene to your overall health, you will increase their chances of living a healthier, longer life.

Christensen, who supervised the recent oral health in aging adults study, said the survey is only "the tip of the iceberg" in further study and community education. The future effects of this survey will hopefully include:

- the addition of oral health assessments to the lists of services provided at the Senior Health Clinic at the Aging Partners' Downtown Senior Center
- the addition of oral health to community health education program list at Aging Partners
- increased communication of where people can find free or low-cost dental care. 



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A Look at Arthritis

Arthritis is the leading cause of disability in the country, affecting nearly one in five Americans to some degree.

Because it affects so many, this condition must be taken seriously, according to Dr. Rick Chatwell, Rheumatologist at the Arthritis Center of Nebraska.

“There’s a perception that this is not as serious as heart disease or cancer,” he said. “We shouldn’t dismiss the impact arthritis has on our population or the economy.”

Knowing the Facts

The U.S. National Library of Medicine defines arthritis as the inflammation of one or more joints caused by the breakdown of cartilage. There are approximately 120 different kinds of arthritis, the most common being osteoarthritis or “wear and tear” arthritis.

Arthritis is more than joint pain. It’s time to visit the doctor when a person has persistent joint swelling that lasts a few weeks, is using medication on a consistent basis and has pain that interferes with normal, everyday activities.

“If you have an occasional ache and pain while you’re out doing yard work, that’s life,” Chatwell said. “If you don’t have to medicate it, I’d give it time before visiting the doctor.”

Arthritis costs the U.S. approximately \$128 billion in medical costs, lost wages and more, as of 2003. More money is spent on over-the-counter remedies and supplements than on actual prescription medication.

“That’s not to dismiss their effectiveness, but there are a lot of

people out there self-medicating who aren’t sure what kind of arthritis they’re dealing with,” Chatwell said.

There are arthritis medicines that are useful for several arthritis conditions such as ibuprofen. However, there are medications that are disease specific. You cannot treat rheumatoid arthritis with a gout-specific medication, for example. Patients suffering from arthritis can often find more effective therapy by visiting the doctor to have their arthritis formally diagnosed and receiving the proper medication for their specific condition.

From 2007 to 2009, 50 percent of adults 65 years or older reported an arthritis diagnosis, according to the Centers for Disease Control and Prevention. The most common misconception about arthritis is that the disease only affects older adults. An estimated 294,000 children under age 18 have some form of arthritis or rheumatic condition, which represents approximately one in every 250 children.

“It’s an equal opportunity inflictor,” Chatwell said.

Understanding there’s Hope

Although it is an incurable disease, those suffering from arthritis can experience improvement in their pain thanks to new technologies, medicines and therapies.

“Just because we can’t cure something doesn’t mean that we can’t help the people manage their discomfort or improve their lifestyle,” he said.

Relief begins with an accurate diagnosis. If caught early, doctors can potentially eliminate long-term

disability. The treatment administered in the first two years of the rheumatoid disease can make a significant impact on the person’s quality of life 20 to 30 years later.

“The more we understand about arthritis, the earlier we can catch it and attempt to stop the effects,” Chatwell said.

Arthritis requires lifestyle changes, but these changes can reduce pain and improve lives as people cope with their disease.

Those with osteoarthritis and similar conditions can focus on joint protection by finding more joint-friendly ways of performing routine activities; for example, sitting on the ground to pull weeds instead of bending over, and pacing daily activities.

A host of new medicines have revolutionized the lives of patients with rheumatoid arthritis.

“When I first came to the Arthritis Center in 1991, we didn’t have enough wheelchairs for everyone in the waiting room,” Chatwell said. “With newer medications, wheelchairs are frequently sitting in the corner.”

For more information on arthritis, Dr. Chatwell recommends visiting the following websites:

- nebraskaarthritis.com
- mayoclinic.com
- webmd.com
- arthritis.org 



*Dr. Rick Chatwell,
Rheumatologist at
the Arthritis Center
of Nebraska*

Reduce Fall Risk Through Tai Chi

What exercise involves slow, graceful movements, has nearly undetectable effort, does not require special clothes or shoes, and is as relaxing as it is beneficial? Tai Chi!

The Chinese practice focuses on the connections of mind and body. It involves a set of simple continuous, rhythmic and functional movements. Although originally developed for self-defense, it has become a serene form of exercise that positively affects overall health.

“For those who are prone to falling, practicing Tai Chi addresses this by strengthening your coordination and movement symmetry,” said Peggy Apthorpe, Aging Partners Health & Fitness coordinator.

Other benefits for older adults who practice this low-impact exercise include:

- improved postural stability
- increased lower body strength
- reduces blood pressure
- alleviates arthritis pain
- enhances mental capacity and concentration
- improves conditions of Alzheimer’s, multiple sclerosis and Parkinson’s
- relieves physical effects of stress
- regulates body weight
- increases flexibility

The exercise is meant for all ages, shapes, sizes and physical conditions. It can be practiced standing, sitting or using a form of support.

Older adults interested in seeing these benefits in their own lives should consider joining the Aging Partners’ evidence-based program “Tai Chi — Moving for Better Balance,” which is

now being offered in Butler, Lancaster, Saline and York counties. Several Tai Chi-trained and certified Aging Partners staff members teach this fall prevention exercise class.

First-time participants should consider the Basic 8 Form class, which focuses on the eight simplest Tai Chi forms such as “wave hand like clouds” and “grasp the peacock’s tail.” The 24 Form Intermediate class is perfect for those with previous Tai Chi experience.

Both classes will be held at the Lincoln VA Nebraska-Western Iowa

Health Care System Auditorium at 600 S. 70th St. when they commence this fall. Basic 8 Form will meet Tuesday and Friday mornings from 9 to 10 a.m. from Sept. 11 to Nov. 30. The 24 Form Intermediate group will meet Friday mornings from 10:15 to 11:15 a.m. from Sept. 14 to Nov. 30. The suggested contribution for persons 60+ is \$2 per class. The fee for persons under age 60 is \$4 per class.

For more information or to register, call 402-441-7575. 



Tracie Foreman, community health educator through the health and fitness division of Aging Partners and certified Tai Chi instructor, leads the Basic 8 Form class for beginners in a series of warmup movements.

2012 Walk to End Alzheimer's

Love to exercise? Want to help a good cause? Then sign up for the 2012 Walk to End Alzheimer's Lincoln Sun., Sept. 16 event at Village Gardens on the corner of 56th and Pine Lake Road.

People of all ages are welcome to join. Walk as a team or as an individual. There is no registration fee, but participants are encouraged to donate along with their fundraising. Those raising more than \$100 will receive an official 2012 Walk T-shirt.

Those who are unable to attend the walk but still want to join the cause are encouraged to donate to an individual or team. Your support will help achieve this year's fundraising goal of \$150,000.

This event is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. It is held annually in more than 600 communities nationwide.

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Live & Learn Debuts New Set Design

Live & Learn has a whole new look thanks to students of Michael Burton's Visual Communication and Presentation class within the Textiles, Merchandising and Fashion Design Department at the University of Nebraska-Lincoln.

When Aging Partners decided it was time for a new set design, they turned to noted artist, art educator and community volunteer Liz Shea-McCoy for help. After giving the request some thought, she felt that UNL students could benefit from being a part of the project.

"I truly believe in collaboration," she said. "When you work together with another individual or organization, you find a stronger and more beneficial outcome. I thought this project was something that could change the lives of the students who would be involved."

Shea-McCoy made an announcement at a Robert Hillestad Textiles Gallery Committee meeting identifying the station's need, and Burton volunteered his class.

"It was perfect timing," Burton said. "I typically include a service learning project in my courses, but hadn't selected one yet. This would be real-world learning, giving students the opportunity to apply the skills learned in class to help others."

Burton brought his 19 students to the set of Live & Learn to view the parameters. They decided to use a green screen design to create a room based off the four core service areas of Aging Partners:



Live & Learn host Kristen Stohs interviews local artist Liz Shea-McCoy, Professor Michael Burton and UNL student Selena Kugler about the new set design for the Live & Learn program.

- Being Well
- Living at Home
- Planning Ahead
- Staying Involved

Each student chose one area for his or her project and utilized Photoshop® or Google Sketchup™ to materialize their vision. After 2 1/2 weeks of labor, the students submitted their designs to Live & Learn.

Melissa Olson's and Selena Kugler's projects stood out among their classmates. Both created rooms based on the Living at Home area. The two designs were combined to create the final set.

