

# *LivingWell*

A woman with short, curly blonde hair is smiling and standing on a white metal railing. She is wearing a bright yellow jumpsuit with a colorful patterned scarf. The background shows a body of water and a city skyline with a prominent tower.

## **Seniors Shine in First Talent Show**

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# Director's Corner

We are still wearing big smiles about the amazing events that took place during Older Americans Month in May. Hubert Humphrey III — who is a delightful man — was here for many presentations. Our inaugural “Walk” was a huge success. Seniors enjoyed music and dancing thanks to our wonderful dance sponsors. We learned how to reframe our thinking about exercise from Dr. Michelle Segar and experienced a great start to the first “Dine Out 4 Senior Centers” restaurant fundraiser. We also learned that seniors do have talent and we shared that with Live & Learn viewers throughout the month of May.

In June and July, Denise Boyd and I will travel to meet with each

of the county's elected officials. Joined by our dedicated county program managers, we will share accomplishments with these elected leaders and ask for their support, financial and otherwise, to help older adults in their counties stay in their homes and communities. I look forward to these meetings as the commissioners and supervisors understand the value aging services provide to elders and their families.

We've had rain and sunshine. The farmers markets are open and filled with fresh produce. Recipes in this issue will give you preparation ideas. The state budget was adopted by the Unicameral and signed by the Governor giving us a 2.28 percent

increase in our Community Aging Services Act funding and the same in care management funding, plus a bit more for care management in each of the next two years. Life is good! 



**June Pederson**, *Director, Aging Partners*



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Leta Powell Drake enjoys the view of Lincoln from her balcony.  
Photo by Zoe Olson.

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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.

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*The Nebraska Christian Women's Chorus performs "Ain't She Sweet."*

## Seniors Shine in First Talent Show

**S**erenading voices, tapping feet and beautiful music filled the Savannah Pines auditorium at the April 19 Live & Learn taping of the first Lincoln Seniors Got Talent. The show aired during May in honor of Older Americans Month.

Twelve smashing acts entertained an attentive audience of all ages. The event was an all-around success.

"This show is a window into how older adults enjoy their time," said Live & Learn Host Harland Johnson. "What an excellent way to encourage people to stay active and enjoy life."

Here's a brief look at the talented artists who performed:

### **Kent Bankson, Singer**

Bankson, who rocked the stage with his commanding voice during his rendition of the National Anthem, has been singing in church choirs more than 40 years. Bankson is well known for singing to customers at the Super Saver where he works while they check out. His singing role models include Elvis, Johnny Cash and Willie Nelson.



### **Mary Ann Sonderegger, Pianist**

Sonderegger wowed the audience by playing a medley of tunes to celebrate Older Americans

Month. She has been playing piano by ear since she was 3. Her aunt introduced her to the hobby when she gave Sonderegger a toy piano with a dozen keys for her birthday. It wasn't long before she shocked her mother by playing "Mary Had a Little Lamb" and "Twinkle, Twinkle Little Star" with one finger. Nowadays, she can play almost any tune if she hears it first.



### **Mary Bree, Comedian**

Bree's comedy sketch about retirement home living had audience members giggling. Her comedic trait is one she carries with her 24/7. Her aim, she said, is to put a smile on people's faces.



"I try to make life more interesting for everyone," she said. "When I open my mouth, I never know what's going to come out, even when I perform."

### **The Nebraska Christian Women's Chorus**

The harmonic blend of voices representing nine local churches sang "Ain't She Sweet" and "Beautiful Savior." The chorus, directed at the taping by Judy Shoner and Merilee Tucker, sings regularly in local assisted living facilities.

The group was formed in 2011 when a women appealed to director Nancy Kenny for the need to start a women's christian chorus much like the already formed Nebraskan Christian Men's Chorus. What began as a 15-person group has expanded to 35 people of all ages. The chorus rehearses twice a month at Crestwood Christian Church at 8000 W. A St. The chorus is always looking for additional volunteers. Those interested in joining are encouraged to email [director@christianchorus.org](mailto:director@christianchorus.org).



### Oscar Blomstedt, Ukulele and Harmonica Instrumentalist

Blomstedt played “Lily of the Valley” on the baritone ukulele and “Beautiful Dreamer” on the chromatic harmonica. He has played the tenor ukulele since he was young, but began playing the baritone ukulele three years ago. In his 20s, he picked up his first simple harmonica and taught himself how to play.

“I can play just about any song,” Blomstedt said. “I’ve adapted my own style.”

### Janette Drohman, Singer

Drohman sang along with a CD accompaniment to Martina McBride’s “Safe in the Arms of Love.” She has been singing all her life and mostly performs at her local church. She also has been taking acoustic guitar lessons from Harris Music Studio for more than three years. Her lively, passionate personality exudes through every performance.



### The Original Prime Suspect, an Americana/folk band

This trio made up of Steve Kehler, Jeanette Hill and

Donn Samuelson played “Somewhere Over the Rainbow” and “Carolina Pine.” The group has played together for about six months; coffee shops and retirement communities are their primary venues. Kehler and Samuelson met at a coffee house during an open stage and decided to form a band about two years ago. Wanting to add another to their crew, they turned to Hill, whom Kehler has known several years.

### Marian Frahm, Karaoke Singer

Frahm sang along to the classic Loretta Lynn tune, “The Coal Miner’s Daughter.” When she has time, she enjoys singing karaoke in public across Lincoln and in her church choir. She has been singing since she was 3. Country remains her favorite genre.

“I love singing because you just have this high after you’ve done it,” she said.



### On Tap, Tap Dancers

Nine tappers from the 20-member “On Tap” dancing troupe tapped to two classic songs for the Live & Learn audience. The group has continuously grown since it formed four years ago. Stephanie Chase leads the tapping team, which performs in assisted living facilities during holidays, at community benefits and elsewhere. They even performed in New York City at the Rockette Alumni Association Awards Banquet a year ago. Those interested in joining the group should call Chase at 402-413-4018.

### Jane Pierce, Pianist and Singer

Pierce, who sang and played “Moon River” and sang “People” from the musical “Funny Girl,” often sings at her church. She was an accompanist



*Continued on page 6.*



*Live & Learn host Kristen Stohs introduces On Tap.*



# Seniors Shine in First Talent Show

*Continued from page 5.*

with Lincoln Public Schools until her 2009 retirement. She has been singing since she was 2 years old and began taking piano lessons at age 7. Pierce studied piano at Nebraska Wesleyan University and eventually learned to play piano by ear.

## **Kris Beckenbach, Singer**


Live & Learn host Beckenbach gave the audience a surprising treat when she sang “Oh What a Beautiful Morning” from the musical “Oklahoma.” She draws inspiration from her father, whom she used to sing with as a child.



## **Sam Truax, Comedian**

Using popular songs from yesteryear, Live & Learn host Truax entertained with a comedic sketch that highlighted the aging process. Comedy is a new adventure for him. He hopes to continue his hobby and “unleash what no one’s seen before,” he said.

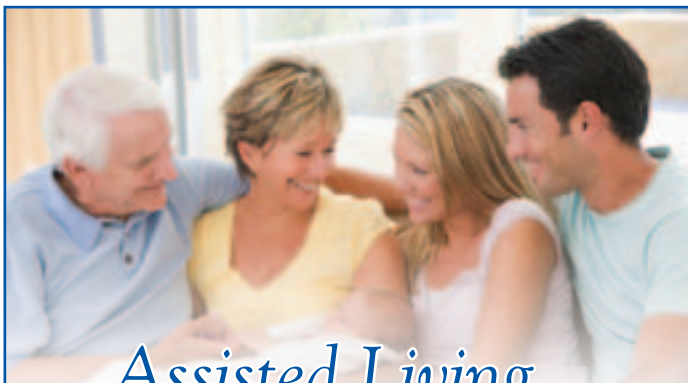


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**What an excellent way to encourage people to stay active and enjoy life.”**

*– Harland Johnson*



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# Experience Streets Alive!

Come celebrate health and wellness at Lincoln's third annual Streets Alive! event Sept. 29 from 1 to 5 p.m.

The free event stretches across a 3-mile route in the Near South and Everett neighborhoods where the roads are closed to vehicular traffic, allowing participants to walk, bike, skate, skip, play or use any human-powered transportation.

"This is a community-friendly event for people of all ages and mobility levels," said Maria Salinas Sherffius, board president of Partnership for a Healthy Lincoln, in a press release.

This year's event includes a new route, which generally runs from Lincoln High School at 22nd and J streets to Everett Elementary School at 11th and C. Participants may enter the event at any location along the route.

Streets Alive! also features new activities this year, including VegFest, a farmer's market organized by Community Crops, and Biketacular, a celebration of all aspects of biking in the community. Fitness and dance activities, music and entertainment, healthy foods, family activities and health exhibits will line the route.

"Streets Alive! is an opportunity to get off the couch and explore this great community," said Mayor Chris Beutler in a press release. "Let's show our kids there are many alternatives to sitting in front of the TV or computer and snacking on junk food."

Last year's event attracted more than 4,000 people and included more than 100 exhibitors representing everything from healthy snacks and health education to Zumba dancing. Carol Jess, Streets Alive! event planner, anticipates a turnout increase of 10-20 percent over last year.

Those interested in being an entertainer, exhibitor, sponsor or volunteer for this event have until Sept. 1 to sign up. If interested, please contact Carol Jess at 402-310-9997 or [cjess@healthylincoln.org](mailto:cjess@healthylincoln.org).

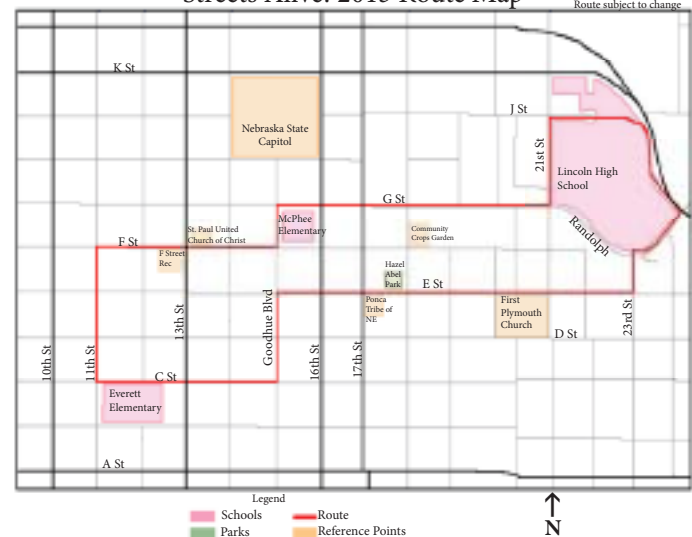
## History of the Event


Streets Alive! originated in Bogata, Colombia, in 1976. The event grew through the years and is now held every Sunday and holiday in many communities in the country. Citizens close many of their main streets to motorized vehicles, which allows human-powered traffic to enjoy the community. The Colombian tradition has expanded to parks where aerobics and yoga classes, live performances and other activities are held.

