

# LivingWell

Summer 2016

## Age Is No Slowdown for Waller

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Outdoor Festival  
Appeals to all Ages,  
Abilities

page 12

Oral Hygiene Key  
to Overall Health

page 14

Volume 12 • Issue 3

Must have  
Medicare A&B

# Medicaid

Can You  
Qualify?

## 2016 Qualification Numbers

	Gross Monthly Income	Assets <small>excludes home &amp; car</small>
1 Person Household	\$1,010	\$4,000
2 Person Household	\$1,355	\$6,000

### Medicaid benefits include:

- Part B premium not deducted from Social Security Check
- Low income assistance for the drug plan & prescriptions
- Help for medical expenses and various other help

Make too much?  
Spend down...

	Gross Monthly Income	Assets
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New Income	= \$980	

*Can apply for  
Medicaid*



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Aging Partners  
402-441-7070



# Lessons Learned from my Rat Terrier

For 14 years, our rat terrier, Snickers, has been a member of our family — that is early 70s in dog years. The breed is a wonderful family pet. They love to cuddle on the couch and are fearless family protectors. Over his lifetime, Snickers has taught me a few life lessons.

Stop to smell the roses! Over time, Snickers has slowed me down in our daily walk. No longer is the walk just functional, but he seems to enjoy the leisurely walk in fresh grass and smelling all the neighborly smells. Life is worth enjoying, so slow it down.


Play! Snickers has progressed from running long distances and chasing balls to catching a short ball toss in the house. He always leaves time to play, even if for only a few short minutes. Play as much as you can, but within your abilities.

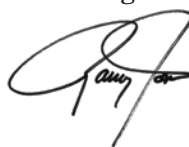
Lick wounds and move on. No matter how grumpy I've been with Snickers, though not often, he always

comes back with a lick to my face as if to say, "It's all right, I forgive you."

Take lots of naps. This is a hard one for me on weekdays.

But on weekends, we cuddle up in the chair and enjoy taking a break from the day to snooze.

We have always had a dog in the house and cherished their unconditional love. Sometimes we get so caught up in the day-to-day struggles that we need to be reminded to take advantage of the simple things in life. Funny how even a dog can teach us important life lessons. 



Randall Jones



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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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# Staying Involved

## Spotlight on Fillmore County

*By Brenda Motis, director,  
Fillmore County Senior Services*

**A**t Fillmore County Senior Services, we are proud of what we provide to our aging population. We are fortunate to have an agency that serves the entire county, as well as three senior centers in Geneva, Fairmont and Exeter.

The Fillmore County office is located in Geneva. The two-person office, consisting of Brenda Motis and Rhonda Stokebrand, provides a wealth of services to people age 60 and over in Fillmore County, including:

- **Care Management Services-** This program helps people find information on programs, benefits and services for aging adults; helps locate, arrange and monitor services; and helps people apply for publicly funded programs, prescription assistance or community-based programs; and other services.
- **Medicare and Social Security-** Staff are certified counselors with the Nebraska Senior Health Insurance Information Program (SHIIP). We are able to assist Medicare beneficiaries with their questions in all aspects of Medicare and help with general Social Security questions.
- **Tai Chi-** Four tai chi classes are conducted in Fillmore County — three in Geneva and one in Fairmont. Tai chi is an evidenced-based class designed



*Rhonda Stokebrand, care manager, and Brenda Motis, director, Fillmore County Senior Services*

to improve balance and reduce the risk of falls for individuals age 60 and over.

- **Home Care and Respite Services-** For families or individuals who need help at home or with a loved one, we help find assistance so they can remain in their home longer.

Other services we provide include home-delivered meals for communities that don't have a senior center available, Forever Fit exercise in Exeter, information and assistance, outreach, telephone reassurance, caregiver support and assistance, farmers market coupons, and Stepping On fall prevention classes.