Both students were honored to be a part of this project and thrilled to know their hard work will be on display at the Live & Learn set.

"I think it's pretty cool," Kugler said. "It's nice knowing that the project is for a real-life situation and that it will help the program. I love that what I created is being put to good use."

The experience also taught Burton's students skills they can draw from in their future line of work. Kugler, who is a hospitality, restaurant, tourism management major, plans to recall this experience when planning events and creating backdrops.

Look for the new set when it debuts in early July.

Live & Learn can be viewed on 5 CITY-TV or online at lincoln.ne.gov/city/mayor/cic/5citytv/index.htm. 



When you work together with another individual or organization, you find a stronger and more beneficial outcome."

– Liz Shea-McCoy

Frozen Treats to Enjoy This Summer — Without All the Calories

On hot summer days, I still look forward to hearing the ice cream truck's music coming down the road. When I was young and heard the truck coming, I would run home as fast as I could to get some money from my mom and then back outside just in time for a sweet treat. I'm sure you can relate.

Watching Your Figure

As an adult, I prefer a low-fat option, and I can't always get that from the ice cream truck – bummer, right? Ice cream and frozen treats sure are tasty, especially in the summer, but are the calories worth it?

The truth is you really can indulge without all the guilt. I found some low-calorie frozen treats you should try. Keep these in your freezer for when that craving for sweets hits you:

1. Sugar-Free Creamsicle – 25 calories
2. Orange Juice Bar – 30 calories
3. Strawberry Fruit and Juice Bar – 30 calories
4. All-Natural Juice Bars – 50 calories
5. Push Up Pop – 70 calories
6. Pudding Pops – 90 calories
7. Low-Fat Fudge Bar – 100 calories
8. Diet English Toffee Crunch Bar – 110 calories
9. Low-Calorie Ice Cream Sandwich – 140 calories
10. Peanut Butter Cup Sundae – 170 calories per serving

If you have the time, an even healthier option would be to make your own fresh fruit smoothie. Then you get your servings of fruit in as well.

Don't Forget: Read Labels

If you prefer low-fat or sugar-free ice cream, yogurt or sherbet, make sure you read the label because the serving size is key. Usually the serving size is around a half cup. Just something to keep in mind.

What are your favorite healthy, frozen treats in the summertime? 

Fruit Slush Recipe

- | | |
|--|--|
| 4 tablespoons orange juice | 2 1/3 cups frozen summer fruit (blueberries, raspberries, blackberries, strawberries, bananas) |
| 1 tablespoon lime juice | |
| 1/2 cup sparkling water, coconut water, or juice | 4 ice cubes |

Preparation:

1. Pour the orange juice, lime juice and sparkling water into a blender and blend gently until combined.
2. Add the summer fruits and ice cubes and blend until slushy consistency.
3. Pour into a glass and serve.



Hidden Calories in Sweetened Drinks

Summer is here and, with the hotter weather, we tend to drink more. This is a good thing, right? Well maybe not ... it all depends on what you're putting into your body. Are you the type of person to reach for a glass of water when you're thirsty or do you head straight for a sweetened beverage such as lemonade, sports drink, soda or fruit juice?

Yes all of these sweetened beverages are tasty and delicious, but they also contain hidden calories and sugar that we often forget about. Fact: 1 teaspoon of sugar contains 4 grams of sugar, which is equal to 16 calories. This may not sound like much, but consider the average regular 12 ounce can of soda contains

10 teaspoons of sugar, which is 40 grams of sugar, equal to 160 calories. If you decided to order a large 32 ounce regular soda from your favorite restaurant or drive-thru, that would be equal to nearly 427 calories just in your soda — that's almost the same amount of calories most people eat for breakfast! I can think of better ways to enjoy those calories and grams of sugar.

Here is a list of common sugary drinks:

- Regular soda (12 fl oz.) - 160 calories, 40 grams of sugar
- Powdered drink mix (8 fl oz.) - 105 calories, 26.25 grams of sugar
- Lemonade (8 fl oz.) - 100 calories, 25 grams of sugar

- Sports drink (8 fl oz.) - 50 calories, 14 grams of sugar
- Sweet iced tea (8 fl oz.) - 80 calories, 20 grams of sugar
- Orange juice (8 fl oz.) - 112 calories, 22.5 grams of sugar

Most doctors and nutritionists will recommend consuming no more than 40 grams of sugar a day.

Now that we are aware of this, what can we do about it? A simple solution is to switch over to water and/or unsweetened beverages such as sugar-free lemonades and sodas. There's nothing wrong with enjoying a sugary beverage every once-in-awhile, but consider it a treat, rather than the norm in your day-to-day diet. Most of our favorite drinks have a sugar-free replacement available!

Hydration status for older adults

We CAN get through these hot summer months without all the extra calories from sugary drinks! Now that we know our options, how much water and fluids do we need each day? A normal adult is 60 to 70 percent water. We can go without food for almost two months, but can go without water for only a few days. The average, healthy adult over the age of 60 years should be drinking a total fluid intake of 30 ml/kg body weight or 0.06 glasses per pound of body weight and with a minimum of 1,500 ml (6.3 glasses) per day. Always follow the "8 by 8 rule" ... drink at least eight 8-ounce glasses of fluid a day. 

Confetti Summer Salad

2 cups freshly cooked corn (about 4 ears of corn) or frozen whole-kernel corn, thawed
1/2 of a small zucchini, halved lengthwise and thinly sliced (1/2 cup)
2 medium tomatoes, seeded and chopped
2 green onions, sliced

1 medium yellow bell pepper, seeded and chopped
1 medium red bell pepper, seeded and chopped
1/2 cup bottled Light Italian salad dressing
1/4 teaspoon cayenne pepper (optional)
Fresh thyme (optional)

Preparation:

In a large bowl, combine fresh cooked corn or thawed corn, zucchini, tomatoes, green onions, bell peppers, salad dressing, and, if desired, cayenne pepper. Cover and chill for 4 to 24 hours, stirring occasionally. If desired, garnish with fresh thyme.

Yield: 8 side-dish servings

Per serving: 99 calories, 5 g total fat (1 g saturated fat), 0 mg cholesterol, 253 mg sodium, 14 g carbohydrates, 2 g fiber, 2 g protein

BBQ Bliss That Stays Off Your Hips!

Almost everyone enjoys summer and the fun, tasty foods that come with it. Family barbecues and picnics at the park are a weekly occurrence with the devious grilled meats, cream salads and sweet bars to munch on. The problem with all these yummy, fun foods is their tendency to be high in fat and traditional picnic foods, such as fried chicken and potato salad, can wreak havoc on your diet. What are some ways we can make healthier choices without losing the foods we love?

First off, let's name the culprits to unhealthy barbecue eating:

- Mayonnaise-based salads, like potato salad and coleslaw
- Alcoholic beverages
- Fried chicken
- Hamburgers and hot dogs
- Brownies, cookies and other desserts

Instead, aim for a picnic basket that contains a bounty of colorful fruits and vegetables; lean meat, fish or chicken; and a whole-grain salad or two. Try to make each

meal you enjoy resemble a rainbow of red, orange, yellow and green.

Fried chicken is a go-to menu item for the typical picnic, but why not try "oven-fried" chicken? It's just as tasty and crunchy as the original, but saves unwanted calories and heart-clogging fat. Skinless chicken breasts, pork tenderloin and veggie burgers are other delicious picnic food ideas. Try them brushed with barbecue sauce and topped with lettuce, tomato and other veggies. Hot dog lovers, choose the lower-fat brands.

Try swapping out hamburger and hot dog buns with a whole-grain version, which are often located right next to the white-bread versions at the supermarket. Whole-grain products are an excellent source of fiber and better for your heart than white, refined bread products.

To all those delicious, grilled meats, try adding some veggies such as mushrooms, peppers and onions onto the grill. Adding grilled vegetables are great as a side dish or as a topping on grilled sandwiches.

Resist the temptation to load your picnic basket with high-calorie salads held together with mayonnaise.

Mayonnaise-based salads are not only high in fat, but are a medium for growth of bacteria that can cause food-borne illnesses. Instead, use dressings made with less oil and more vinegar or other added liquids such as fruit juices. Using salad dressings that contain acidic ingredients such as vinegar or citrus instead of mayonnaise not only cuts fat, but helps keep foods safer at room temperature.

In starchy salads, substitute whole-grain pasta for white pasta and sweet potatoes for white potatoes.

Dessert is a must at a picnic, and who can resist summer delicacies like berries, cherries and peaches?