The event is celebrated in Australia, South Africa, Canada, Brazil and elsewhere. Many communities in the U.S. hold annual events to remind people to get outside, be active and enjoy their community.

Streets Alive! 2013 Route Map

*Tentative!*  
Route subject to change



For more information on the event, visit [healthylincoln.org/streetsalive](http://healthylincoln.org/streetsalive) or the Partnership for a Healthy Lincoln Facebook page. 



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*Participants walk around one of two tracks at Union College.*

## First “Age Strong! Live Long! Walk On!” A Success

In honor of Older Americans Month, 221 people enjoyed the outdoors and walked a mile at Aging Partners first annual Age Strong! Live Long! Walk On! May 17 at Union College Campus.

The event drew a diverse attendance with ages ranging from 1 1/2 to 96. Many grandparents included their grandchildren in the walk. Others came with friends, neighbors, parents, children and fellow senior center participants. Pam Lander, director of Belmont and Maxey Senior Centers, brought

approximately 45 percent of the center’s regular participants to the event.

“I think they enjoyed it because it’s something they’ve not done before,” she said. “It was a new adventure for them.”

Walkers arrived at the campus at 8 a.m. for registration, and the walk followed at 9 a.m. The event offered two courses, one longer, more physically challenging course that walkers circled three times and a smaller, more level course that walkers circled four times.

Participants were encouraged to walk only as far as they felt comfortable. For some, this meant only one lap. For others, such as Alice Stillahn, 70, it meant nearly 2 miles.

“I participated today because I’m trying to keep my health up by walking,” she said. “Walking is something I do most every day.”

Before and after the walk, participants visited vendor booths to learn more about health and retirement living. Live entertainment from bands Rich & Roni and the Plain Label String



*The Plain Label String Band performs for the crowd.*



*Eastmont residents prepare for the 1-mile walk.*





*Sara Friedman checks in for the walk with the help of volunteer Kirsten Sabala.*



*Aging Partners Director June Pederson gives announcements before the walk begins.*



*Jevon Woods Sr. and Constance Woods-Brown enjoy the weather during the walk.*


Band kept walkers motivated during and long after the trek.

The event offered both health and social benefits.

"Many had the opportunity to see some old friends or other center participants they know but never get to visit with," Lander said.

The walkers' response to this event

was positive. Many already are looking forward to next year's event.

"My friends and I really enjoyed it," said Margie Otto, 65. "The event reminds people they don't have to sit around. They can get up and move around, whether it's walking, biking, jogging, swimming, playing croquet, golfing—anything." 

 **My friends and I really enjoyed it."**

*— Margie Otto*

### **Thanks to our "Age Strong! Live Long! Walk On!" sponsors!**

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- Savannah Pines
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#### **Level 2**

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- Celerion
- Gentiva Home Health
- Tabitha — Your Answer for Elder Care
- Walgreens at 48th and Van Dorn

#### **Level 3**

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- Caring for People Services of Lincoln

- Community Health Endowment of Lincoln
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- Tim Francis-Woods Brothers Realty
- Trinity Construction



*Rich and Roni Printz, of the band Rich & Roni, kick off the walk with some country tunes.*



*Grandparents walk with their two grandsons.*

## Humphrey Warns Older Adults Against Scams

Imagine you're 30 years old and lost your life savings in a financial scam. The situation is difficult to accept, but in theory, you have many years ahead to restore your nest egg.

Now envision being swindled at 70.

"You don't have time to rebuild everything," said Hubert Humphrey III. "That's why the issue of senior exploitation is so important."

Humphrey leads the Office for Older Americans, part of the Consumer Financial Protection Bureau that Congress created in the aftermath of the last decade's economic crisis. He recently spoke at Aging Partners headquarters about his office's work to educate and empower seniors in the 21st century global marketplace.

The need for a federal office to address the unique circumstances of older Americans, defined as those 62 and older, is as great as ever. Nationwide, approximately \$17 trillion in assets are under the ownership, control or management of seniors, Humphrey said.

This sheer collective wealth makes older adults a prime target of ripoffs.

"It's not because we're more accepting or because we have some handicaps," Humphrey said with regard to why scams take aim at seniors. "It's because the money's there."

The son of the late Vice President Hubert Humphrey and Sen. Muriel Humphrey, he championed consumer protection against fraud during a political career spanning three decades in Minnesota. The Democrat served 10 years as a state senator and 16 years as attorney general.

He also worked on behalf of seniors as president of the Minnesota AARP and, until recently, served on the AARP's national board of directors.

In the federal role he assumed in 2011, Humphrey manages an office tasked with curbing elder financial abuse and strengthening seniors' ability to make informed financial decisions.

The office carries out these responsibilities by educating and engaging seniors in areas such as long-term savings, retirement planning and health care. It also reaches out to and partners with senior-advocacy groups, law enforcement, financial institutions and government agencies to identify and prevent deceptive practices.

"We need to find ways to stop the abuse and exploitation," Humphrey said. "It has become the crime of the 21st century. Your assets and your life are at stake, and that's why we need to get this right."

He encouraged scam victims to ignore their reservations about reporting the crimes to authorities. Too often, seniors avoid turning to police because they feel embarrassed about being duped, believe nothing can be done to regain what they lost or are taken advantage of by loved ones who they do not want to get in trouble.

But there's reason to come forward.

"By speaking up and speaking out, you give courage to others," Humphrey said. "Financial institutions, law enforcement agencies and others are realizing that this hidden epidemic is affecting a significant portion of the citizens they serve. They are reacting with a more positive and constructive response than they might have in the past."




*Hubert Humphrey III warns older adults about scams. Photo by Zoe Olson.*

The Consumer Financial Protection Bureau's interactive website, [consumerfinance.gov](http://consumerfinance.gov), provides a forum for visitors to ask questions, file complaints and share stories about scams they have encountered.

As of March 1, the site had received approximately 130,000 consumer complaints. Investigating the complaints has led to the return of "millions of dollars" to consumers, Humphrey said.

The agency's work is aided by community-based collaborators, including local police departments and nonprofits such as Aging Partners.

"We have to continue tapping into existing resources like Aging Partners that already are doing such good work," Humphrey said. "We will only succeed if we develop relationships with dynamic organizations like this."

Watch this episode of Live & Learn on Time Warner Cable 5 City-TV, on video-on-demand at [lincoln.ne.gov/aspx/city/vod.aspx?vod=Live\\_and\\_Learn/livelearnjune=2013.mov](http://lincoln.ne.gov/aspx/city/vod.aspx?vod=Live_and_Learn/livelearnjune=2013.mov) or on YouTube [youtu.be/8FeMOlaeB5I](http://youtu.be/8FeMOlaeB5I). 



# Coping with Type 1 Diabetes

**A**ging with a medical condition is difficult, and Type 1 diabetes is no exception.

The American Diabetes Association reports that 25.8 million children and adults in the U.S. — about 8 percent of the population — have diabetes. Only 18.8 million have been diagnosed. As many as 3 million Americans may have Type 1 diabetes, according to the Juvenile Diabetes Research Fund.

Unlike Type 2 diabetes, the more common diabetes among adults, T1D is typically diagnosed in youth and is an autoimmune disease in which the body attacks its own insulin-producing cells in the pancreas called beta cells. Insulin is a hormone used to convert sugar, starches and other food into energy needed for daily life.

Experts aren't sure what causes the disease, but they speculate genes and environmental triggers are the primary culprits. Diet or lifestyle do not affect its onset.

Those with T1D are required to inject insulin frequently. Insulin keeps them alive, but it is not a cure. Insulin is either injected multiple times per day or continuously through a pump. The affected person also pricks their fingers for blood at least six times a day to measure blood-glucose levels.

## Type 1 and Aging

As the aging process progresses, the risks of developing complications associated with T1D — such as heart disease, stroke, kidney disease and visual impairment — increases.

Older adults can lower the risk of developing these complications

by maintaining glucose control, said Pam Wollenburg, diabetes education coordinator at Saint Elizabeth Regional Medical Center. Be aware of the signs of low blood sugar levels, which include sweating, heart racing and confusion, and signs of high blood sugar, which include fatigue, frequent urination and blurry vision. Wollenburg warns older adults that they may not feel the symptoms of low blood sugar as early as they once did.

“Normal blood sugar levels are between 80 and 140 milligrams,” she said. “Because they lose the ability to feel low blood sugar, they could be at 50 milligrams and feel fine. It's important for them to check their blood sugar more often.”

Taking medications for cholesterol and blood pressure as described also is essential in preventing these complications, according to an article from everydayhealth.com. In addition to cholesterol-lowering medication, proper nutrition, exercise and weight control are effective means to control cholesterol. In addition, the American Geriatric Society recommends elderly diabetics take aspirin daily to reduce the risk of heart attack and stroke.

Older adults with T1D should continue to make lifestyle adjustments including smoking cessation, eating regular meals and controlling their diets. Disease.com also encourages older adults with T1D to join a support group to help them stay motivated.

## Advice for Caregivers

As their T1D loved ones age, caregivers play a crucial role in their


health and safety. Wollenburg offers the following tips for caregivers of people with T1D:

- Know how to test their blood sugar levels and give insulin.
- Don't be afraid to get ahold of a doctor if their blood sugar levels are concerning.
- When loved ones are sick, be sure they're still taking insulin as prescribed and that they are drinking at least eight ounces of fluid every hour.

Wollenburg also advises caregivers to recognize the warning signs for elevated levels of ketones and know how to check their loved ones' ketones using a urine check. When ketones are present in urine, it's a sign the body is using fat for energy instead of glucose because an insufficient amount of insulin is available to use glucose for energy. Check ketones when:

- Their blood glucose is more than 300 mg/dl.
- They feel nauseated, are vomiting or have abdominal pain.
- They are sick.
- They feel tired constantly.
- They are thirsty or have a dry mouth.
- Their skin is flushed.
- They have difficulty breathing or their breath smells fruity.
- They feel confused or in a fog.

“If the test is positive, it's essential you get ahold of a doctor or provider immediately,” Wollenburg said. “It's ketones, not blood sugar, that determine if they should be sent to a hospital or not.”