The senior centers offer a variety of programs that enhance fellowship, offer daily congregational and home-delivered meals, recreation, entertainment, and

educational programming.

The Geneva and Fairmont senior centers have been going strong more than 30 years. The Geneva Center has three staff members – Kelly Stroh, Sue Kerl and Mary Seggerman – and is open weekdays from 8 a.m. to 4 p.m. The day starts with coffee and conversation, and continues with nutritious meals and salad bar option that is offered several times throughout the month. The Senior Center conducts a Fit for Life exercise class three times a week and BINGO once a month. Other monthly activities include entertainment and educational programs, blood pressure checks and foot clinics. The afternoon is usually busy with card players, and special birthday celebrations are held each month. Dedicated volunteers also help set up tables and deliver meals.

*Fillmore County continued on page 6*





### **Fillmore County Senior Services**

402-759-4922

1320 "G" St., Geneva

Brenda Motis, director

Email: [bmotis@lincoln.ne.gov](mailto:bmotis@lincoln.ne.gov)

Rhonda Stokebrand, care manager

Email: [rstokebrand@lincoln.ne.gov](mailto:rstokebrand@lincoln.ne.gov)

### **Geneva Senior Center**

402-759-4921

1120 "F" St.

Kelly Stroh, senior center director

Email: [genevaseniorcenter@gmail.com](mailto:genevaseniorcenter@gmail.com)

### **Fairmont Senior Center**

402-268-2831

519 6th Fairmont Ave.

Connie Jo Felton, senior center director

Email: [fairmontseniorcenter@windstream.net](mailto:fairmontseniorcenter@windstream.net)

### **Exeter Senior Center**

402-266-2133

217 S. Exeter Ave.

Volunteer-managed center

Email: [bmotis@lincoln.ne.gov](mailto:bmotis@lincoln.ne.gov)

## Spotlight on Fillmore County


*Continued from page 4*

Fairmont Senior Center is open weekdays from 9 a.m. to 3 p.m. Staff includes Connie Jo Felton and Angel Picard, as well as volunteers who help in the kitchen. They offer congregate and home-delivered meals Monday through Friday. Special happenings include the Sweet Fridays for coffee and a monthly waffle meal that includes a homemade waffle and sides. Foot clinics are also scheduled, tai chi classes have been conducted, and a variety of entertainment and educational programs are provided. Recently, the Fairmont Senior Center has undergone renovations, which

include remodeling the kitchen, lowering ceilings, putting up new lighting, tinting the windows, and repainting.

The Exeter Senior Center has been open since 1990 and is uniquely operated exclusively by volunteers. The center is open daily from 9 a.m. to 4 p.m. except Thursdays, when they are open until noon. It provides a congregate meal every Tuesday at noon. It offers fun and educational programs regularly, and has a group that creates recycled cards to sell. The center has blood pressure checks at birthday coffee each month. It promotes a strong relationship with the local school with

first-grade students dropping by monthly during the school year to do a fun activity with the seniors. Special events are held every May, called the Senior-to-Senior Breakfast, for the school's graduating seniors and their grandparents.

Please feel free to stop in at any of the senior centers in Fillmore County or the Senior Services office. You'll be glad you did. We are all here to help when you need us. 

## You've had plenty of awkward conversations. *What's one more?*

You two can talk about anything. Don't let discussing retirement living put an end to that. We'll provide information and advice to make the conversation a little bit easier. See where the conversation goes. You might just find a place uniquely your own. Give us a call at 402-420-9355 or visit [Immanuel.com](http://Immanuel.com).

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# Spotlight on York County

*By Lori Byers, program manager,  
York County Aging Services*


Everyone at one time or another has questions concerning services within their community. For older adults in York County, Aging Services helps cut through the confusion by providing convenient, one-stop access to accurate and unbiased information. Our goal is to help you make informed choices and assist in accessing services and benefits available to older adults, their families and caregivers.