A colorful fruit platter or fruit salad is sure to satisfy even the biggest sweet tooth. And what about enjoying big wedges of juicy watermelon? If you must have cookies, brownies or cupcakes, keep the portions small. If cake is on the menu, make it an angel food cake topped with fresh berries and a dollop of light whipped topping.

All-in-all, don't feel guilty if you want to indulge in your favorite treats, just do it in moderation. Also, with these helpful tricks, you may find healthier options to the foods you love while protecting your health a little better! **LW**



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Whether it's running sound, temporarily handling pastoral duties or being an elder, Harland Johnson is committed to serving the congregation at Bethany Christian Church.

A Lifelong Volunteer

Community members agree: the dictionary should consider adding a picture of Harland Johnson next to the entry "volunteer."

There's hardly an organization in town that Johnson hasn't been or isn't currently a part of in some way. Rotary Club. The Red Cross. The Cornhusker State Games. The

Northeast Family Center. Just to mention a few.

"He takes pride in the organizations he's a part of," said Jackie Matthies, secretary/treasurer of the Bethany Business Association, an organization Johnson has been involved with since 1962. "He's never just a

member of an organization; he's an active member. You don't even have to ask him for help; he'll just jump in and get the job done."

Some may wonder why a retired man of 78 keeps busy volunteering when he could be vacationing or relaxing at home. He would answer that it's his faith and love for the community that drives him to give back.

"I have always felt like the community supported me in my career," Johnson said. "When I retired, I wanted to return the favor."

Back Where it All Began

His passion for service started when he was a high school sophomore. While attending a church camp, he took his regular morning walk and found a calming spot where he could meditate. It was in that moment, sitting on a rock looking over a swollen stream, that he decided his life's mission would be to serve others. He consummated his decision by dedicating himself to Christian service at a consecration service later during the camp.

Johnson believed he could best execute his life's mission from the pulpit. After graduating, he left his hometown of Courtland, Kan., and relocated to Enid, Okla., to study New Testament Scriptures at Phillips University and become an ordained minister. His golden opportunity came in 1954 when he accepted a summer job as a student minister at a church in Caddo Mills, Texas, outside Dallas. After experiencing several situations of prejudice against African-Americans, he decided to preach against racism. He was driven from the church immediately.

“The experience shook me out of my dream of being in the ministry a little,” he said. “I questioned whether or not I wanted my family to go through that kind of experience.”

Johnson still became an ordained minister in Salina, Kan., and served as a minister in Glasco, Kan., but he wasn’t sold on his profession. As a result, when the YMCA where he had been working part time throughout his schooling offered him a full-time role, he accepted.

“I viewed this opportunity as a way to continue my Christian service in a different venue,” he said.

Serving Through His Careers

As the full-time youth work director in Enid, Johnson coordinated various activities, organized camps, participated in model legislature programs and more. In 1960, he moved to Lincoln, where he made plans and laid the groundwork for what is now the Northeast YMCA as the executive director.

“There wouldn’t be a Northeast Y if it wasn’t for Harland,” said Chris Klingenberg, current district executive director of the Northeast

YMCA and fellow Lincoln East Rotary Club member. “He has a hand in our programs in all aspects. He still provides us with his insight and experience.”

Johnson’s most treasured moments occurred while leading swimming lessons. He taught more than 10,000 children how to swim, all without a pool. When the Northeast YMCA pool was dedicated in 1999, it was named in his honor.

He left his role in 1976 to become the acting general executive of the Downtown YMCA.

After more than 21 years of service with the YMCA, Johnson became the executive coordinator of the Nebraska Legislature. His experiences with the model legislature programs he ran with the YMCA aided him in his new career. He developed the design for the seven hearing rooms in the state capitol building, which included the addition of a closed circuit television and audio system. He became chaplain for the legislature in 1984, and held both roles until his retirement in 1999.

Serving Through Volunteerism

Although volunteering has become Johnson’s unofficial retirement career, it’s something that

stemmed from years of community involvement.

Johnson became an American Red Cross volunteer nearly 55 years ago and is a 46-year member of the American Red Cross First Aid Team. He was one of the first CPR teachers in Nebraska when the practice was introduced. He is now the “eye in the sky” for the Red Cross First Aid Team and has worked all but one of the Husker home football games in the past 46 years.

“My father had his first heart attack at 54, and neither of my uncles lived past 55,” he said. “I volunteered because I wanted to have people around to save my life if I needed to be saved.”

For almost 50 years, Johnson has been involved with the Rotary Club. He has received the Outstanding Rotarian and Outstanding Citizen awards and was the president of the now Lincoln East Rotary Club. He has 46 years of perfect attendance, which he credits to when he became the chairman of the attendance committee.

“I thought, if I’m chairman, I better have perfect attendance,” he said.

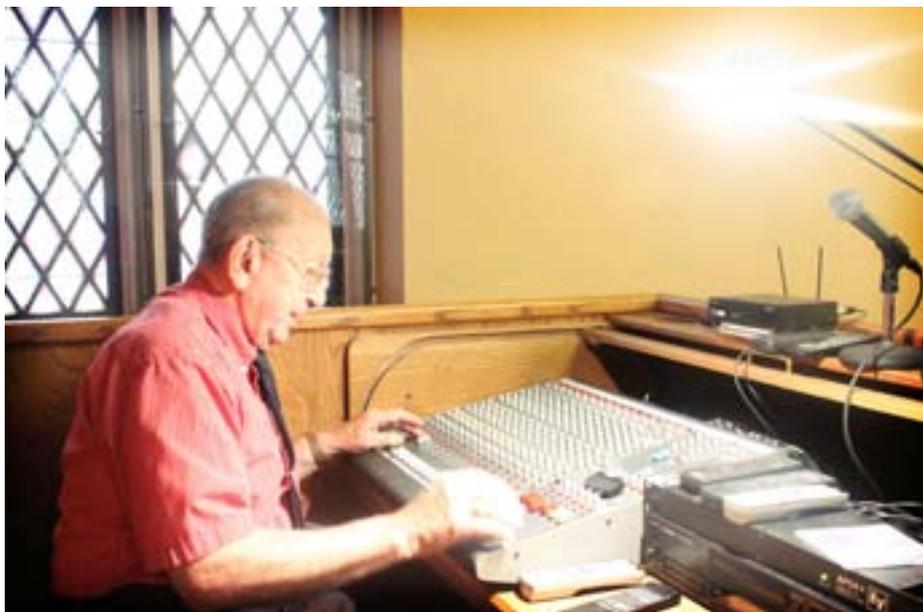
When a rotary club member misses a meeting, he or she has 10 days to make it up in any location. Johnson has made up missed meetings in Chicago, San Francisco, Atlanta and even Peru.

Years later, he remains just as dedicated to the Rotary Club as the first day he joined. When a member in charge of the Teacher of the Month program recently had to drop out due to family reasons, Johnson picked up

Continued on next page.

Harland Johnson is a 46-year member of the American Red Cross First Aid Team and is the “eye in the sky” at Husker football games.





Harland Johnson regularly runs the sound system on Sundays at Bethany Christian Church.

Continued from previous page.

the task and has been leading it for the past five months, Klingenberg said.

“He was having trouble contacting one of the teachers receiving the award, so he drove out to the school and made contact in person instead of picking up the phone like most of us would do,” Klingenberg said. “That’s just the kind of guy he is.”

Staying true to his roots, Johnson has been an active volunteer at Bethany Christian Church since he moved to Lincoln. He has organized and led capital campaigns and was instrumental in the installation and current operation of its video and sound system. He is an elder and handles pastoral duties occasionally.

“Harland is my go-to guy,” said Reverend Daryl Lauber. “Everyone at the church loves him. There are not enough words to express how I feel about him as a person.”

Keeping Busy in Retirement

Johnson jokes that he is busier during retirement than when he was working. Since leaving

his career behind, he joined the Cornhusker Games’ Opening Ceremonies Committee, has furthered his involvement with the Bethany Business Association, plays Santa Claus and the Easter Bunny at reunions and charitable events, remains actively involved with the Northeast YMCA, became a Live & Learn host and more. It’s no wonder he received the Seniors Foundation of Lincoln and Lancaster County’s Keystone Award for his service.

He spends much of his downtime woodworking in his basement, creating crosses of various sizes out of walnut and other types of wood. His most famous creations are made from wood from the State Capitol building. Never once has he sold one of his creations. They are all given as gifts or auctioned off in charities.