For additional information about T1D and for caregiving resources, visit the American Diabetes Association website, [diabetes.org](http://diabetes.org). 

## Lifelong Change with Evidence-Based Programs

**A**ging Partners promotes health and prevents disease among older adults through evidence-based programs, which are based on research.

Each program offered provides proven health benefits to participants. Not only do they significantly improve the health and well-being of older adults in the community, but they also help attract new participants and funders through innovative programming and create powerful partnerships with other local organizations.

Check out these evidence-based programs offered through Aging Partners:

### Healthy Eating for Successful Living

Eating healthy is a goal for many, but most don't know where to start and which eating model to trust. Aging Partners' evidence-based program Healthy Eating for Successful Living, which launched last summer, equips older adults with the tools they need to lead a healthier lifestyle.

"Everyone thinks they know what they should eat, but this

class helps them make a conscious decision of what to include in their diet," said Denise Boyd, Areawide Programs & Nutrition division administrator and Aging Partners' registered dietitian.

The national program affiliated with the Hebrew Rehabilitation Center in Boston is based on the USDA MyPlate™ model. Attendees will learn about food moderation, how to include all food groups in a diet and the importance of physical activity.

The class uses active learning, which focuses on group discussion, in-class activities and field trips. Participants experience hands-on learning opportunities including a potluck and trips to the grocery store and a restaurant.

This program also provides accountability to its participants. During each class, attendees make goals for the following week. When they return for their next class, they share their successes and failures, and offer tips to one another.

Healthy Eating for Successful Living is a six-week course that meets once a week for about two and a half hours. Each class is led by two trainers. The program requires a minimum of six participants and a maximum of 14. All ages are welcome. Although there is no fixed fee for the class, participants are encouraged to make a contribution.

Their first class of the year began in May. Another class will begin later in the summer. If requests for this class continue,

Boyd said Aging Partners may offer the class year-round.

Classes are currently held at the Downtown Senior Center, but Aging Partners is inviting the community to contact Boyd or fellow program leader Registered Dietitian Nutrition Consultant/Counselor Paula Ritter-Gooder if they'd like to sponsor a class at their facility.

In the near future, Boyd said these evidence-based program will be offered in the multi-county area.

For more information or to sign up for this program, call 402-441-7070.

### Stepping On — Building Confidence and Reducing Falls

Older adults in the community who have fallen or have a fear of falling can learn healthy behaviors that reduce fall risks through Aging Partners' newest evidence-based program Stepping On — Building Confidence and Reducing Falls.

This seven-week course explores different coping behaviors and encourages follow-through of safety strategies in everyday life. Topics include strength and balance exercise, safe footwear, bone health and coping after a fall. Guest experts including local medication professionals, physical therapists and community safety representatives will present throughout the program.

Research shows Stepping





On participants experience a 31 percent fall reduction.

The program was developed and tested in Australia by Dr. Lindy Clemson, occupational therapist. Dr. Jane Mahoney, a geriatrician at the University of Wisconsin and executive director of the Wisconsin Institute for Healthy Aging brought the program to the U.S. Both the U.S. Administration on Aging and the Centers for Disease Control and Prevention have approved the program.

Thanks to a \$25,800 grant from the Community Health Endowment of Lincoln, Aging Partners launched this program in May with a class hosted at Van Dorn Villa Condos on South 51st Street. This is the first of at least eight classes to be held throughout the year.

Each two-hour class is led by one of 19 trainers representing organizations and businesses from around the community and will be held at various locations in Lincoln including the Northeast YMCA and Saint Elizabeth Regional Medical Center. Each class will have about 14 participants.

Peggy Apthorpe, Aging Partners Health & Fitness coordinator, said this program will expand into outlying counties in 2014 once local volunteers can be trained.

For more information or to sign up for this program, call 402-441-7796.

## **Living Well — Take Charge of Your Health**

By playing an active role in managing your chronic illnesses, you can not only take charge of your health, but also improve health care utilization.


The evidence-based program Living Well — Take Charge of Your Health, which has been offered in Lincoln and the surrounding counties since 2009, helps participants make lifestyle choices and changes, adhere to prescribed medical treatment and become educated, responsible and informed patients. Those with health conditions, including arthritis, diabetes, fibromyalgia and congestive heart failure, are encouraged to join this six-week program.

Dr. Kate Lorig and her colleagues at Stanford University's

Patient Education Research Center developed the program more than 20 years ago. It has been implemented in 43 states and 18 countries.

The program includes six two-hourlong, weekly workshops focused on pain management, eating, exercise, medication use, emotional management and communication with clinicians. Participants share practical advice on how to live with their health conditions using action plans and interactive learning.

Classes currently are offered in Butler, Fillmore, Lancaster and Polk counties. Aging Partners' goal is to train leaders in additional counties.

For more information or to sign up for this program, call 402-441-7796. 



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.



*Local Senior Center attenders and supporters eat at Lee's Chicken in support of Dine Out 4 Seniors.*

## Dine Out 4 Senior Centers

**T**here's never been an easier—or tastier—way to support local senior centers than by eating a delicious meal at one of five sponsored local restaurants during the first ever Dine Out 4 Senior Centers event May 22.

Senior Centers Coordinator Bob Esquivel, who organized the

event, was overwhelmed with the turnout.

"We appreciate the support of the community and these restaurants," he said. "We know that, at these times, there are a lot of business that are called upon to be extra generous to the community. Customers who come out to the event are very important to us."

Sponsored restaurants included:

- Golden Corral Buffet & Grill, 3940 N. 26th St.
- Grisanti's, 6820 O St.
- Lee's Chicken, 1940 W. Van Dorn St.
- Stauffer's Cafe & Pie Shoppe, 5600 S. 48th St.
- The Engine House, 6028 Havelock Ave.

A portion of all sales at these sponsored restaurants were generously donated to support local senior centers. This money was distributed evenly among Lancaster County senior centers and was put toward their 2012-2013 goal of collectively raising \$25,500.

Participants voiced their support by telling their servers, "Thank you for supporting our senior centers."

When approached by Esquivel and asked to sponsor the event, Janice Wilcoxon, owner of Lee's Chicken the past 43 years, was eager to help. Her husband, Ozzie, has been an active participant at the downtown senior center in the past. Their family appreciates the impact all local senior centers have had on the community.

"They're such a positive thing," she said. "For many seniors visiting these centers, it is the only time they get out. They have a good meal and meet new people. We're supportive of the centers."

**We appreciate the support of the community and these restaurants."**

*— Bob Esquivel*



*Bob Esquivel, Senior Centers coordinator, and Don Egbert, owner of Golden Corral.*





*Bob Esquivel, Senior Centers coordinator, and Roger Pletcher, owner of The Engine House Cafe*



*Kelly Maxfield, owner of Grisanti's, and Bob Esquivel, Senior Centers coordinator*




*Aging Partners Downtown Senior Center Manager Denise Howe oversees hostess duties in Lee's Chicken owner Janice Wilcoxen's stead during the Dine Out 4 Senior Centers event.*

Those who turned out for the event were equally as excited to lend a hand to this valuable local resource.

"I came out tonight to help keep the senior centers going," said Larry Bady. "We love them and want to keep funds coming in for them."

Retired Aging Partners employee Joseph Moore was one of the many who ate out during the event.

"I've been supporting the senior centers the past 27 years, and, even though I've retired, I want to see them continue to succeed," he said. 



*Bob Esquivel, Senior Centers coordinator, and Ryan Stauffer, a manager at Stauffer's Cafe & Pie Shoppe*

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## Creative Dishes with Bell Peppers

**S**weet bell peppers are versatile fruits — yes, I said fruits — that we can incorporate into our diet in numerous ways. Bell peppers are technically considered a fruit because they contain seeds. Sweet bell peppers grow during the summer months, but are available throughout the year. A variety of bell peppers are available including green, orange, yellow and red.

Choose bell peppers that are brightly colored and mold free. Avoid those with wrinkled or mushy skin or dark blemishes. Store bell peppers in the

refrigerator for up to five days. Sweet bell peppers are abundant at local farmers markets during the summer months. Consider purchasing organic bell peppers as these are less likely to be treated with chemicals or pesticides. Remember to thoroughly wash fruits and vegetables. Bell peppers can contribute a variety of nutrients to our diet with very little calories. Bell peppers are high in Vitamin A and Vitamin C, but red peppers also are a good source of antioxidants.

Sweet bell peppers are versatile and can be included in the following ways:

- Added to omelets, scrambled eggs and egg casseroles.
- Incorporated to casseroles, soups and stews.
- Diced and added to a stir-fry or pasta dishes.
- Sliced and added to a sandwich or wrap –great for lunches.
- Stuffed with brown rice– or add black beans and corn.
- Added to a fresh garden salad for an extra crunch.
- Dipped in hummus for a healthy snack.
- Steamed and seasoned for a colorful side dish. 

\*Source:  
[fruitandveggiesmorematters.org](http://fruitandveggiesmorematters.org)

### Quinoa Stuffed Peppers

#### Ingredients:

2/3 cup quinoa, rinsed and drained  
1-1/3 cup water  
1 tbs and 1 tsp olive oil  
2 clove garlic, minced  
1 small eggplant  
2/3 small onion, diced  
1 small zucchini, diced

\* Recipe courtesy of [allrecipes.com](http://allrecipes.com)

1 small tomato diced  
2/3 cup tomato sauce  
4 bell peppers, tops cut off and seeded  
2/3 cup shredded mozzarella cheese  
salt and pepper to taste  
\*Consider adding black beans or corn to stuffed peppers.

#### Directions:

1. Preheat oven to 350 degrees. Line a deep baking dish with aluminum foil
2. Mix quinoa and water together in a saucepan; bring to boil. Cover, reduce heat and simmer until quinoa is tender and water is absorbed (about 15 minutes).
3. Heat olive oil in a large skillet over medium heat; cook and stir onion and garlic until slightly translucent, about 5-7 minutes. Stir tomato sauce into vegetable mixture; cover and simmer until vegetables have softened, about 10 minute.
4. Stir quinoa into vegetable mixture. Season lightly with salt and pepper. Fill bell peppers with quinoa-vegetable mixture. Place peppers in prepared baking dish. Cover dish with aluminum foil.
5. Bake is preheated oven about 18 minutes or until bell peppers are slightly tender. Remove foil and sprinkle top of peppers with mozzarella cheese. Continue to bake another 3-5 minutes or until cheese or melted.