That's a tall order. At York County Aging Services, we want to ensure our older adults maintain the highest possible quality of life with independence and dignity. To fulfill this mission, our staff provides a variety of services including:

- **Information and Assistance-** We listen to each individual's situation, focus on his or her needs, and connect the individual to programs and services that are right for him or her.
- **Care Management-**Our trained care manager completes a comprehensive assessment to determine needs and eligibility for aid from agencies that may help pay for services to keep older adults in their home safely. Individuals are provided with the needed services which, along with their continuing needs, are monitored and reviewed periodically.
- **Senior Health Insurance Information Program (SHIIP) Counseling-**Our office has the latest information on medical coverage for older adults including Medicare, Medicare Advantage Plans, supplemental policies, Medicare Prescription Drug coverage and Social Security. Staff has been trained as SHIIP volunteers through the Nebraska Department of Insurance.
- **Needs-based Application Assistance-**We help individuals with the simple task of applying for Medicaid, SNAP (food stamps) and other benefits through the Nebraska Department of Health and Human Services. In addition, we assist with Homestead Exemption and low-income subsidy for Medicare Part D applications. We also help with more complex tasks such as applying for Division of Resources. This program assists couples with situations in which only one spouse needs nursing home care. It allows the spouse remaining at home to protect a portion of income and resources. The spouse needing care can receive Medicaid sooner and without the spouse at home being reduced to poverty.
- **Outreach and Education-**We collaborate with other community agencies to promote efforts to keep individuals healthy and independent. This includes workshops on fall prevention, living with chronic conditions, and supporting family caregivers. Staff frequently provides information on local resources by participating in informational fairs, speaking engagements and trainings.
- **Tax Assistance-**Each year, our AARP-professionally trained volunteers prepare federal, state, and local tax returns for low- and middle-income taxpayers, with special attention given to those age 60 and over.



- **Congregate Meal Program-** This provides high-quality, cost-efficient nutrition to older adults by providing meals served in a group setting. This program is designed to maintain or improve the physical and social well-being of mobile older adults. Nutrition education is provided to support healthy living goals.
- **Home-delivered Meals-** York County Aging Services coordinates the Meals on Wheels program with Church Women United to deliver fresh, nutritionally balanced meals directly to the homes of those unable to cook for themselves. Trained and caring volunteers deliver meals Monday through Friday.
- **Farmers market coupons-**These are distributed to those age 60 and over to purchase fresh fruits and vegetables from local farmers markets.

We would love to help you. Please contact us at 402-362-7626 for further information. 

# Doan Retires after 14 Years

With his finances in order, Houston Doan began the next chapter of his life June 1: retirement.

Serving as Aging Partners' financial, insurance and employment advisor the past 14 years, he became involved with the organization almost by accident.

After working at a car dealership, in insurance, and bricklaying, Doan went to Aging Partners' employment program looking for a job. With his experience, they didn't have a job suited for him, so they asked if he would become an employment counselor with the organization. About a year later, he was asked to apply for the insurance/financial counselor role.

"It's been exciting," he said. "Every day is different."

Although Doan enjoyed the job, and the immediate gratitude that came from helping others, it was not without its difficulties.

"I have to tell people the truth," he said. "For some, it's not if you lose the house, but when."

Doan encourages older adults to have a plan and often has to deliver bad news.

"If you tell someone the truth, they can make good choices," he said. "It's a hard job, and you see some unfortunate things."

As a financial/insurance counselor, Doan knows he was often the first face of Aging Partners.

"It's important that we not only help these people with their medicare, insurance and financial questions, but that we give accurate and good information," he said.

Doan was thankful for the opportunity to help others.

"It is necessary that as we look at an aging society, we look at organizations such as Aging Partners not only as a human service organization, but also as an economic development tool," he said.

Many older adults move to Lincoln to be closer to their children or grandchildren from another state or rural Nebraska.

"In Lincoln, we have services to help mom and dad stay in their home," he said. "That is a big economic tool that we should leverage to its fullest extent."