One of Johnson’s more recent hobbies is auctioneering. After being a part of several auctions, he wanted to learn the art so that he could host events to raise money for other charities or families in need. After significant practice and determination, he could probably give

Dan Dotson, auctioneer featured in Storage Wars, a run for his money.

Although volunteering keeps him occupied, Johnson makes time for what’s most important, his family. He and his wife of 57 years, Eulah, have three children and six grandchildren. Every month, he will take his grandchildren living in Lincoln out to breakfast to listen to their interests and impart wisdom into their lives.

Inspiring Future Generations

It’s safe to say Johnson has made good on the commitment to service he made in high school. However, he said there’s no stopping any time soon.

“I’m fortunate to have lived as long as I have,” he said. “I will plan to continue to give back to my community as long as I can.”

As he furthers his life’s mission serving Lincoln, Johnson hopes others will be inspired by his actions.

“Get off the couch and find something you enjoy,” he said. “We aren’t always aware of all the community has done for us in terms of education, finances and such. Be involved and give back to the community for the next generation.” Lw



One of Harland Johnson’s favorite hobbies in retirement is wood carving. He shows a cross out of walnut from the State Capitol building.

The Key to Healthy Eating

The hardest part of eating healthy may be knowing where to start.

Aging Partners' new six-week Healthy Eating for Successful Living class provides this point of departure by equipping older adults with the tools needed to begin eating right.

"The class is not geared toward any particular medical condition, and anyone is welcome to learn healthy eating with this class," said Denise Boyd, Areawide Programs & Nutrition division administrator and Aging Partners' registered dietitian.

This evidence-based class, led by Boyd and Registered Dietitian Nutrition Consultant/Counselor Paula Ritter-Gooder, is part of a national program affiliated with the Hebrew Rehabilitation Center in Boston. The class uses material from the USDA MyPlate™, and is based on physical activity, food moderation and a proper mix of food groups in one's diet. The class also focuses on the balance of calcium, fat and sodium in the diet.

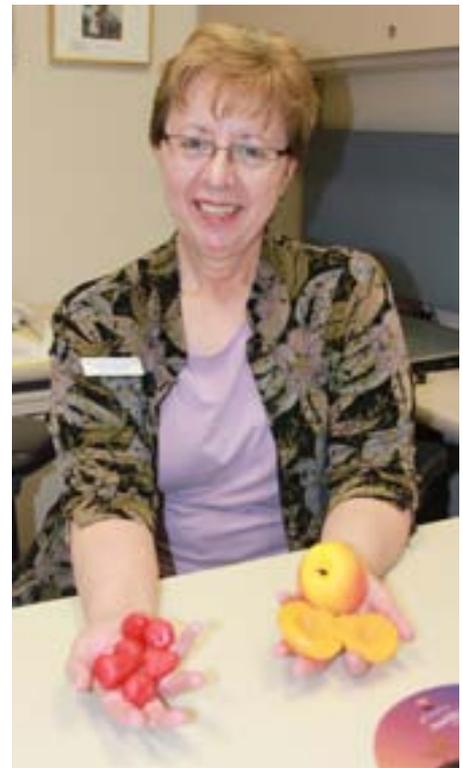
"It offers both information and experiences to help people make significant changes in their diet and nutritional behaviors," Boyd said.

Attendees participate in a variety of activities including food label readings, classroom study, tasting and group discussions. The class utilizes active learning, asking everyone to contribute their thoughts and ideas on topics discussed. Participants have the opportunity to apply what they learn through field trips to a supermarket and restaurant.

"We also give people the opportunity to change their routine by helping them set goals for specific diet and exercise changes, and we will provide some support," Boyd said.

The first six-week course began June 20 at the Aging Partners offices in downtown Lincoln. Sessions last for an average of two and a half hours. The class is limited to 14 participants. Although the target audience is 60 and older, interested adults of any age are welcome. Income-eligible adults age 60+ will be charged a fee based on a sliding scale. For adults under age 60, the cost of the course is \$100. All participants can opt in for an additional seventh session at a local restaurant where they can practice what they have learned at their own expense.

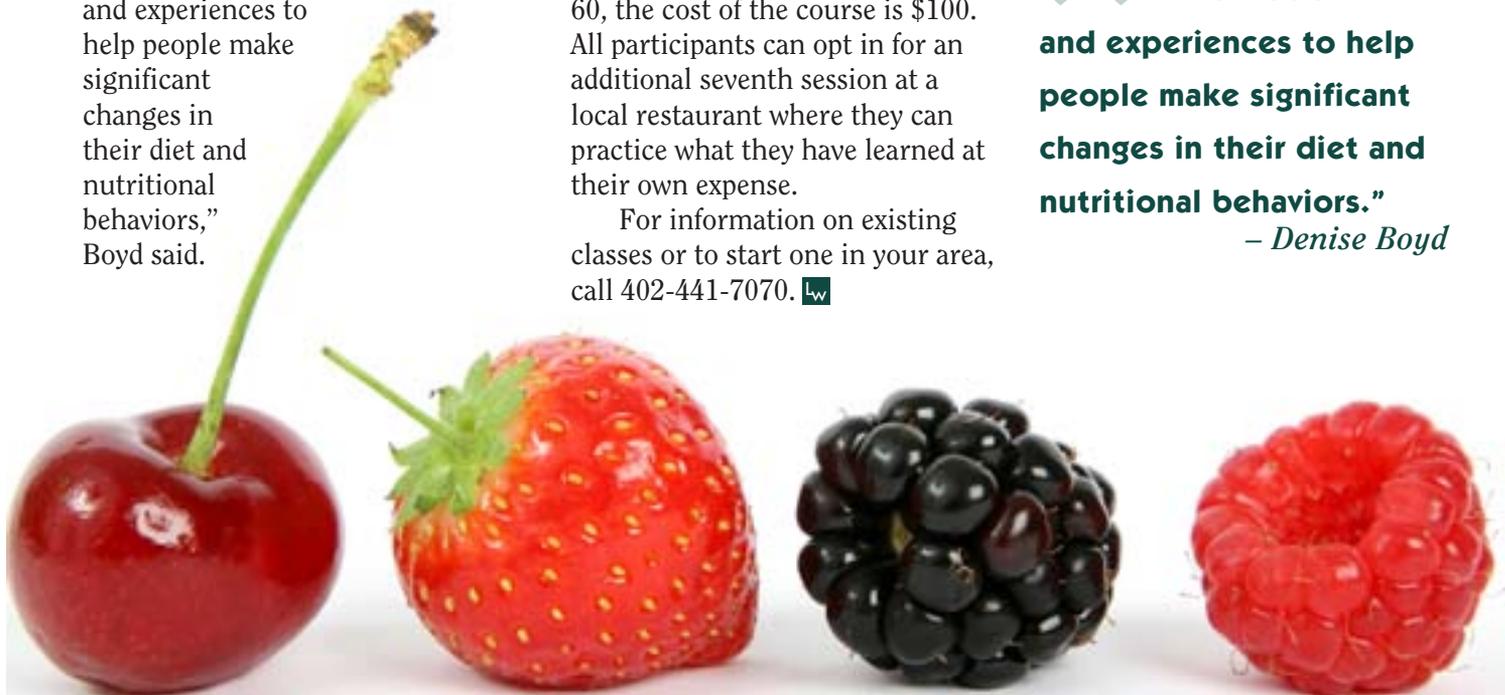
For information on existing classes or to start one in your area, call 402-441-7070. 



Denise Boyd, Areawide Programs & Nutrition division administrator and Aging Partners' registered dietitian, displays strawberries and peaches — a low-calorie snack alternative.

 **It offers both information and experiences to help people make significant changes in their diet and nutritional behaviors."**

– Denise Boyd



The Truth about Reverse Mortgages

For homeowners ages 62 and older considering options for aging at home, a reverse mortgage could be the best choice. However, the confusion surrounding this complex financial agreement pushes many potential recipients away.

The most important aspect to consider is that reverse mortgages aren't for everyone.

"It's like a stock investment; it might be right for you, but not for me," said Houston Doan, Aging Partners insurance and financial counselor. "Reverse mortgages are the same way."

Interested seniors should consider the facts about reverse mortgages before making a decision regarding aging in place.

How Does a Reverse Mortgage Work?

Reverse mortgages allow qualified recipients to borrow money on the equity in their home. Instead of making payments to the lender, the lender makes payments to the loan's recipient. This money can be dispersed in a variety of ways including a lump sum, monthly stipend or line of credit.

Recipients will have to repay the money only when they sell the home. If the recipient is married and his or her spouse is at least 62, the last spouse in the home is not required to repay the money until he or she leaves.