*Nutritional Information: Makes four servings. Serving Size: one pepper. Calories: 251. Cholesterol: 12 mg. Fiber: 7.5 grams. Sodium: 412 mg. Fat: 9.6 grams. Protein: 11 grams.*





# Summer Salads

**F**resh and crisp green salads always sound better during the warm summer months. There are a variety of fresh vegetables and fruits that we can add to our garden salads to create beautiful and nutritious meals. It's important to be mindful of portion size and what foods are being used, as calories can quickly add up.

Not all salads are created equal. Just because it contains lettuce, does not mean it is healthy. The important thing to remember about salads is what is being put on them. Stacking a salad with toppings that are high in calories, fat and sodium depletes how healthy it is. The following are some common salad toppings that can quickly add up in calories and fat!

- Croutons: 15 croutons add 50 calories and 2 grams of fat


- Bacon Bits: 2 tablespoons add 50 calories and 2.5 grams of fat
- Shredded Cheese: ¼ cup adds 50 calories and 2 grams of fat
- Sunflower Seeds: 2 tablespoons add 100 calories and 9 grams of fat

These toppings may not seem like they are high in calories or fat, but when we add them all together, it constitutes 250 calories and 15.5 grams of fat. This doesn't include any other toppings or dressings that may be included.

Building a healthy salad starts with the type of lettuce that is being incorporated. Choosing mixed greens such as romaine or spinach will add more nutrients



than regular iceberg lettuce. Including fresh vegetables such as tomatoes, carrots, sweet bell peppers, cucumbers, mushrooms, onion and carrots will create a colorful salad that is rich in nutrients and low in calories. Consider including fruits such as mandarin oranges or strawberries for a sweeter flavor. Add some lean protein such as chicken or fish to make a complete meal.

As with most entrees, portion sizes tend to be larger than what it recommended. It's a great idea to fill your dinner plate with fruits and vegetables, but keep in mind that some toppings can quickly add up in calories, fat and sodium. Choose salad dressings that are light or reduced-fat versions. Oil dressings will have fewer calories than creamy dressings. When ordering salad from a restaurant, ask for the dressing to be placed on the side so you can control how much is being used on the salad. 

## Three Pepper Slaw

*Recipe courtesy of tasteofhome.com*

### Ingredients:

1 package (10 ounces) angel hair coleslaw mix  
1 medium green pepper, finely chopped  
1 jalapeño pepper, seeded and chopped  
1 red pepper, finely chopped

3 green onions, chopped  
1/4 cup white wine vinegar  
2 tsp canola oil  
2 tbs lime juice  
1 tsp sugar  
1/4 tsp pepper  
1/2 tsp salt

### Direction:

1. Plate coleslaw mix, red pepper, green pepper, jalapeño and onions in a large serving bowl.
2. In a separate small bowl, whisk the white wine vinegar, lime juice, canola oil, sugar, salt and pepper together.
3. Pour the liquid mixture over the pepper-mixture and toss to coat. Cover and refrigerate for at least 30 minutes before serving.

*Nutritional Information: Makes 8 servings. Serving size: 3/4 cup. Calories: 36. Fat: 1 gram. Sodium: 158 mg. Fiber 2 grams.*

## Farmers Markets

**N**ebraska is known for its agriculture, and, by looking around, we can see why. You don't have to travel far out of town to be surrounded by fields of corn, wheat and soy beans.

Some farmers sell their fresh produce off the side of the road while others participate in local farmers markets. The Buy Fresh, Buy Local Nebraska (BFBLN) program is a campaign that encourages consumers to purchase fresh food products from local vendors. BFBLN is sponsored by the University of Nebraska-Lincoln.

There are many advantages to purchasing products from local farmers. Shopping at local farmers markets not only supports the farmers in our community, but also helps our local economy. As we know, small family farms are becoming harder to come by. Supporting local farmers preserves these family farms. It also helps you

get to know people within your community. Talking with the farmers provides you an understanding of how food is grown and how to prepare it.

Shopping at local businesses also helps protect the environment. A study published in 2001 found that the average food travels approximately 1,500 miles from farm to plate ([iastate.edu](http://iastate.edu)). These food miles depend on the product being shipped and where it is being shipped. For example, most of the corn we eat in Nebraska comes from either our own state or surrounding states.

On the other hand, most of the bananas we consume come from countries outside of the United States, such as South America. Choosing foods that come from

our local economy helps reduce fuel and packaging costs.

There is a nutritional difference in buying fresh produce that has traveled many miles and produce that has been picked and sold during the same day. By the time the produce is picked, packaged and sent to its destination, more than a weeks' time may have passed. Food that has traveled hundreds or thousands of miles will have some of the nutrients lost during the shipping process. Produce that has been picked and sold within the same day or two will have been picked at its peak time and have less time to lose important nutrients.

Farmers Markets are prevalent throughout many counties in Nebraska and a list can be found on the National Farmers Market Directory's website [nfmd.org](http://nfmd.org). Farmers markets are typically open May through September and provide a wide variety of products. Purchasing fruits and vegetables that are in-season will help keep the cost of fresh produce down. Whether you are choosing farmers markets or road side stands, choosing produce from local vendors will ensure you receive high quality product for less. 







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69	\$105.96	\$121.87
70	\$109.87	\$126.37
71	\$113.62	\$130.70
72	\$117.20	\$134.86
73	\$120.37	\$138.36
74	\$123.37	\$142.11
75	\$126.28	\$145.19
76	\$128.70	\$148.02
77	\$130.95	\$150.52
78	\$132.95	\$152.94
79	\$134.86	\$155.10
80	\$136.53	\$157.02
81	\$138.36	\$159.10
82	\$140.03	\$161.10
83	\$141.69	\$163.02
84	\$143.44	\$164.85
85	\$145.03	\$166.77

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*Leta Powell Drake displays awards won by both herself and son Aaron Drake.  
Photo by Zoe Olson.*

## Leta Powell Drake – The Next Chapter

*by Zoe Olson*

**B**roadcast television host, producer, writer, announcer and program director; radio director; featured speaker; emcee; licensed private pilot; champion in horseshoe pitching, golf and bowling; member of the Screen Actors Guild; film and stage actor; board member; director

of development and community relations; member of the Nebraska Broadcasters Association Hall of Fame; Nebraska celebrity.

What in the world is Leta Powell Drake doing now? She remains the epitome of an active and involved retired citizen.

“When I finally decided to retire, I was way over the usual retirement

age,” Drake said. “I was afraid to retire, because I’ve been so active my entire life. The fact of not having to do something was, in many ways, terrifying to me. So I just kept going to work. Fortunately, I had my health so I just kept working. Until I got to the point where I said to myself, ‘we’re all going to die.’ And who knows when. How much time do I have left? So let me now do the things I really love to do. And of course, that’s education.

“I’m a big reader. I read all the time. I love books. And there was OLLI — Osher Lifelong Living Institute — which was a natural fit me.”

Drake started taking OLLI classes. The first was an art class at the Sheldon Museum with instructor Norman Geske.

“It was so interesting, I began to get more involved and take more classes. And what happens when you really love something? You get more committed. Now I’m overcommitted. Some people say I should be committed,” Drake said with a deep laugh. “It’s given me another opportunity to explore, to continue to learn.”

As a result, Drake has been involved with OLLI for several years, helping create classes while using her degree in theatre.

“Let’s get seniors back on stage,” she said.

Drake realized many seniors who had been on the stage were hesitant because they were concerned with memory issues and afraid they would forget lines. Putting a script in a senior actor’s hands gives them one less thing to be concerned about, and she decided to create a class where seniors could return to the stage.

With the help of Dee Aguilar from OLLI and Morrie Enders from the Lincoln Community Playhouse,





*The Radio Active Players.*

the OLLI class known as the “Radio Active Players” was born. The Radio Active Players class has been a tremendous success and Drake is currently preparing for the group’s fifth production.

“That is a very creative process and it’s what I like,” she said. “My creative juices start to flow and the energy just comes.”

Drake realized a story on the history of 10/11, KOLN/KGIN TV has never been written and she had been a part of it almost since the beginning. So many of the people have passed on, and if she didn’t tell the story, who would? She began to chronicle the history, but with a passion to write an interesting story. Drake began by selecting the best stories from her memory and then the truly hard work began.

It’s much more difficult to write than it is to talk,” Drake explained. The book is not a novel, it is history so verifying everything — dates, times, places, the correct spelling of people’s names — is critical, and Drake is committed to accuracy. There are legal considerations; research can be a difficult and time-consuming process; and correctly attributing information to a specific person is critical.

Drake is learning all the nuances of writing a book. She hopes the process of will be completed within the next year resulting in the book’s publication.

Without having to go to work every day, Drake sees a world of endless possibilities. Her advice to seniors who don’t know what to do with their time in retirement: “Open your eyes! Get out there! You’d be amazed at wherever your passion lies — there’s something for you.”

“There’s an interesting irony that my claim to fame would be a children’s television program,” Drake said. She was asked to take over the Cartoon Corral from Sheriff Bill — the first host of the show was moving to the Arizona territory — and she was happy to do it by becoming “the West’s only lady sheriff.”

“I had no idea the program would be so successful,” she said.

At the time, Drake hosted the

hour-long Morning Show. She began her workday at 5 a.m., booking and following up with guests and researching various topics.

“There was no email — we made phone calls,” she laughed.

By 3 p.m. she would take a deep breath, put on the costume, get her energy back up and appear on Cartoon Corral for the live 3:30 p.m. kids show. Her workday ended at 5 p.m.

It was always a learning experience. “Live television, interesting people, things go wrong, problems to be fixed — I loved it,” she said with a smile.

Today, Drake is one of the hosts of Live & Learn, Aging Partners’ show for seniors on 5 City TV on Time Warner Cable. The program also is available online and on YouTube.

“I’m glad to be back on television. I’ve done it all my life,” she said.

“There are similarities — we try to do it like live television — trying to get a segment done in one take. I’m continuing to learn. As I go through the aging process, these things that were predicted to happen are

*Continued on page 22.*



*Kristen Stohs and Leta Powell Drake step up as new hosts for Live & Learn in 2012.*

*Continued from page 21.*

happening to me — the hearing fades, the eyesight dims, the memory starts to go. It's fascinating to watch. And that's what Live & Learn is all about — I've been through this and now I understand."

Drake began her career in broadcasting in 1956 in Duluth, Minn., almost by accident. As a high school student, she entered the American Legion-sponsored "I Speak for Democracy" essay contest for high school students in grades 10–12 and won it not once, but three consecutive years. This program continues today. Oddly enough the station was CBS affiliate KDAL, channel 10.