Doan appreciates the support Aging Partners staff provided through the years.



*Houston Doan*

"The people I worked with are fantastic," he said. "It made me want to do better every day when I was at work. I knew that I had to live up to some very high standards."

In retirement, Doan will enjoy more time with his wife of 16 years, Sarah, and their four children and two grandchildren, often at their cabin in Colorado.

"Family is the most important part of my life," he said.

Doan also enjoys using dying trees from his Colorado and Lincoln properties to make various types of log furniture.

For questions related to finances, insurance or employment, call Aging Partners at 402-441-7070 and ask for the intake desk. **lw**



## Grandchild Connection: Striking the Right Balance for Good Health

*By Bob Rauner, MD, MPH,  
and Julie Pearson Anderson,  
Partnership for a Healthy  
Lincoln*

**G**randparenthood is the reward, it is said, for surviving parenthood. As grandparents, you get a “do over” where you get to be more wise, patient, in control and fun. Grandparents can have tremendous influence on the health and well-being of their



grandchildren and, surprisingly, vice versa.

### **Finding the Right Amount of Grandkid Time**

Results of a recent study showed a positive impact on the health of grandmothers who spent time with their grandkids. The Women's Healthy Aging Project found that postmenopausal grandmothers who helped care for their grandkids about a day per week had a lower likelihood of developing memory disorders like dementia, according to memory tests. Had granddads been included in the test, it

is likely the testing results would have been similar. Good news, right? There is a point of diminishing returns, however. According to the study, there is a limit to the amount of child care a grandmother should provide. Women who spent at least five days per week caring



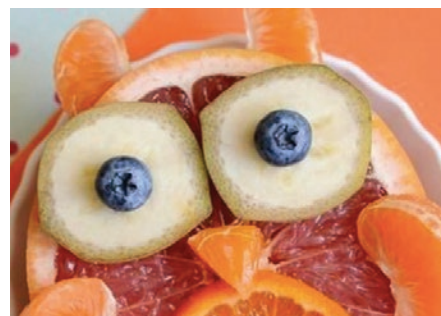
for grandkids actually did worse on the memory tests. Ouch! But it's possible they were in a more stressful environment and filling in as full-time parents rather than grandparents.

### **Impacting Grandkids Health**

Grandmothers seem to return the favor for the wear and tear grandkids seemingly put on their cognitive abilities. Other studies have pointed out that grandkids raised by grandparents, or who spent lots of time with grandparents, were more likely to be overweight. Why? Maybe there was a little too much spoiling with candy and cookies. Do a few pounds matter? Due to a nationwide childhood obesity epidemic, we are now looking at the first generation of children

who could live shorter, sicker lives than their parents due to chronic obesity-related diseases.

Grandparents are in a position to help reverse this



problem. There are a number of factors: Too much screen time, not enough physical activity, processed foods, and the prevalence of sugary drinks in youths' diets. If grandparents help limit these factors, it not only benefits the health of their grandchildren, but also their own health. It's all about balance.

### **Making the Most of Your Time Together**

The temptation to ploy grandkids with cookies and other sugary treats is strong. We leave it to the parents to say, “No, it will spoil your dinner,” right?

However, love is not a candy dish, says Vandana Sheth with the Academy of Nutrition and Dietetics. Making snack time a fun experience is the solution. Creating fruit faces is a great

*Grandchild Connection  
continued on page 10*

# Grandchild Connection

Continued from page 9

way to get kids involved and bring out their artistic side. There are lots of tasty healthy alternatives that grandkids, and grandparents, can truly enjoy.

Among the better choices:

- Celery sticks or apple slices with peanut butter for dipping.
- Non-fat or low-fat yogurt parfaits layered with fresh fruit and granola.
- Fresh fruit smoothies — berries, bananas, and other seasonal fruits blended and chilled.
- Whole-wheat pretzels or whole-grain crackers topped with low-fat cheese.
- Mini pizzas made with a toasted whole-grain English muffin, topped with marinara — or grandpa's homemade spaghetti sauce — and low-fat mozzarella cheese.