When the recipient leaves the home, whatever the home sells for satisfies the debt, even if the amount owed on the reverse mortgage exceeds the home's sale price. If the home sells for more than what is owed on the reverse mortgage, the recipient receives the remaining profit.

"For many people, it's a win-win opportunity," Doan said.

What are the Qualification Requirements for a Reverse Mortgage?

- You must be 62 years or older and own a home.
- You must pay property tax and insurance.
- You must keep your home in repair.

Thanks to the Homestead Tax Exemption, many adults receive partial or full exemption from their property taxes already.

How Much Can I Borrow?

There are three determining factors:

- Age: Older borrowers are typically allowed a larger sum.
- Home Appraisal: The higher the Federal Home Administration appraisal, the more money he or she will receive.
- Equity: The borrower will receive a higher total if he or she owes little or nothing on the home.

Why Consider a Reverse Mortgage?

The possibilities are endless. Retired individuals still making house payments can use a reverse mortgage to eliminate that payment and better reallocate their resources. Homeowners can use the reverse mortgage as a line of credit for an emergency situation, eliminating the potential disruption of his or her monthly cash flow budget. Those who face the possibility of entering a nursing home, but don't want to leave their house, can utilize a reverse mortgage to pay for private home care.

I'm Interested.

What's My Next Step?

Visit with a local lender and discuss additional details of reverse mortgages. Interested individuals should then consider how the loan fits with their current and future lifestyle. Most lenders require potential borrowers to receive HUD certified reverse mortgage counseling with a HUD certified reverse mortgage counselor. Aging Partners offers this service through an evidence-based program on reverse mortgages.

Through this program, the Aging Partners' HUD certified reverse mortgage counselor will examine the interested party's current situation, which will help determine whether or not the individual meets the qualification required for receiving the loan. The counselor explains the pros and cons of a reverse mortgage in an individual's unique situation. The cost for counseling is based on a sliding fee scale depending on income. The fee is assessed at closing. If the enrolled individual does not qualify for the loan or no longer wishes to pursue their application, he or she does not pay for the counseling session.

To learn more about reverse mortgages, visit HUD.gov. To enroll in the Reverse Mortgage evidence-based program, call Aging Partners at 402-441-7070. 



Aging Partners Announces Expanding Programs and Services

By June Pederson, Aging Partners Director

Aging Partners, the area agency on aging serving an eight-county area in Southeast Nebraska, always has been a tremendous resource for persons age 60 and older. We're developing expanded programs and services to serve people under age 60 as they plan for retirement.

Individuals who have questions about aging parents constitute a significant part of our work. Now, through our **Planning Ahead** core services, adults of any age can meet with our financial counselors as they approach significant birthdays to be sure they are making good decisions regarding Social Security and Medicare. A consultation appointment with our experienced staff can ensure you make the right decision at the right time.

We've been offering the required consultations if you are considering a reverse mortgage—an option available to persons over age 62. This financial option should be entered into with clear information so there are no surprises. Our financial counseling staff can help with this important decision. You can read more about this Aging Partners service on page 24 of this issue of Living Well.

Living at Home is a core service area of Aging Partners. The phrase means something different for each individual. If you or family members are interested in moving from that big home to smaller living quarters, you can contact any number of facilities in our service area. Each will provide the

reasons why their facility is the best option. If you want to begin with an unbiased professional who has only you in mind, a consultation with an Aging Partners specialized staff member can save you time and effort and offer multiple choices to consider. We don't represent any particular facility or option—we are your source for information on all things aging.

You can purchase books at the bookstore that talk about the aging process, or you can meet in person with the experts who have the answers to your questions about aging at Aging Partners. An appointment with one of our care managers can help you or a family member make good decisions with unbiased professional assistance.

Being Well is another core service area of Aging Partners. We offer programs designed to help you make healthy nutrition choices. Our evidence-based programs are designed to give you the tools to develop skills in "Healthy Eating for Successful Living" or "Living Well with Chronic Conditions." In the near future, we will offer a program designed to help you control your type II diabetes with Diabetes "Self-Management Training", which is paid for by Medicare if you are 65 or older, but available to all adults.

Aging Partners Health and Wellness exercise programs are shown mornings on 5 CITY-TV on cable in Lancaster County. If that doesn't fit into your schedule, our Health & Fitness program offers reasonably priced exercise opportunities at

233 South 10th St. in Lincoln that don't require signing a contract. People of any age are welcome. Aging Partners exercise programs aired on 5 CITY-TV such as "Yoga," "Tai Chi," "Stretch & Tone" and "Sit and Be Fit," are available for purchase on DVDs to use at home on your own schedule.



Our fourth core service area is **Staying Involved**. Each month we offer a variety of opportunities for you to connect with others in your community. Many of our educational and special events are offered for a suggested contribution for persons age 60 and older; you'll find they are a bargain at the under 60 price as well. Day trip tours, Dinner and a Show, and Lunch Box Talks are just a few of the opportunities available.

Aging Partners is a unique source of information and help to anyone, regardless of age or income. We have amazing skilled professionals who answer questions and offer options for your needs. For those with limited means, we are here to assist you in finding programs and services that can improve your quality of life. We've been doing that for 40 years, and we can help you. Just call 402-441-7070. We're Aging Partners – and we're only a phone call away. 

Support the Downtown Senior Center at 'A Country Affair'

For 23 years, the Aging Partners Downtown Senior Center at 1005 O Street has given much to the local senior adult community. Thankful participants, their families and supportive community members of all ages can show their appreciation by attending the center's first fundraiser, "A Country Affair," Sept. 22 from 6 to 10 p.m. at the Auld Pavilion, 1650 Memorial Drive, in Antelope Park.

For only \$10, attendees will enjoy a night of good ol' country music and dancing, lip-smacking finger foods and an exciting silent auction.

It begins at 6 p.m. with an interactive performance by the Doeden Swing & Country Dancers. The team will lead a beginner's level dance lesson for those interested.

The event will spotlight well-known local performing artists, "The Southern Cross Band," from 7 to 10 p.m. The band features Downtown Senior Center Manager Denise Howe on rhythm guitar and vocals and her three bandmates, Doug Petersen, Donnie Mason and Charlie Maryska. Although members have come and gone during the band's 25-year existence, their musical essence has remained the same. The foursome will jam out to vintage country, rock and a wide variety of contemporary country at the event.

Food will be served and the silent auction will be held throughout the night. All money raised will benefit the programs and services of the Downtown Senior Center.



The Southern Cross Band — featuring Charlie Maryska, Donnie Mason, Doug Petersen, and Denise Howe — will provide entertainment at the event from 7 to 10 p.m.

"It's a very worthy cause," Howe said. "Our Downtown Senior Center is a hub for this area. It's a place for seniors to meet, socialize, eat a nutritious meal, receive education on healthy living and gain access to a variety of other services for older adults provided by Aging Partners."

She encourages everyone, but especially adult children with aging parents to attend the event, since it provides an opportunity to learn more about the Downtown Center and meet other adult children with aging parents.

Aging Partners thanks the fundraiser's sponsors. Without their generous donation, the event would not be possible. Sponsors include:

Gold Sponsor:

- Right at Home In-Home Care and Assistance

Silver Sponsors:

- Raising Cane's Chicken Fingers
- The Legacy
- Fort Western

Bronze Sponsors:

- Oak Creek Plants & Flowers
- Doeden Swing & Country Dancers
- Dietze Music
- Walgreens
- Goldenrod Digital Color Print & Mail

Tickets can be purchased beginning Wednesday, Aug. 1 at the following locations:

- Aging Partners, 1005 "O" Street
- Right at Home In-Home Care and Assistance, 2120 S. 56th St., Suite 205
- The Fort Western, 56th St. & Highway 2

Tickets also will be available at the door.

Call 402-441-7154 for more information. 

Rural Transit — Keeping You Connected

Whether you live in rural Lancaster County or in the heart of the city, Lancaster County Public Rural Transit is there to facilitate your travel needs.

For only \$2, riders can make a one-way trip into or away from the city without having to worry about parking hassles, construction, driving in congested traffic and other headaches.

“It’s the least expensive transportation service around, and is ideal for anyone wanting to take a trip within Lancaster County,” said Carol Meyerhoff, Aging Partners Program Coordinator.