"The trophy I won went to my high school and my prize was a portable plastic radio," she said.

When she won the third time, they recorded her voice and they offered her a job. Drake turned them down as she had plans to attend college, and she admitted with a laugh that she thought television was never going to last.

"Programming in the beginning was just awful," she said.

However, she needed money for school and she began as the night receptionist — one of the jobs in television available to women.

"The news room wasn't just locked to women, it was bolted and there was rebar in the glass ceiling," Drake said with a laugh.

However, everything on television was live and as the only woman there at night, she was asked to do the commercials — "I was learning how to do live television without even realizing it," she said.

She was studying at the University of Minnesota, performing in theatre, and working at the television station.

"I've always been out there doing way too much," she admitted.

Dr. William Morgan, Drake's professor at the University of Minnesota, accepted a job at the University of Nebraska-Lincoln's Theatre department and recruited her to come to UNL as a graduate assistant.

"Where is Lincoln, Nebraska? All I had read about Lincoln were the Charlie Starkweather murders and that Carl Shapiro, a Pulitzer Prize winner, was an English professor there," she said. "I got a graduate assistantship and said, 'I'm going to Nebraska!'"

Living on graduate assistant pay required Drake to look for other jobs to pay the bills.

"LT&T was having auditions for a commercial — I was seasoned with four years experience so I began doing all kinds of live commercials for Channels 10/11. I ran to classes, acted in the theatre, ran to the station to do commercials — I was always running. I'm still running. What makes Leta run? I don't know," she said, laughing. "I did not plan to stay in Lincoln. I was going to Broadway. Once I got to 10/11, I hosted the Morning Show and Cartoon Corral. One day I looked at my watch and I said, 'Whoops!' Twenty years have gone by! I love Lincoln. It's my home."

An added benefit was that Lincoln was the perfect place to raise her son, Aaron Drake.

"When you have a small child and you are raising that child by yourself, the vagaries of the theatre district in




*Leta Powell Drake has come a long way since her time as Kalamity Kate, the West's only lady sheriff, on Cartoon Corral. Photo by Zoe Olson.*

the big city are not good for a precious little boy," she said. "My primary responsibility was to him and make sure his life was as good and stress-free as possible. I loved my job. I could be on the stage here and encourage Aaron in his swimming. He made it to the Olympic Time Trials in the 100-meter breaststroke. Lincoln was the perfect home for us. Nebraska is home."

When her book, "The Calamities of Kalamity Kate," is published, where will Drake use her boundless energy in the future?

"I would like to travel in the Kalamity Kate costume — but it's tight — it cuts off my breathing and restricts the digestion," she laughed. "I'd like to speak to groups and answer questions; talk to the people who were kiddies on the show, who are now grown adults and get their perspective. I think it would be fascinating."

And so Nebraska, Kalamity Kate returns! Ready or not. 



# Leta Suggests: OLLI Radio-Active Players Present "The Roaring Twenties"

OLLI is looking for a few good men and women — seniors 50 plus — to take the stage at the Playhouse for "The Roaring Twenties: Follies, Scandal and Vaudeville" show in October.

How long has it been since you've been on stage? Or, never been on stage? Now is your chance. You don't have to memorize lines. You will read from a script.

Can't dance or sing? No problem. If you can tell a joke, you're invited to audition on Monday, Sept. 9, between 1 and 3 p.m. at the Playhouse, 2500 S. 56th St. OLLI membership is not required. No reservation is necessary. Just show up at the Playhouse. Singers, please bring sheet music. Dorothy Applebee

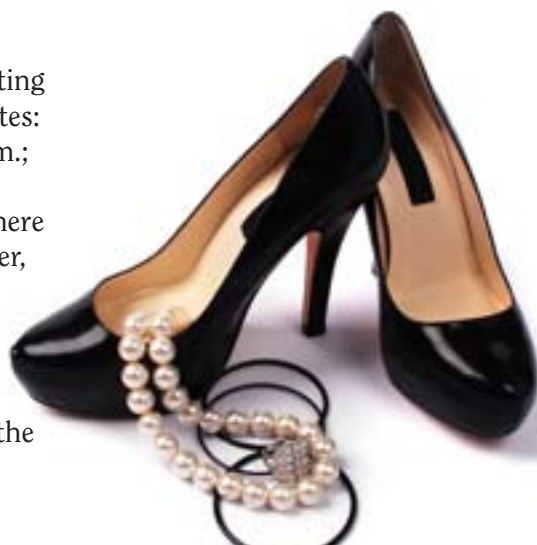
will accompany you on the piano. Or, bring a short joke, dance, comedy routine or specialty act. Solo or groups are welcome. Morrie Enders, Lincoln Community Playhouse Executive Director, will direct the show.

Rehearsals are Mondays and Wednesdays from 1 to 3 p.m. starting Monday, Sept. 16. Performance dates: Tuesday, Oct. 29, at 2 and 7:30 p.m.; and Wednesday, Oct. 30, at 2 p.m.

Be a part of the madcap era where anything goes: Be a flapper, a hooper, a red-hot mama, a comic or song bird as we celebrate the Jazz Age, the Follies and Vaudeville during the Roaring Twenties.

The show is free and open to the public.

To get involved, contact:  
Leta Powell Drake  
OLLI Arts Chair and Radio-Active Players coordinator  
402-477-8418  
letapdrake@gmail.com 



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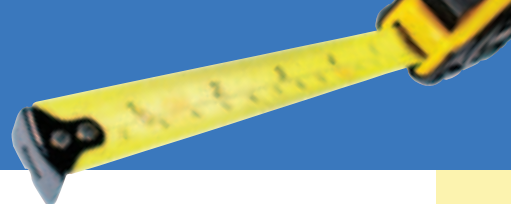
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## Celebrating 41 Years of Service

**A**ging Partners' Home Handyman Program provides home maintenance and minor repairs for seniors in Lincoln and Lancaster County.

Our handymen and women are typically retired workers who have learned home repair from years of personal experience.

We are featuring some of the recent work requests to demonstrate the creative, quality work we do. Our portfolio includes minor carpentry, electrical work, plumbing, window, door or screen repair, gutter cleaning, mowing, trimming, edging, and general yard work and heavy housework.

Seniors are welcome to call 402-441-7030 to become a Home Handyman Program client and begin receiving services. In fact, we recommend including us as one of your pre-programmed numbers in your phone so we can be reached with a press of a button.

We also are interested in adding a few quality handymen or women to our team. We welcome new and nearly retired handy individuals who are trustworthy, honest, hardworking and invested in supporting seniors' choice to remain independent and living at home.

To get involved, call Aging Partners and see if your skills and interests match with our seniors' needs. Contribute in making Lincoln and Lancaster County an even better place for seniors to retire and age with dignity, choices and the ability to live independently.

Home Handyman Program  
402-441-7030

Weekdays: 9 a.m.-4:30 p.m. 

*Marcella Koch can walk safely into her home and across the basement stairs without fear of losing her balance thanks to a handrail that Home Handyman Bill Petska created for her. The bar lifts up and out of the way when using the stairs.*



*Mel Bates keeps lawns looking great by mowing, trimming and general yard work. He also performs most minor home repairs.*



*LeRoy Rogers uses his years of home maintenance and repair experience to fix a leaky toilet, saving a senior a hefty water bill. He specializes in plumbing and electrical projects, window and door repair and grab or safety bar installation.*



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# Give Through Lincoln Cares

One dollar can't get you much these days, but it can be put toward a good cause with the Lincoln Cares voluntary donation program.

Lincoln Electric System customers have the option of adding \$1 to their monthly bill payments. Lincoln Cares began in 2003 and originally supported only Lincoln Parks & Recreation. The program expanded last year to include Lincoln City Libraries and Aging Partners.

"It's a simple, easy way to contribute to three worthy programs, including Aging Partners," said June Pederson, Aging Partners director.

The portion of every donation Aging Partners receives supports client needs not covered by the budget.

Last year, Aging Partners received nearly \$7,000 in donations through Lincoln Cares. This sum benefited the Snow Removal Program, a service for low income older adults who still live at home and have no family or neighbors to help them clear their sidewalks and driveways.

This year, Aging Partners will use its donations to replace fitness equipment for the Health and Fitness Center at 233 S. 10th Street. Since July 2010 when the center opened, 418 individuals have made 23,636 visits. Many of these individuals not only used the equipment, but also took advantage of personal training services, yoga and Tai Chi classes. The center seeks input from participants and staff about what type of equipment should be purchased with Lincoln Cares dollars. Possibilities include a new NuStep, recumbent bicycle and equipment for assessing balance and preventing falls. The final purchasing decision will be made Sept. 1.

This year, every dollar donated goes further thanks to the Seniors Foundation of Lincoln & Lancaster County, which will match the funding Aging Partners receives from Lincoln Cares.



## We Need Your Help!

When the program began, donations averaged nearly \$6,000 a month. These numbers have slowly diminished.


Approximately 80,000 households receive an LES bill, but only 4 percent donate.

Aging Partners and Lincoln Cares encourage people to donate and hope to see these numbers increase yet again.

"We want to raise awareness of this simple and direct opportunity Lincoln residents have to give back to their community," Pederson said.

## How To Donate

There are five easy ways to donate:

1. Add \$1 to your LES bill payment.
2. Pay online at LES.com. Click the "Pay Your Bill" tab and "LES Automatic Bank Billing Form" option.
3. Call LES at 402-475-4211 and request your Lincoln Cares donation be added to your monthly payment.
4. Send a donation to Lincoln Cares, 2740 A Street, Box 201, Lincoln, NE 68502. Make checks payable to Lincoln Cares.
5. Donate online at [LincolnCares.org](http://LincolnCares.org). 



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# Polka Pandemonium!

The Downtown Senior Center at 1005 O Street has provided programming, entertainment, meals and education to Lincoln's older adults nearly 24 years. An eclectic crowd of retired business people, homeless, college professors and others rely on the center for socialization.

Show your support for this Lincoln treasure by attending the second annual Downtown Senior Center fundraiser entitled "Polka Pandemonium!" The event will be held Sept. 6 from 7 to 10 p.m. at Antelope Park's Auld Pavilion at 1650 Memorial Drive.

Attendees will enjoy homemade kolaches with flavors including apricot, cherry, poppyseed, prune and cream cheese, each crafted by Dorothy Slein. From 7 to 8 p.m., the Doeden

Swing & Country Dancers will teach polka dance moves. Immediately following, Sue Underwood and the Blue River Czechs will perform.