These healthy choices are not only good for grandkids, but for grandparents, providing an energy boost and important nutrients.



## Good Nutrition from the Beginning

One surprising factor in getting grandchildren off to the healthiest start in life is the support of grandparents in their daughter's choice to breastfeed. Research overwhelmingly shows that breastfeeding provides numerous lifelong benefits to the health of babies and mothers. Breastfeeding fights off childhood diseases and helps lower the risk of obesity.

While almost 90 percent of mothers in Lincoln start with an intention to breastfeed their newborns as recommended — exclusively for the first six months, then in tandem with the introduction of solids for the next six months — there is a sharp drop-off at about the two-month mark. Two key issues often cited by new mothers for this decline are difficulties

with nursing while returning to work and lack of familial support for breastfeeding. Grandparents can play a huge role in helping babies start out healthy by supporting the nursing mom in their family.

## The Importance of Being Active for Grandparents and Grandkids

A recent Pew survey found that a greater percentage of adults over 65 report exercising than those in younger age brackets.

According to the Centers for Disease Control and Prevention, the benefits of exercise include:

- Increased ability to live independently and reduced risk of falling and fracturing bones.
- Reduced risk of dying from coronary heart disease and developing high blood pressure, colon cancer and diabetes.



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- Reduced blood pressure in those with hypertension.
- Improved stamina and muscle strength, especially for those with chronic disabling conditions.
- Reduced symptoms of anxiety and depression.
- Improved mood and feelings of well-being.
- Development of healthy bones, muscles and joints.
- Controlled joint swelling and pain associated with arthritis.



Grandchildren and grandparents have a lot in common when it comes to fitness. Both need to exercise safely, guarding bones and joints. The solution is exercise strategies that are fun, safe, and not too difficult. An easy start is to take a nature walk. Enjoy the outdoors while pointing out different kinds of birds, trees and flowers. Turn on your favorite music and show your grandkids the steps popular in your youth and invite them to dance along. Go for a swim or a swim walk. Even if you can't swim, walking across the pool is good exercise and easy on your joints. For more creative ideas, check with senior centers that offer fitness, like those through Aging Partners.

Grandparents and grandchildren can no doubt make each other's lives better. The key is balance and lots of love. **LW**



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- ▶ If I enroll in Medicare, should I use a Medicare Supplement and separate Prescription Drug card or a Medicare Advantage Combination plan?

Are you over 65 and already enrolled in Medicare, but still have questions? **We can help!**



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Direct: 402.489.9171

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# Outdoor Festival Appeals to All Ages, Abilities

Partnership for a Healthy Lincoln has announced that this year's Streets Alive! will be Sunday, Sept. 25, from 1 to 5 p.m. in the Clinton, Hartley, and East Campus neighborhoods.

Streets Alive! encourages people to get off the couch, get outdoors, and be active on roads blocked off from traffic. Visitors can walk, push a stroller, bike, skate, propel a wheelchair, or even dance their way along a 2-mile route lined with exhibitors and entertainers. Streets Alive! is a child-, dog- and wheelchair-friendly event.

"We often see multi-generational families, including

the family dog, taking the opportunity to enjoy one another's company on a beautiful fall day as they stroll the route," said Ashley Carlson, Streets Alive! event manager. "Streets Alive! offers something for every age, from square dance exhibitions to join-in hip-hop fitness routines."

Staying active and movement is important for all ages, especially for seniors, said Dr. Bob Rauner, family physician and president of Partnership for a Healthy Lincoln.

"A simple daily walk can make a huge difference in flexibility and stamina," he said. "Streets





**Streets Alive! is a fun opportunity for seniors to get some exercise, as well as get great, free health resources."**

**– Bob Rauner, president of Partnership for a Healthy Lincoln**

Alive! is a fun opportunity for seniors to get some exercise, as well as get great, free health resources."