The Benefits of Public Rural Transit

- It’s an easy way to expand your medical, dental or other healthcare provider options.
- Remain connected with family and friends anywhere in the county.
- Plan a day excursion and explore local attractions, shopping, entertainment, fitness centers and other resources countywide.
- Enjoy a comfortable and roomy ride with plenty of space for you and your packages.
- Buses are accessible and can accommodate two wheelchairs.
- Start your trip one day and schedule your return the same day, later in the week or whenever you choose.

How it Works

Vehicles operate from Lincoln to areas north of the Capital City, Mondays and Wednesdays and from Lincoln to areas south on Tuesdays and Thursdays. Transit service is available 8 a.m. to 5 p.m. One stop on your trip



must be outside of the Lincoln City limits.

Rider Fares:

- one-way fare: \$2
- round-trip fare: \$4
- additional stops: \$2

- 10 punch Rider Card: \$20
- Your first ride is free.

To schedule a ride, call 402-441-7031. All rides must be scheduled at least one business day in advance of the trip. 

Where can **you** turn
when **you** have
questions
about Elder care?



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Let Lancaster County Public Rural Transit get you to where you need to go. An affordable fare of \$2 per boarding allows access to all riders, even those living on a limited budget. A round-trip fare is \$4 with additional stops available for \$2 per stop. Riders can utilize the transit service for many purposes and destinations in the county. Call 402-441-7031 to schedule transportation or for additional information.

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Health Center Provides Care for Local Seniors

Seniors can take their health and wellness a step further by visiting the free Senior Health Promotion Center located on the lower level of the Downtown Senior Center.

Every Thursday from 9:30 a.m. to 1:30 p.m., a handful of University of Nebraska Medical Center, College of Nursing undergraduate students provide care to adults age 60+ under the supervision of a geriatric nurse practitioner and a graduate student.

“When people come here, they are greeted with a smile, and we try to provide a warm, welcoming environment,” said Rita Antonson, geriatric nurse practitioner, clinical instructor and Senior Health Promotion Center director.

Patients are seen on a first-come, first-serve basis, creating a flexible schedule that accommodates each person’s care needs. A suggested donation of \$10 helps Aging Partners continue to provide services.

“There’s no time limit,” Antonson said. “Students work one on one with patients, giving them all the time and attention they need.”

Seniors can take advantage of a variety of free services, including:

- foot care
- ear care
- osteoporosis screening
- blood pressure screening
- blood sugar screening
- cholesterol screening
- medication review
- health education

The clinic is not intended for primary care, but is meant to complement doctor’s visits. If a health concern is uncovered during a visit, he or she will be referred to the primary care provider. The clinic can recommend local resources for patients who do not have a regular doctor.



The regular summer staff comprised of RN Janet Griffin, RN Carol Minarick, RN Elva Janak, RN Betty Dumonceaux and Geriatric Nurse Practitioner, Clinical Instructor and Senior Health Promotion Center Director Rita Antonson are just some of the friendly faces clients will see when they visit the center.

By attending the clinic, seniors will help nursing students gain real-world clinical experience.

“Clients are allowing students to learn from their life experience and how they cope with aging,” Antonson said.

For those in need of transportation to and from the clinic, Aging Partners offers a taxi service for only \$1 each way. A van is provided for groups of four or more. Contact Aging Partners at 402-441-7070 to request service. 



Virgil Deethardt receives foot care from Geriatric Nurse Practitioner, Clinical Instructor and Senior Health Promotion Center Director Rita Antonson May 31.

The Senior Health Clinic will be open the following Thursdays this summer for foot care only:

- July 12
- July 26
- Aug. 16
- Aug. 23

The traditional weekly schedule with all services available will resume in September.

- Wednesdays 9 a.m. - 1:30 p.m.
- Thursdays 9:30 a.m. - 1:30 p.m.

Schott Gives Back Through Home Handyman

New Home Handyman Dick Schott can do almost everything — gutter cleaning, tree trimming, changing smoke detector batteries, deck repairs and more. His one exception: washing windows.

“If I wash windows for other people, my wife will make me do them at home,” Schott said. “I hate window washing. I’d probably do such a poor job at it that people would never ask me back to do it again.”

His journey into the Home Handyman program is a unique one. When his wife read an article on the Home Handyman program in a previous edition of *Living Well*, she signed him up. Although he was uncertain whether or not he was right for the job at first, one month later Schott is thrilled his wife pushed him into this wonderful opportunity.

“I never understood how gratifying it is to take the talents you have as a handyman and help people,” he said. “I didn’t realize how much this experience would mean to me until I got into it.”

On average, Schott handles six or seven work orders a week,

each lasting anywhere from a few minutes to several hours. The experience he gained during his 34-year career as a realtor, 10 of which he spent building houses for a living, has had a significant impact on his participation in the program. Because he has his own tools, Schott is able to handle any task thrown his way.

Although the work is exciting, his favorite part of the Handyman Program is interacting with the people he’s helping. He enjoys conversing with them while working around their house. They are always grateful for his help.

“They’ve been wonderful to work with,” Schott said. “It makes you feel good that you did something to help them stay in their homes. That’s what it’s all about.”

By sharing his story, he hopes to recruit others who will become a Handyman alongside him. Perhaps, he will return the favor and recruit his wife.

To become a Handyman or to request a Home Handyman service, call 402-441-7030. 

What is the Home Handyman Program?

Handymen and women, who are typically retired workers with home repair experience, help local adults ages 60 and above with home maintenance and minor repairs. Examples of such services include but are not limited to:

- Carpentry
- Gutter cleaning
- Electrical repairs
- Plumbing repairs
- Lawn mowing and yard cleanup
- Window and screen repairs
- Safe home environment

They do not undertake large projects such as remodeling, roofing, flooring, HVAC or large painting jobs.

How do I qualify?

- 60 years old or older
- Own and live in the home where the work is requested
- An easy-to-complete application (assistance is available upon request)

Payment is based on a sliding fee scale, and financial information is required only when requesting a reduced payment rate. Estimates and recommendations are free. The estimate fee is included in your fee only if you choose to have Home Handyman do the work.



Streets Alive!

Grab your tennis shoes, bikes, skateboards and roller skates and come to the second annual Streets Alive! event Sun., Sept. 9 from 12:30 - 5 p.m.

Celebrate health and wellness by walking, skating, running or using other methods of car-free transportation through the 3.3-mile route extending from Trago Park to Woods Park. Enter the route from one of eight different locations.

A host of exhibitors promoting healthy living will line the route. Exhibitors include Zumba Influence, Great Plains Bicycling Club and Lincoln Medical Education Partnership. Streets Alive! is a free event, and all ages are welcome to participate.

More than 60 exhibitors showed nearly 3,000 participants how to make a smoothie using only bicycle power, how to load a bicycle on a Lincoln StarTran bus and many other educational tips at last year's event. 

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The Legendary Local Cartoonist — Paul Fell

Famous local cartoonist Paul Fell has touched the funny bones of Nebraskans for nearly three decades and continues to do so.

Fell is best known for his editorial cartoon contributions to the Lincoln Journal Star for many years, yet he hardly considers that phase his peak. Although no longer associated with the Journal Star, the artist continues to build upon his previous success by producing cartoons daily for various papers throughout the country and via an email service to thousands of subscribers.

“There are no retired cartoonists, just old cartoonists,” Fell said.

The Birth of a Legend

Fell is not a born-and-raised Nebraskan. He came to the Cornhusker State from Massachusetts after hearing a hometown friend’s stories about his college experience at Peru State College in Peru, Neb. He enrolled, studying art and playing football.

After graduation, he taught high school art in Auburn, Neb., and was an art professor at Peru State, but his true passion was creating cartoons. While teaching, he began drawing editorial cartoons as a freelancer, creating five cartoons a week for four different newspapers at one point. In 1984, Fell’s passion became a career when the former Lincoln Journal hired him as the editorial cartoonist and newsroom artist.

“How many people can say they get paid for doing what they used to get kicked out of school for doing?” he said.

During the next eight years of his career, Fell created some of his most popular work. Perhaps his most well-known cartoon was created in 1986 following the space shuttle Challenger explosion.

“I was in the newsroom and had already finished the cartoon for the next day,” he said. “Our deadline was noon because we were an afternoon paper, so I usually had my cartoon done the day before. When it happened, we were like everyone else — riveted to the TV for hours.”

Fell’s editor requested he draw a new cartoon related to the horrific event. What he created was a masterpiece now frozen in time: the eagle turned toward the sky with the Challenger reflected in his pupil, tears streaming down his face.