Tickets are only \$10 and can be purchased at Aging Partners beginning Aug. 1, Triumph Home Health Supplies or at the door. All ages are welcome to attend. Money raised will benefit the programs and services of the Downtown Senior Center.

"People should consider attending because it is their opportunity to support a wonderful community resource that benefits everyone in the long run," said Denise Howe, Aging Partners Downtown Senior Center manager. "For adult children, the facility eases their mind that their parents are enjoying life and engaging in

**Guardian Angels**  
**Homecare**



social activities. Seniors who use our center also should participate. To continue to offer our services, we need to have people pitch in and offer their support."

## Thank you to our sponsors:


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# Roll Out the Barrel! – A Fundraiser Benefiting the Rural Senior Centers


**J**ust as critical as the Downtown Senior Center are the five rural senior centers throughout Lancaster county. These locations provide the same valuable services as the Lincoln senior centers.

Whether you live in Lincoln or in the surrounding areas, come support the rural senior centers at their fundraiser, “Roll Out The Barrel!,” July 12 from

7 to 10 p.m. at the American Legion Hall at 106 Locust St. in Hickman.

The event kicks off with dance lessons courtesy of the Doeden Swing & Country Dancers, followed by polka tunes performed by Sue Underwood & the Blue River Czechs polka band, and kolaches will be served. A cash bar is available. All tips directly benefit the senior center.

Tickets are \$10 and can be purchased at any time during service hours at any rural senior center – Hickman, Bennet, Firth, Panama and Waverly – and at sponsors’ facilities.

Audrey Roesler, rural senior centers’ manager, extends thanks to the events’ sponsors: Waverly Care Center, Voice News in Hickman and Haven Manor in Hickman. 


## About the Band

**S**ue Underwood and the Blue River Czechs have performed together since 1999. The seven-piece orchestra, located in southeast Nebraska, works primarily out of Wilber, Neb. – the Czech Capital of the U.S.

The band specializes in traditional Czech polkas and waltzes, plays a small variety of big band music from the 20s through the 40s and will even

use a guitar to play some country with button box backup and a smooth bass horn.

Underwood is a 2006 inductee into the Musicians Hall of Fame and now sits as the head of the committee. Her musical instrumentation through the years have included saxophone, clarinet, oboe, button accordion, dudy (Czech bagpipe), guitar, banjo and mandolin. She is currently

learning the violin and bass. Her father, Gunner Prochaska; aunt, artist Ione Ray; and accordionist Leonard Becwar inspire her. She took over Becwar’s orchestra when he retired. Three of her musicians also are inductees in the Hall of Fame: Galen Beck, Mike Kassik and Debbie Polacek. 



*Sue Underwood*



*The Blue River Czechs*

# York Relies on Rural Transit

**F**or Danna York, Lancaster County Public Rural Transit is more than just a means of transportation — it's her lifeline to staying fit, running errands and visiting friends.

York called the city of Lincoln to inquire if it offered public transportation between Waverly and Lincoln. She learned of Rural Transit and began using the service immediately.

"I thought it was only for the physically handicapped," she said. "When I found out it was for everyone, I began riding."

Without rural transit, York would depend solely on friends and family for rides into Lincoln.

Every Monday and Wednesday, the bus picks her up at her house at 8:30 a.m.

Once she arrives in Lincoln, she typically begins her day at Goodyear Fitness in Havelock where she exercises on the treadmill and uses weight machines.

"I've always been one to work out and improve my health; I love it," she said.

York's trip continues with another bus ride to the grocery store, a friend's house, a restaurant for lunch and the mall. She packs her day full of activities until the bus takes her home at about 2 p.m.

"I enjoy the flexibility it provides," she said.

Riding the bus weekly has helped York develop new friendships with fellow riders. She enjoys conversing with them on her way to and from Lincoln and even sees some of her new friends at the same places she runs her errands.

"It's nice to meet new people; you can never have too many friends," she said.



*Rural Transit driver Dell Spier drops off Danna York at Goodyear Fitness.*

York is grateful for the service Public Rural Transit provides and encourages others who are unable to drive or unwilling to take their vehicle into town to give the service a trial run.

"A lot of people truly depend on rural transit because that's their only way of getting around," she said. "I think the service is important. I'm thankful for it. In fact, I wish it would actually run more often."

## The Benefits of Public Rural Transit

- It's an easy way to expand medical, dental or other health care 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 countrywide.
- 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 on 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: \$2
- Round-trip: \$4
- Additional stops: \$2
- 10-punch Rider Card
- Your first ride is free!

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



# Saline Eldercare Celebrates 21 Years with a Name Change

Saline Eldercare, with its Advisory Board and approval from the Saline County Commissioners, is proud to announce their name change. To better identify itself, it will now be known as Saline County Aging Services.

For the past 21 years, Saline Eldercare has served residents of Saline County who are 60-plus and their caregivers. When founded, Eldercare was named for the Eldercare Grant awarded to start a county aging services agency. In 1993, the term elder care was a relatively new buzzword, but adequately described what the program planned to do. Driven by caring, Eldercare set out to advocate for and provide services for Saline County residents approaching retirement age. Through the years, it has changed and grown. Albeit, some growth has hurt and some change has been unpopular, all has been done with the care and concern of its clients in mind.

The term elder care has evolved as well, becoming a broad and generic term used by a plethora of agencies both for and not for profit. Saline County Eldercare, as it was legally known, was slowly losing its identity. Through

the years, the “county” was dropped. Recently, it has been known as Saline Eldercare or Eldercare. While this is handy, two separate issues have cropped up. First, it was increasingly receiving calls from people who believe Saline Eldercare is a nursing home or a home health agency. Secondly, many people do not realize that it serves the entire county of Saline. While the first is only a slight issue, the second is especially concerning as it wants to reach all of the 60-plus residents of Saline County and their caregivers.

In the same spirit in which the program was developed, the staff and board wish to continue to grow and expand the program. As the needs of its clients change, so must the organization. It must be accessible, flexible and ready to serve as Saline County Aging Services.

For more information regarding services, please call:  
Saline County Aging Services  
109 W. 3rd St., Wilber, NE 68465  
402-821-3330 or 800-778-3309 

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# Celebrate Active Aging Week

**A**t the end of every September, a week is set aside to promote and publicize the efforts of motivated organizations to reach older adults with key messages of staying active, healthy and engaged.

The sixth annual Active Aging Week will be held Sept. 22-28 and will feature the theme "Discover your Community," which recognizes the important role older adults play in communities — vocational, geographical or cultural — and celebrates their full participation in diverse areas of life.

Ultimately, the weeklong celebration promotes the benefits of a healthy lifestyle on a national scale by giving older adults the opportunity to experience diverse

activities and exercise in a safe, friendly and fun atmosphere.


Activities are held at local host sites, which include retirement communities, senior centers, health clubs, parks and recreation centers, government departments, and apartment/condominium complexes. Each local host chooses an activity such as group walks, volunteer events, intergenerational activities, group-exercise classes, health fairs, arts and craft classes, concerts, dances and demonstrations. Every event is free and emphasizes fun, camaraderie and education.

Active Aging Week is organized by the International Council on Active Aging, an association that

supports professionals who develop wellness and fitness activities and service for adults 50 and older.

More than 3,000 organizations support Active Aging Week every year by presenting activities and exercises, demonstrating that life's full measure of enjoyment is available to everyone, regardless of age.

Those businesses and organizations looking to host an activity can visit the Active Aging Week website for fact sheets, planning guides, worksheets and promotional material. The site also contains a list of fun ideas for the week.

For more information, visit [icaa.cc/aaw.htm](http://icaa.cc/aaw.htm). 



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# Lifeline Saves Lane's Life

**C**harlie Lane, 88, was lying helpless on the floor of her living room after a vacuum cord wrapped around her leg and pulled her to the ground. Her hip broken and the telephone out of reach, Lane feared for her life, worried she'd be left to lay there in excruciating pain until a friend, family member or neighbor checked on her. But how long would that be?

Her son's parting words to her only 15 minutes earlier echoed in her mind: "Mom, don't get into any trouble."

Lane's fear subsided in seconds when she suddenly remembered the white Lifeline pendant hanging around her neck.

She pushed the button and a Lifeline communicator answered her call seconds later. Within minutes, an ambulance was on its way and her son returned to her

house after being alerted by the communicator.

"Without it, who knows what would have happened in that situation," she said.

## Lifeline to the rescue

Lane used Lifeline for the first time just two weeks earlier in October 2012.


While walking in her driveway, she tripped over a plastic downspout and fell face first onto the unforgiving concrete. Her face battered and bruised, she was unable to get up on her own. Luckily, a plumber she hired had just pulled into the driveway and came to her rescue. Her pastor friend arrived almost simultaneously.

Once she was in the house safely, her friend pushed the Lifeline button for her and she was taken via ambulance to a local hospital.

## Choosing Lifeline

Lane, who has lived alone for more than 25 years, chose Lifeline five years ago after some encouragement from her friends. Seeing many of her fellow churchgoers with Lifeline and hearing its praise helped her make the decision.

It's a choice she is glad she made. She said the service helps her maintain her independence and gives her loved ones peace of mind knowing that if an unfortunate slip, trip or fall situation were to occur, she would be in good hands with Lifeline.

"I recommend it to everyone who's getting older," Lane said. "If you want to live alone, you need something like this. And, it isn't just for older adults — even if you're 35 or 40 and living alone, it can help. Lifeline is a wonderful thing to have." 


## About Lifeline

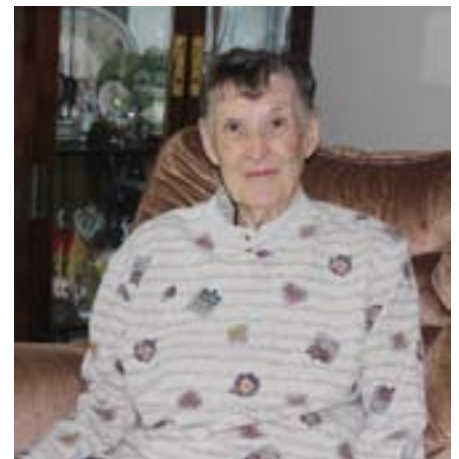
**A**ging Partners Lifeline includes the AutoAlert option, the only personal help button that can initiate a call for help when a fall is detected and you are unable to press your button (98 percent fall detection rate), or the Standard Service, in which help is summoned at the press of a button.

The service is locally run and operated with quick response, and there is local service and installation of equipment Monday through Friday within 24 to 48 hours of making your request.