The route includes parks, walking trails, community gardens, neighborhood businesses, local food trucks, and a farmers market. Visitors can enter and exit anywhere along the way. More than 100 exhibitors offer free wellness resources, including health screenings for children, adults and older adults. Visitors will be entertained by live music, art and dance, and also have an opportunity to participate in fun fitness and sports activities.

The festival is a city-supported event.

"This is the one day every year that we invite everyone in the community to play in the streets," said Mayor Chris Beutler. "When the cars are gone, the space opens up for families to walk, bike, skate, and enjoy the great outdoors with their neighbors. We hope everyone will mark Streets Alive! on their calendars now and get ready to enjoy this fun, free festival."

For more information, visit [healthylincoln.org](http://healthylincoln.org). 

*Partnership for a Healthy Lincoln (PHL) is a nonprofit organization dedicated to improving community health, wellness, and fitness. PHL collaborates with other local organizations on joint projects to improve health by increasing physical fitness, promoting good nutrition, supporting breastfeeding and improving cancer screening rates.*



*A child gets her face painted at last year's Streets Alive! event.*

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*Dr. Ernie Sigler, DDS, assistant professor adult restorative dentistry at UNL College of Dentistry*

## Oral Hygiene Key to Overall Health

**T**imes are changing in terms of dental health, and as we age, our mouths change, too.

More than 30 percent of older adults wear dentures, but this is not necessarily a consequence of aging.

"Years ago, if someone was over the age of 65, there was a 75 percent chance they wore dentures," said Dr. Ernie Sigler, D.D.S, assistant professor adult restorative dentistry at UNL College of Dentistry. "But since people are living longer now, the number of patients over 65 has increased dramatically and will continue to do so. It is estimated that in 30 years the number of people over 65 will double from its present number of 35 million to 70 million. People are living longer, and they

also are keeping their teeth longer. This is great, but it creates other challenges."

### Protecting Your Health

Paying attention to oral health benefits more than a just a beautiful smile. It can possibly improve health.

Research has shown a possible connection between gum disease and other systemic conditions. Maintaining good oral hygiene is a weapon against heart disease, strokes, and diabetes. Recent research showed a possible link between a specific oral bacteria and pancreatic cancer.

### Changing Mouth

As people age, the mouth changes and the nerves in teeth

become constricted, making them less sensitive to cavities and other tooth problems. It is important to visit a dentist regularly because as sensitivity is lost one may not realize that teeth are decayed, abscessed or damaged.

Living longer brings more physical changes, and often older adults need to take medications for high blood pressure, diabetes, hypertension, arthritis, dementia, depression or other conditions.

"Most of these medications have side effects like decreased saliva, causing dry mouth or xerostomia," Sigler said. "Our saliva is our mouth's most precious resource, and provides us with a lot of natural immunity and protection. It plays an important



role in our speaking and swallowing, aids digestion, and protects our teeth from decay.”

More than 400 medications can cause dry mouth, along with radiation or chemotherapy. Dry mouth increases the risk for cavities, difficulty in speaking and can cause soft tissues, gums, palate and cheeks to become sensitive.

To combat dry mouth, Sigler suggests keeping hydrated and visiting a dentist often.

“The best treatment for decay resulting from xerostomia is a prescription for an extra-strength fluoride toothpaste, which is five times stronger than regular toothpaste,” he said. “This will reduce the chance of decay if used properly and regularly.”

Research has shown that xylitol reduces bacteria and those remaining bacteria cannot metabolize and reduces the incidence of decay. Chewing between six and eight pieces of xylitol gum per day can be beneficial.

As we get older our gums usually recede and we find much more decay on the root surfaces of our teeth. In addition, the aging population often has decreased dexterity, or physical limitations, which make flossing difficult. This creates a difficulty for the dentist to restore teeth and makes it harder for the patient to clean these areas. In these situations, the patient could consider different aides, one being a Proxabrush. This device, which can be found at drugstores, is a tree-like brush on a handle and makes it easier for the patient or caregiver to clean between teeth.