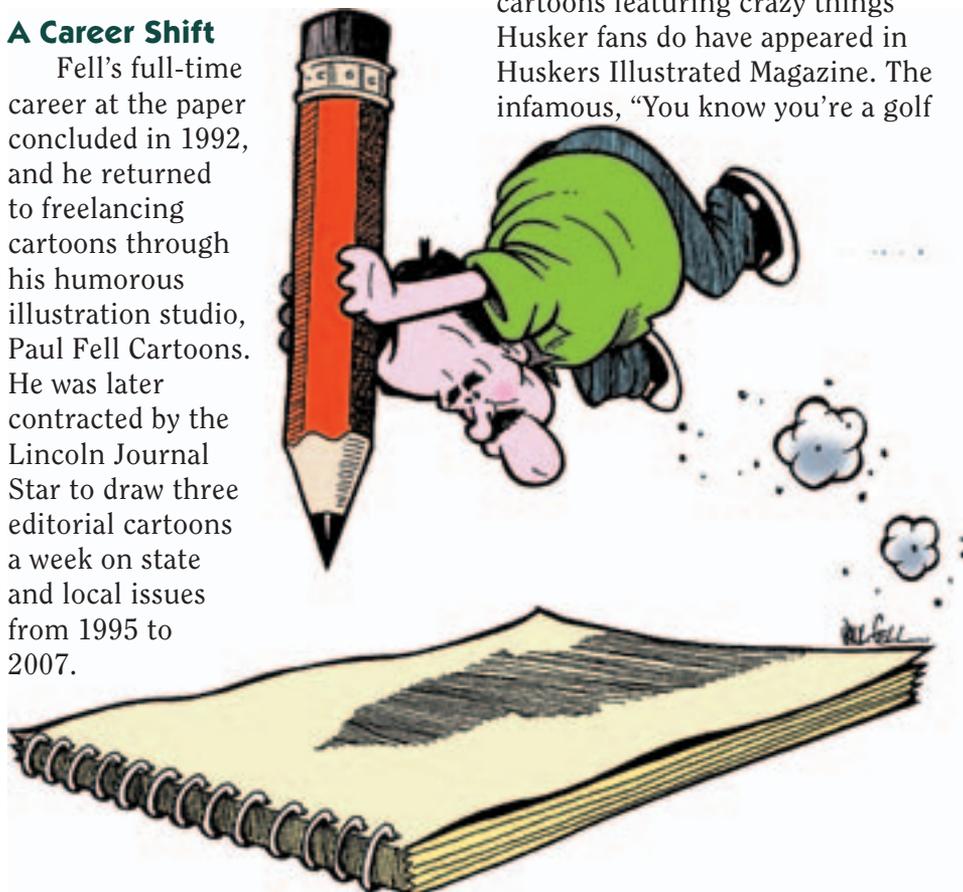
A Career Shift

Fell’s full-time career at the paper concluded in 1992, and he returned to freelancing cartoons through his humorous illustration studio, Paul Fell Cartoons. He was later contracted by the Lincoln Journal Star to draw three editorial cartoons a week on state and local issues from 1995 to 2007.



Paul Fell, local cartoonist

When he moved on from the paper, he continued to impress with his images through other venues. His cartoons began reaching people worldwide thanks to Artizans Syndicate, which distributed his work to newspapers throughout North America and online. His cartoons featuring crazy things Husker fans do have appeared in Huskers Illustrated Magazine. The infamous, “You know you’re a golf



nut” cartoons also were featured on the Golf Nut Society website.

Fell's Undisputed Talent

People often ask him how long it takes to create each cartoon. An idea can take hours, he explains, but the drawing only takes an hour or two.

“Once you come up with an idea, the rest is play time,” Fell said.

Though best known for his editorial cartoons, he also is a talented caricaturist. He claims that not every cartoonist can do caricatures, but every editorialist does. The art requires the exaggeration of a person’s “bad” features and the minimization of their “good” features.

“They tend to be timeless, so you can recognize them,”

Fell said. “After a period of time, you start to look like your caricatures.”

To watch the June 2012 Live & Learn interview with Paul Fell on 5 CITY-TV.Video-on-Demand, go to lincoln.ne.gov/asp/city/vod.aspx?vod=Live%20and%20Learn/live%20learn%20june%202012.mov.

The Journey Continues

Nowadays, Fell busies himself by continuing to create Artizans cartoons. His other recent notable creations include HuskerNutz, Nebraska Press Assn. Toons and Oklahoma Gazette cartoons. He recently began creating a travel

strip for the Executive Travel online newsletter.

He remains actively involved with his alma mater. He and his wife, Arlene, are co-presidents of the Peru State College Alumni Association. He often draws cartoons for the school at their request. Fell credits his alma mater for enabling him to do what he loves.

“Peru State College saved my life,” he said. “If I hadn’t gone to that college, I’d probably be in Massachusetts, laid off from some job in a steel mill. Now, I’m here in the Great Plains still drawing cartoons.” 



“There are no retired cartoonists, just old cartoonists.”

– Paul Fell

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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. 402-441-7070
- **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 and 10 Health, Channel 10. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

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 and heavy housework services.
▲ 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

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call Zoe Olson at 402-441-6156 or email zolson@lincoln.ne.gov. To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email dbaines@lincoln.ne.gov.

LIVE & 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
Jan Noyd, 402-764-8227
- Saline Eldercare
Amy Hansen, 402-821-3330
- 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

Care Management Coordinator,
Joyce Kubicek

- 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, 800-247-0938
- 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 email, 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 email 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
402-441-7575

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, glucose, cholesterol and Sahara Bone Density screenings, and health education. The clinic is open on the lower level of the

Downtown Senior Center most Wednesdays and Thursdays. Call 402-441-7575 for information. Contributions accepted.

- July (Foot care only)
Thursdays, 9 a.m. - 1:30 p.m.,
July 12 and 26
- September (All Services Available)
Wednesdays, 9:30 a.m. - 1:30 p.m.,
Sept. 5, 12, 19 and 26
Thursdays, 9:30 a.m. - 1:30 p.m.,
Sept. 6, 13 and 20

Complimentary 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? Complimentary nutrition consultations are offered by our registered dietitian in the counties of Butler, Fillmore, Lancaster, Saline, Seward, Polk and York. Call 402-441-7159 to schedule a personal appointment.

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 - Moving for Better Balance

VA Nebraska - W. Iowa Health Care System - Lincoln Division
600 S. 70th St. (Auditorium)
This is an evidence-based community fall prevention program for older adults and caregivers. Participants are taught simple Tai Chi movements designed to improve postural stability, improve gait and balance, and build lower extremity strength. Call today for details or to register.

• Basic 8-Form Beginners Tai Chi Class

Sept. 11 - Nov. 30
Tuesdays and Fridays, 9 - 10 a.m.
\$32 suggested contribution for 60+ or \$64 fee for 60 and under.

• 24-Form Intermediate Tai Chi Class

Sept. 14 - Nov. 30
Fridays, 10:15 - 11:15 a.m.
\$16 suggested contribution for 60+ or \$32 fee for 60 and under.

Living Well – Take Charge of Your Health

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 the Nebraska Department of Health & Human Services. Call 402-441-7575 to register.

- Sept. 20 - Oct. 25
Thursdays, 1 - 3 p.m.
Aging Partners Fitness Center
223 S. 10th St., Suite 101
- Oct. 5 - Nov. 9
Fridays, 1 - 3 p.m.
VA Nebraska - W. Iowa Health Care System - Lincoln Division
600 S. 70th Street

Chair Yoga

July 23 - Aug. 27
Mondays, 12:30 - 1:15 p.m.
\$30 suggested contribution for 60+ or \$40 fee for 60 and under.
Class is designed for people beginning or getting back into their yoga practice. Stretching movements are done on or near a chair. Breathing and relaxation exercises included.



Aging Partners Fall Fitness Challenge – “Life’s a Hit When You’re Feeling Fit”

Oct. 1 - Nov. 23

Visit Aging Partners Health & Fitness or participate in Tai Chi or yoga classes two times per week during this fitness challenge and earn a fitness t-shirt. Visit or participate three times per week and be eligible for a prize drawing. \$2 registration fee. Talk with health and fitness staff or call 402-441-7575.

Educational

**Mark your calendars!
Mind/Body/Spirit Day 2012**

Fri., Oct. 26, 8:30 a.m. - 4 p.m.

SCC Continuing Education Center
301 S. 68th St. Place
\$29 fee includes lunch

Spend a wonderful day with us as we explore a variety of topics to help you relax, refresh and renew your spirit. Detailed information and registration brochures will be available in August. Call 402-441-7575 for a brochure.