Lifeline pricing is \$45 per month for AutoAlert and \$35 per month for Standard Service.

This is the least expensive health and life insurance available. More than 13 million Americans age 65 and older will fall this year. Nearly half will need help up. That's a fall every 2.3 seconds in this age group. Protect your health and independent living with Lifeline — get the immediate help you need in the case of a medical situation or fall.

For more information or to set up Lifeline service, call 402-441-8816. 



*Charlie Lane has depended on Lifeline twice since installing the service.*

# Affordable Care Act: What Do I Need To Know?

By Houston Doan, Aging Partners insurance and financial counselor

**T**he Patient Protection and Affordable Care Act and the Health Care and Education Reconciliation Act laws are also known as the Affordable Care Act.

## What Are the Major Changes I Need to Know About?

- Insurers must sell a health insurance policy to any person who applies for coverage.
- Insurers are prohibited from excluding or limiting coverage for a preexisting condition.
- Insurers may only take cost items into account when pricing health coverage; whether the policy is for an individual or a family; the area of the state where the policy is sold; age and tobacco use.
- Plans will be required to “essential” health benefits.
- Plans will be categorized into four levels of coverage. Those levels are Bronze, plans covering 60 percent; Silver, plans covering 70 percent; Gold, plans covering 80 percent; and Platinum, plans covering 90 percent.
- All plans will limit in-network out-of-pocket expenses to \$6,250 for self-only coverage.

## If I Have Health Insurance Through My Employment, Will I Be Able to Keep It?

Individuals that have employee health benefits will not likely see major changes in their plans, but many people will see changes to their coverage. We may see some insurance companies decide to stop offering insurance coverage because the new benefits required by federal law are typically more extensive than those companies may wish to offer.

## If I Have An Individual Health Insurance Plan, Can I Keep It?

Maybe not as federal law will only allow insurers to sell plans the federal government allows. These new required benefits are typically more extensive than plans consumers buy today.

## Where Do I Go to Buy Health Insurance if I Need Insurance After Jan. 1, 2014?

Individuals have the opportunity to buy health insurance either through the State or Federal Health Exchange Pool or private insurance companies that offer insurance for sale in the state where individuals live.

There is no State of Nebraska Health Insurance Exchange, so individuals may buy insurance from either the Federal Health Exchange or private companies.

## When Can I Enroll Into a Health Insurance Through the Federal Health Exchange?


Open enrollment dates for 2014 coverage are Oct. 1. through March 31, 2014. Open enrollment dates for 2015 benefits coverage will be Oct. 15, 2014, through Dec. 7, 2014.

## Do I Have to Buy Health Insurance if I Am Healthy?

Yes, or you will be facing an IRS penalty. If you are low income, you may be eligible for help with your insurance premiums.

## If I Have Medicare, What Do I Need To Do?

If you have Medicare, you don't need to do anything. Almost all of the Affordable Care Act applies to people who are not on Medicare.

If you have questions regarding health insurance or Medicare, call Aging Partners at 402-441-7070 and ask to speak with an insurance and financial counselor. 



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# Upcoming Walk to End Alzheimer's

**W**hat do you get when you combine exercise and a good cause? The 2013 Walk to End Alzheimer's.

The event is Sept. 15 at Holmes Lake in Lincoln. Registration begins at noon, and the walk follows at 1 p.m.

People of all ages are encouraged to join. Participants can either walk as a team or as an individual. Although there is no registration fee, walkers are encouraged to raise funds and donate. Walkers typically raise from \$10 to upward of \$2,000. Those who raise \$100 will receive an official T-shirt.


Those who cannot attend but wish to help the cause can donate to a team or individual. Your support will help achieve this year's fundraising goal of \$100,000.

The Walk to End Alzheimer's is the nation's largest event to raise awareness and funds of Alzheimer's care, support and research. Held annually in more than 600 communities



nationwide, the event calls on participants of all ages and abilities to reclaim the future for millions.

The first walk was in 1989 with nine Alzheimer's Association chapters raising \$149,000 from 1,249 participants. The walk grew into a nationwide event in 1993 and raised \$4.5 million from 167 locations. More than 39,000 teams participated in nearly 650 walks across the country in 2011, raising more than \$47.2 million.

For more information or to register/donate online, visit [act.alz.org/site/PageServer](http://act.alz.org/site/PageServer). 

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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** - A variety of screenings include blood pressure, cholesterol, glucose, bone density.
- **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.

## 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**

## 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

## 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](mailto:zolson@lincoln.ne.gov). To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email [delrod@lincoln.ne.gov](mailto:delrod@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](http://lincoln.ne.gov).

View on CITY-TV Channel 5 or online at: [lincoln.ne.gov/city/mayor/cic/5citytv](http://lincoln.ne.gov/city/mayor/cic/5citytv).

- Mondays, Wednesdays, Fridays and Saturdays at 11:30 a.m.
- Tuesdays & Thursdays at 11 a.m. & 8 p.m.
- Fridays at 7 p.m.
- Sundays at 9 p.m.

These are the minimum airing times. Show also airs at various other times and on Live & Learn's YouTube channel at [www.youtube.com/user/aginglivelearn?feature=mhee](http://www.youtube.com/user/aginglivelearn?feature=mhee).

### 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 County Aging Services**  
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](http://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 Elrod at 402-441-6146 or email her at [delrod@lincoln.ne.gov](mailto:delrod@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 Tuesdays and Thursdays from 9 a.m. to 2 p.m., or by appointment. \$10 monthly suggested contribution for 60+. \$15 fee for under age 60.

### Senior Health Promotion Center

1005 O St., lower level  
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. \$15 suggested contribution for foot care. Please call 402-441-7575 for the September schedule.  
Summer Schedule – Comprehensive

foot care only.

July 11, Aug. 1 and Aug. 15  
Thursdays, 9:30 a.m. - 1:30 p.m.

### Yoga and Stress Management

233 S. 10th St., Suite 101  
Wednesdays, 10 - 11 a.m.  
This gentle class is designed for caregivers and others looking for ways to manage stress in their lives. \$3 suggested contribution for people 60+. \$4 fee for under age 60.

### Stepping On – Building Confidence and Reducing Falls

Funding from the Community Health Endowment of Lincoln enables us to offer classes at no cost. Stepping On is a community based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Classes meet for two hours one time per week for seven weeks. Participants learn the most up to date information about falls prevention. Workshop topics include simple and fun balance and strength exercises, the roles vision, medication, safe walking outside and footwear play in fall prevention.

- Waverly Senior Center in Partnership with Waverly Parks and Recreation Department  
First United Methodist Church  
14410 Folkestone, Waverly  
Fridays, 9:30 to 11:30 a.m.  
July 12 – Aug. 23
- Northeast YMCA  
2601 N. 70th St., Lincoln  
Tuesdays, 1 to 3 p.m.  
Sept. 10 – Oct. 22
- Lincoln Medical Education Partnership  
4600 Valley Rd., Lincoln  
Thursdays, 9:30 to 11:30 a.m.  
Sept. 12 – Oct. 24
- Saint Elizabeth Regional Medical Center  
6900 L St., Lincoln  
Wednesdays, 1 to 3 p.m.  
Oct. 2 – Nov. 13

### Living Well – Take Charge of Your Health

This series provides valuable 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. \$22 suggested contribution for 60+. \$22 fee for under age 60. Call 402-441-7575 to register.

- June 12 - July 17  
Wednesdays, 9:30 to 11:30 a.m.  
Williamsburg Hy-Vee  
6001 Village Drive
- Sept. 26 – Oct. 31  
Thursdays, 1:30 to 3:30 p.m.  
Northeast YMCA  
2601 N. 70th Street
- Oct. 7 – Nov. 18  
Mondays, 5:30 - 7:30 p.m.  
Care Consultants for the Aging  
1560 S. 70th St., Suite 202

## Educational

### “Colorful Magic” Saturday Brunch Series

10 a.m.  
Downtown Center, 1005 O St.  
\$4 suggested meal contribution for 60+  
\$8 fee under 60  
\$4 suggested transportation contribution  
Supported in part by The Nebraska Humanities Council  
For reservations, call 402-441-7154.  
Professional magician Bruce Jacoby, known to his fans as “Colorful Magic by Bruce,” is a member of the Society of American Magicians, is currently president of the Lincoln Magic Club SAM No. 293, and a member of the Omaha Magical Society SAM No. 7. Through the years, Bruce has performed at schools, churches, retirement homes and birthday parties. He’s taken his trademark name and incorporated it into a variety of shows. Every show is not only magical, entertaining,





engaging and colorful, but it's just plain FUN! Bruce also loves teaching magic to others, and has taught for the Bright Lights Program for over four years. Whether performing or teaching magic, Bruce loves this creative art form, and people love watching!

- "The Magic of the Illusion of the Mind" July 13  
This show will have plenty of different kinds of illusions making you think you see something that does not exist or even reality.
- "Magic on The Lighter Side" Aug. 10  
This show will be magical with some fun and laughs included.

### Bob Ross Oil Painting Classes

9:30 a.m. to 3:30 p.m.  
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 material is provided. For reservations, call 402-441-7158. Cost: \$50

- Sat., July 27 – "Tranquil Dawn"
- Sat., Nov. 16 – "Divine Elegance"

## Entertainment

### Dinner & Show Series

Cotner Center Condominiums  
1540 N. Cotner Blvd.  
Dinner: 5:30 p.m.  
Show: 6:30 p.m.

Van transportation (round trip): \$4  
Dinner and show: \$8  
Show only tickets: \$5  
Reservations and cancellations are due by noon 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.

- Lloyd McCarter  
& The Honky Tonk Revival  
Thurs., July 11  
Perhaps no other style of country music has had a greater influence on

today's artists than the style known as Honky Tonk. This genre embodied the spirit of dancing, drinking, being in love, and then losing the one you love. Join Lloyd McCarter, Mike McCracken and Lern Tilton, for a toe tapping return to Honky Tonk.

- The Johnny Ray Gomez Branson Show  
Thurs., Aug. 8  
If you can't get to Branson, Johnny will bring Branson to you! He's celebrating 53+ years on stage with his accordion. His personality plus a non-stop show with lots of audience participation provides great entertainment. He'll be featuring country favorites, nostalgic rock 'n roll and lots of laughs. You can even win a chance to go to Branson with Johnny's third annual bus trip coming up Nov. 8-10.
- Joe Taylor presents "A Salute to Old Blue Eyes"  
Thurs., Sept. 12  
Nobody loves the music of Sinatra more than "Mr. Memories," Joe Taylor. Don't miss Joe's performance as he closes out our Dinner & A Show Series with a musical tribute to Frank Sinatra. Join him as he continues living his dream into his mid 70s.