In addition to extra strength fluoride toothpaste, in some situations patients may need to place fluoride gel into trays similar to bleaching trays. These trays are placed in the mouth for five minutes once per day. This is for patients that have severe xerostomia due to radiation and/or chemotherapy, or any patient with a high caries index and does not have the manual dexterity to adequately brush. As in the high fluoridated toothpaste, the fluoride gel must have a prescription. Also, a hygienist can apply fluoride varnish to the teeth at each dental visit, which has a high concentration of fluoride and has been proven to be effective.

“Taking care of your teeth makes you feel better about yourself,” Sigler said. “It is important to keep coming back, especially if you take a lot of medications, have had radiation or chemotherapy treatment, or have a history of decay.”

Even with dentures, it is important to visit a dentist regularly. A dentist will check fit, bite, and soft tissue pathology including oral cancer.

## Nutrition


Sigler also suggests eating a balanced diet and limiting the amount of sugar intake. Drinks like orange juice have a lot of sugar. While diet soda lacks sugar, it is acidic and can quickly wear away enamel. If a person frequently eats sweets, try to brush teeth as soon as possible after eating.

“Don’t put off coming to the dentist,” Sigler said. “Whether or not our aging patients admit it, everyone wants to look better and have a prettier smile.”

## Visiting a Dentist

For those without a regular dentist or seeking a lower-cost visit, UNL may be the place to go. The cost of the appointment is often lower, but appointment times will be longer. Call 402-472-1301 to make an appointment.

“We treat everyone like our own family,” Sigler said. “We don’t try to sell them expensive treatments, and we treat them with kindness and gentleness. Patients are our biggest source of referral.”

Getting to the dentist can be a challenge, but ask a friend for a ride, or consider using Lancaster County Public Rural Transit if living outside of Lincoln city limits. For more information, contact Mitch Sump at 402-441-7031. 



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## Treasure Hunting a SNAP

The Supplemental Nutrition Assistance Program (SNAP), formally known as Food Stamps, can help eligible older adults meet essential nutrition needs.

### Summer Food Holidays

#### July:

Berry Month  
Grilling Month  
Ice Cream Month  
Picnic Month  
July 3: Eat Beans Day  
July 7: Macaroni Day  
July 28: Hamburger Day  
4th Week of July: Salad Week

#### August:

Catfish Month  
Kiwifruit Month  
Peach Month  
Sandwich Month  
Family Meals Month  
Aug. 3: Watermelon Day  
Aug. 31: Trail Mix Day

#### September:

Chicken Month  
Food Safety Education Month  
Fruits and Veggies-More Matter Month  
Mushroom Month  
Papaya Month  
Potato Month  
Rice Month  
Whole Grains Month  
Sept. 5: Cheese Pizza Day  
Sept. 7: Acorn Squash Day  
Sept. 13: Peanut Day  
Sept. 15: Linguine Day  
Sept. 16: Guacamole Day  
Sept. 26: Better Breakfast Day  
Sept. 29: Coffee Day

This program helps low-income people buy food. It is not necessary to be receiving other public assistance in order to be eligible, but people do not receive SNAP benefits automatically — they must apply and be found eligible.

Households that meet the program guidelines for income and resources receive SNAP benefits for free. A household can be one person or a group of people who purchase and prepare meals together. The benefit amount is placed in an electronic account that can be accessed with an Electronic Benefits Transfer (EBT) card.

The EBT card received through SNAP is a map to health treasures at the local grocery store. Most grocery stores and even mega stores accept the cards.