Caregiver Education Group

1:30 - 3:30 p.m.

Saint Paul United Methodist Church,
1144 M St., Room 145

Parking is available under the church. Enter from 11th Street.

- Tues., July 24
Know Your Medications
A Walgreens registered pharmacist will give a presentation on medication safety. There will also be a Q-and-A period on side effects and interactions. Bring a list of medications you or a loved one takes.
- Tues., Sept. 28
Know Your Finances
Houston Doan and Neal Sandoz discuss powers of attorney,

medical directives, wills, Medicare, beneficiaries upon death, division of assets, long-term care insurance and state partnership laws.

Caregiver Support Group

7 - 9 p.m.

Madonna Rehabilitation Hospital,
5401 South St., Lancaster Room

- Thurs., July 12
Know Your Medications
A Walgreens registered pharmacist will give a presentation on medication safety. There will also be a Q-and-A period on side effects and interactions. Bring a list of medications you or a loved one takes.
- Thurs., Sept. 13
Know Your Finances
Houston Doan and Neal Sandoz will discuss powers of attorney, medical directives, wills, Medicare, beneficiaries upon death, division of assets, long-term care insurance and state partnership laws.

Bob Ross Oil Painting Classes

Sat., July 28 - Waves at Dusk
Lake Street Center, 2400 S. 11th St.
Paint along with certified instructor Donald R. Belik in this one-day painting class. Students will enjoy fun and get surefire results. All materials are provided. This class is from 9:30 a.m. to 3:30 p.m. Cost: \$50

**Aging Partners
Northeast Center Chorus**

July 17 - Dec. 18
Northeast Center, 6310 Platte Ave.
Practice Sessions: Tuesdays, 12 p.m.
There’s nothing quite so satisfying as raising your voice in song with a group of enthusiastic singers. Nancy Kenny, music director, and the Northeast Center are excited

about giving willing participants that very opportunity. No experience necessary; bring your best “*Singing in the Shower Voice*” and a desire to make a “Joyful Noise!” For details, call 402-441-7151.

Free Computer Instruction

Tuesdays, 10 a.m. - noon
Downtown Center, 1005 “O” St.
Work one on one with Catherine Ward to get answers to most questions or problems.

Entertainment

**Saturday Singer/Songwriter’s
Brunch Series**

Downtown Center, 1005 “O” St.,
10 a.m.

If you love music and enjoy getting the inside scoop about the tunes from the songwriters themselves, then this event is just for you. Three local songwriters will share their music and songwriting process with us on selected Saturday mornings. A brunch will be served and door prizes will be drawn.

60+ suggested contribution: \$3
Under 60 fee: \$6
Transportation: \$2
Reservations, call 402-441-7154.

- July 14: Daniel Christian
Nebraska singer-songwriter Daniel Christian has entertained audiences across the nation. In addition to a coveted showcase at Austin’s SXSW Festival, he has performed for sold-out crowds at Nashville’s renowned Bluebird Café, and Atlanta’s famed Eddie’s Attic.
Currently in production on his third album in Nashville, Daniel’s critically acclaimed music blends a pop sensibility

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Aging Partners News and Events

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with folk roots. He has won two National Country Music Festival Awards, and earned five Omaha Entertainment Award nominations, including Best Singer-Songwriter, Best Christian/Gospel and Artist of the Year.

- Aug. 11: Sylvia Griffith
Griffith's songs include ballads, blues, old-time country style tunes like those she heard growing up in southern Indiana, and what could be termed contemporary folk. That range of styles is displayed in "The Road Ahead," her first album, released in October 2005. Sylvia, a psychiatric nurse and nurse educator for 25 years, lives in Lincoln. Currently she is working on two new collections, tentatively titled "Not Ready For The Rockin' Chair" and "Faith."
- Sept. 8: Keith Grotrian
Grotrian grew up on a farm by the Silver Creek in southeast Nebraska. His mother made sure music was always a part of life with singing around the piano at home and hymns in the church choir. He began to take songwriting seriously in the Nashville country music boom of the '90s and lived in Nashville for two years, where he studied songwriting with successful songwriter Jon Ims. It was a transforming experience that taught him to write in the Nashville country tradition. Lincoln is Keith's home, where he continues to write songs that he shares at local coffee shops and backyard jams.

Dinner & Show Series

Cotner Center Condominiums
1540 N. Cotner Blvd.
(North 66th at Cotner & Holdrege)

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

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

- An evening of Comedy and Song, featuring Terry Edwards & daughter Angela
Thurs., July 12

Terry Edwards began his musical journey when he was just 12 years old, learning the guitar from his mother and performing with the family. The family tradition continues as Terry entertains us alongside his daughter, Angela. It's an evening of music and comedy as Terry combines musicianship, impersonations and a variety of music. Terry last performed for us in 2010 and we're happy to have him back.

- Songs From the Golden Age of Country, featuring "Hillbilly" Hal Cottrell
Thurs., Aug. 9

You loved him last year so he's back again! Born in the hills of West Virginia, Hal has been immersed in the world of Country and Bluegrass since age 3. He began playing professionally at the age of 15 and has been twice recognized as the SPBGMA Midwest Mandolin Performer of the Year. If it has strings, Hal can play

it and play it well! He's a singer, songwriter and instrumentalist with great stage presence and a fantastic repertoire. Don't miss this encore performance.

- A Voice for Every Occasion, featuring newcomer Michael Lyon
Thurs., Sept. 13

Closing out this year's season of Dinner & A Show is a classically trained singer who has mastered a number of genres. Michael's extensive and varied repertoire includes Big Band, Swing, Broadway, Cabaret, Classical, Irish, Italian, Opera, Pop and Popera. Although Michael's voice and style are uniquely his own, his fans usually share an enjoyment of the talents of Michael Bubl , Frank Sinatra, Tony Bennett, Nat King Cole and Bobby Darin. He's been called "The most versatile voice in Omaha." Come see why.

Day Trip Tours

Join us for reasonably priced day trips featuring entertaining places and activities. A minimum of 20 riders is necessary to confirm these tours. Call 402-441-7158 for details and reservations.

- Brownville Village Theatre & Brownville Queen
Sat., July 14

Departure: 10 a.m.,
Northeast Center

Return: Approximately, 9:30 p.m.
Lunch: Lyceum Cafe, on your own
Cost: \$60, Transportation, Theatre Matinee and Supper on the Brownville Queen.

Reserve seating by Sat., July 7.
The day begins with lunch on your own at the Lyceum and a bit of Brownville shopping. Next it's a Brownville Village Theatre Matinee!



We'll enjoy "The Apple Tree," a Musical Comedy by Jerry Bock & Sheldon Harnick. Three one acts in one play, with the theme of love and temptation. The first act, "The Diary of Adam and Eve," is a spin on the tale of the world's first couple based on the Mark Twain story of Adam and Eve. The second act, "The Lady or the Tiger?" is set in a mythical barbarian kingdom and explores the fickleness of love. The third act "Passionella" is a modern day telling of Cinderella. Next, it's supper on the "Brownville Queen," sailing up the mighty Missouri River. Seating is limited, so sign up early!

- Grand Island, Nebraska State Fair – Older Nebraskans Festival Wed., Aug. 29
Departure: 7:45 a.m.,

Northeast Center
Return: Approximately 5 p.m.
State Fair fans hated to see the Fair leave Lincoln, but time moves on. Why not be a part of the Nebraska State Fair in its new home — Grand Island? We're planning a bus tour that will take us to the Older Nebraskans Festival at the State Fair. There will be an 11 a.m. stage show featuring beloved country act, Larry Gatlin & The Gatlin Brothers, as well as special festival events designed with Older Nebraskans in mind. A special \$10 non-refundable concert admission bracelet deposit is due Friday, July 13 with the balance due by Wed., Aug. 15. Cost: \$50

- "Batter Up . . . Baseball At Boys Town," Boys Town, Omaha

Sat., Sept. 15
Departure: 8:45 a.m.,
Northeast Center
Return: Approximately 3 p.m.
Boys Town has a long and colorful history with the game of baseball, from the early boy's teams to visits from the legends, including Babe Ruth, Lou Gehrig and Ted Williams. Our tour will include this exhibit and others at the Hall of History Museum, Father Flanagan's house, the Catholic Church where he is buried and a stop at the Boys Town Visitors Center. After that we'll have lunch (on your own) at the Old Country Buffet. Cost: \$40. 

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aging.lincoln.ne.gov



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