### "Roll Out The Barrel!"

Featuring Sue Underwood & the Blue River Czechs  
A Dance Fundraiser for the Five Aging Partners Rural Senior Centers  
Fri., July 12, 7 to 10 p.m.  
American Legion Hall  
106 Locust St., Hickman  
Tickets: \$10

Join us for a special fundraising dance, sponsored with the Waverly Care Center, the Voice News, Haven Manor and the Doeden Swing & Country Dancers. The evening kicks off with dance lessons courtesy of the Doeden Swing & Country Dancers, followed by your favorite Polka tunes performed by Sue Underwood & the Blue River

Czechs. Tickets can be purchased at any of the Rural Senior Centers (Hickman, Bennet, Firth, Panama and Waverly), the Voice News, Waverly Care Center or Haven Manor in Hickman.

### Free Saltdogs Tickets for Caregivers

Marsh USA Inc. has made four free tickets available to each of the Saltdogs' 50 home baseball games. While the first priority for these tickets is caregivers, anyone 60 or older can use the tickets if a caregiver has not already requested them. Please call 402-441-7070 to let us know you want to attend an exciting Saltdogs baseball game. If calling after hours, please leave a message telling us how to contact you and where you would like us to send the tickets. The Saltdogs season runs through Aug. 30.

## 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.

- "Trinity Heights"  
Sioux City, Iowa Museum Adventure  
Thurs., July 25  
Departure: 7:30 a.m., Northeast Center  
Return: Approximately 5 p.m.  
Cost: \$45  
"Trinity Heights" was the dream of Father Harold Cooper, who in 1987 was finally able to secure an old catholic college property on the edge of Sioux City. His prayers were answered when the property came his way at a fraction of the original asking price. In 1992, a 30-foot tall stainless steel statue of Mary was erected by noted sculptor Dale Claude Lamphere, who had recently completed the "Flight 232 Memorial" located by the Sioux City Riverfront. In 1998, a 33-foot, 5-ton statue of Christ was added at the opposite end of the property. Over the ensuing

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# Aging Partners News and Events

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years, a variety of gardens, shrines and memorials have been added including a hand carved life sized "Last Supper." American Roadside Attractions describes the park as "quiet, peaceful, meditative and worth the trip." After we explore the park, we'll stop at the beautiful Siouxland Senior Center for lunch (on your own,) and afterward we'll visit Sioux City's new Public Museum!

- Brownville Village Theatre & The Spirit of Brownville  
Sat., Aug. 10  
Departure: 10 a.m., Northeast Center  
Return: Approximately 9:30 p.m.  
Lunch: Lyceum Cafe (on your own)  
Cost: \$60

Reserve seating; call by Aug. 2.  
The day begins with lunch at the Lyceum and a bit of Brownville shopping. Next it's a Brownville Village Theatre Matinee. We'll enjoy "You're a Good Man Charlie Brown," based on the "Peanuts" comic strip by Charles M. Schultz, with music and lyrics by Clark Gesner. It's a day in the life of Charlie Brown, Snoopy, the "Red-Headed" Girl, Linus, Schroeder and the whole "Peanuts" gang! It's a time honored presentation of music and laughs. Next, it's supper on the "Spirit of Brownville," sailing up the mighty Missouri River. Seating is limited so sign up early.

- Arbor Day Farm Adventure  
Nebraska City  
Fri., Sept. 27  
Departure: 7:45 a.m., Northeast Center  
Return: Approximately 3 p.m.  
Cost: \$45  
Named Nebraska's Outstanding Nature Tourism destination in 2011, Arbor Day Farm in Nebraska City is a unique place to explore and learn about nature and how tree planting shaped our state. Arbor Day Farm's mission of inspiring people to plant and celebrate trees comes to life in

the state-of-the-art Lied Greenhouse, the exploratory Woodland Pavilion, the Nature Explore Classrooms, and along the Tree House Trail and South Table Creek Trail. A custom-designed and guided Discovery Tram Ride transports visitors through the orchards, vineyards, stream banks, test plots and conservation demonstration areas of Arbor Day Farm. With the late spring, we're assured there will be lots of apples to take back with you. After the tour, we'll lunch (on your own) at the beautiful "WOTA (World of the Aging) Senior Center.

## September is National Senior Center Month Help us celebrate with these special events!

### "Polka Pandemonium!"

Featuring Sue Underwood & the Blue River Czechs  
Fundraiser for the Downtown Senior Center  
Fri., Sept. 6, 7 to 10 p.m.  
Auld Pavilion, 1650 Memorial Drive  
Tickets: \$10  
Join us for our annual fundraising dance, sponsored this year by Guardian Angels, Triumph Home Health Supplies, Doeden Swing & Country Dancers, Walgreens, and Goldenrod Printing. The evening kicks off with dance lessons courtesy of the Doeden Swing & Country Dancers, followed by your favorite Polka tunes performed by Sue Underwood & the Blue River Czechs.  
Tickets can be purchased at the Downtown Senior Center, 1005 O Street; Triumph Home Health Supplies, 3233 Cornhusker Hwy.; and at the door the night of event.

### "Quartet"

Free Movie  
Edgewood Theatres  
56th & Nebraska Highway 2  
Wed., Sept. 18, 1:30 p.m.  
Sponsored with Care Consultants for the Aging and Bridge to Better Living  
To reserve a seat, call 402-441-7158.  
Directed by Dustin Hoffman and written by Ronald Harwood from his own play, "Quartet" assembles a group of lovable performers in a palatial residence for aged artistes and entangles them in delightful comic and dramatic situations. The inhabitants of Beecham House for retired musicians prepare for their annual gala benefit concert, which is held on Verdi's birthday. The first feature directed by Dustin Hoffman, "Quartet" features a cast of first-rate British actors of a certain age — Maggie Smith, Tom Courtenay, Billy Connolly, Pauline Collins and Michael Gambon. Winner of the National Board of Review, Best Independent Film Award, and a Golden Globe nomination for Best Actress for Maggie Smith.

### "Don't Touch That Dial"

Senior Center Month History Lunch  
Featuring Leta Powell Drake  
Lincoln Firefighters Reception Hall  
241 Victory Lane  
Wed., Sept. 25  
Program: 10:30 a.m., Lunch: 11:30 a.m.  
\$4 suggested lunch contribution, \$4 suggested transportation contribution  
To register, call Aging Partners at 402-441-7158.  
For those of us who are lifelong residents of the Capitol City, our earliest memories of television are memories of KOLN-TV. 2013 marks the 60th anniversary of that local landmark. Join us as the inimitable Leta Powell Drake takes us on a look back at the early days of Lincoln television (in words and video,) and a nostalgic look at the adventures of Kalamity Kate, the feisty cowgirl that ran the Cartoon Corral.





### Brain Matters: A Brain Health Fair


Tues., Sept. 24, 8:30 a.m. to 1 p.m.  
Southeast Community College  
Continuing Education Center  
301 S. 68th St. Place  
Sponsored by Aging Partners,  
Southeast Community College  
Continuing Education and the Osher  
Lifelong Learning Institute (OLLI)  
Featured Speakers  
9 a.m. – “Keeping Our Brains Healthy”  
Richard (Dick) Dienstbier, PhD  
10 a.m. – “Nourish Your Noggin: Eat a  
Brain Healthy Diet” Alice Henneman,  
MS, RD, and UNL Extension  
11 a.m. – “Brain Training 101: Use It  
or You Lose It” Wes Sime, PhD  
Noon – “Changes, Challenges and  
Chuckles” Sharon Cheney, RN, MA  
We all worry about maintaining our  
mental capacities as we age. Join us  
at a brain health fair to learn about

the latest research in this area. There  
also will be a drop in vendor fair that  
will give you an opportunity to talk  
with people working in this field and  
find out what they are offering. No  
registration is required.

### 10 Point Pitch Tournament

Sat., Sept. 28, 9 a.m. to noon  
Lincoln Bridge Club, 237 S. 70th St.  
\$5 Entry Fee  
To register, call 402-441-7158.  
OK Pitch players, it's time to  
sign up for our Annual 10 Point  
Pitch Tournament. There will be  
refreshments and prizes for the first-  
second- and third-place teams. Space  
is limited, so sign up now. \$5 entry fee  
per person, payable to Aging Partners  
by Sept. 20. Please register as teams or  
as singles.

### “Jimmy Mack’s

Fundraising Dance Party!”  
Supporting Aging Partners Foster  
Grandparent Program.  
Tues., July 23, 7 to 9 p.m.  
Auld Pavilion, 1650 Memorial Dr.  
Free will offering at the door.  
Dance the night away to the music  
of one of Lincoln’s best known  
performers. Jimmy Mack has provided  
the best one-man music show in town  
for over 25 years. He will perform the  
tunes of the ‘50s, ‘60s and ‘70s for  
your dancing enjoyment! It’s a great  
opportunity for a wonderful evening,  
and a chance to support the work of  
The Foster Grandparent Program.  
Don’t miss it! 

402-441-7070  
aging.lincoln.ne.gov



## LivingWell ♦♦♦

A special invitation to the 57,200 and  
counting, 60-plus adults, their families  
and caregivers residing in Butler, Fillmore,  
Lancaster, Polk, Saline, Saunders, Seward,  
and York counties in Nebraska.

### Investing in today’s and tomorrow’s older adults

Your contribution helps Aging Partners  
publish the area’s premiere resource for  
those 60 and over. Join us in supporting  
healthy, full and independent living.

### Suggested Contribution Levels:

\$12 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ Other \_\_\_

### And receive,

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online editions.
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Lincoln, NE 68508-3628

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(Mr., Mrs., Miss., Ms.) Please print

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City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Spouse’s name: \_\_\_\_\_

Date of birth: \_\_\_/\_\_\_/\_\_\_ Last 4 digits of SSN: \_\_\_\_\_

Spouse DOB: \_\_\_/\_\_\_/\_\_\_ Last 4 digits of SSN: \_\_\_\_\_

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# Our Next Chapter

**This month Eastmont celebrates 45 years as an independent, not-for-profit senior living community.** We are committed to growth and innovation while we honor our history and embrace our mission. Eastmont's vision is to be the premier provider of comprehensive lifestyle choices. Our compassionate staff is driven by integrity. At Eastmont, we make a difference in the lives of others.



For more information  
or to schedule your  
personal tour, contact  
Betsy Sheets at  
402.489.6591



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