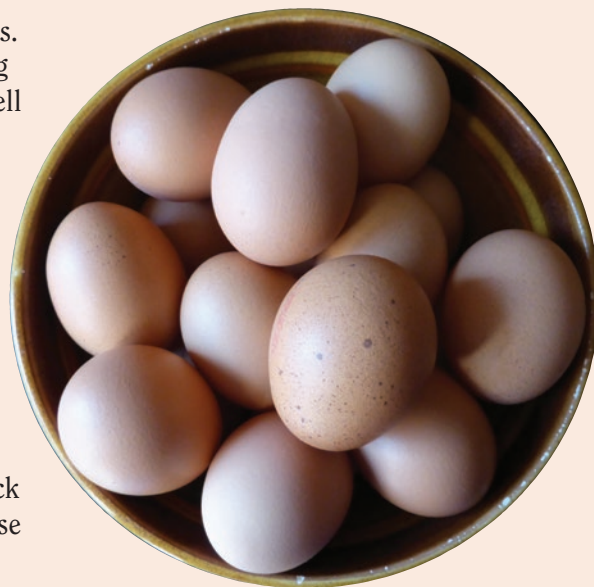
### The Aisle of Fruits and Vegetables

Fresh produce, when in season, can either have a long storage life or be easily stored. Think apples in the fall and oranges in January — both keep well in the fridge. They are great sources of fiber and vitamins. Fresh cranberries begin appearing the first of November and keep well in the freezer. They can be tart, but try a spicy spread that goes well on whole grain toast or as a salad. Canned fruits and veggies are an easy way to add the colors and phytochemicals for which they are famous. The only nutrient that might be reduced by canning is a heat-sensitive one such as vitamin C. Pick highly colored products, stock up when on sale and look for house

brands, which are often value priced. Think peach slices, apricot halves, corn, green beans, carrots and black beans. Search the frozen fruits and veggies for even more nutritious treasures such as broccoli, spinach and even fruit mixes that include berries — they go great over frozen yogurt.

### Protein Cove

Always in season, eggs are a quick and digestible source of protein. They are also an excellent source of the phytochemicals lutein and zeaxanthin, which are important for eyesight and immune functions. Yes, they are high sources of dietary cholesterol, but health professionals are still OK with their consumption for those with elevated blood cholesterol levels in moderate amounts. Eggs keep well in the fridge, but not in those cute little nests on the door. The door storage is most susceptible to temperature fluctuation, so eggs last longer if kept in their carton and placed on the fridge shelf.







Other excellent, cost-friendly protein sources include cottage cheese, peanut butter and canned tuna. Cottage cheese and Greek-style yogurt are good sources of protein and calcium, both of which are needed for good health. Research has found that a good protein source at every meal — it does not have to be meat — helps maintain muscle strength and keeps people on their feet. Both of these products can be purchased on sale and kept up to three months in the freezer. Peanut butter keeps well, is a great source of protein, and is high in monounsaturated fat — a better fat choice. Eat it on whole-grain toast for a breakfast nutrition bonanza. Why not try canned tuna packed in water? Skip the more expensive white and stick with albacore. It has no waste and is a good source of heart-healthy omega 3 fatty acids.

### Dry Milk: A Not-So-Hidden Treasure

Instant nonfat dry milk is made by removing water from pasteurized skim milk. It contains no added preservatives. It is U.S. Extra Grade and has added vitamins A and D. Store unopened packages of nonfat dry milk in a cool, clean, dry place. After opening, store in a tightly covered container or sealable plastic bag. Look at the “Best if used by” or “Best by” date on the package. Unopened bags have a shelf life up to one year. Store prepared nonfat dry milk covered in the refrigerator for up to five days.


To prepare instant nonfat dry milk, combine 1/3 cup nonfat dry milk with 1 cup water and mix well. One cup of prepared instant, nonfat dry milk (1/3 cup milk plus 1 cup water) provides one serving from the Dairy Group of MyPlate. Additionally, one serving of instant nonfat dry milk provides 30 percent of the recommended daily amount of calcium and 10 percent of the recommended daily amount of vitamin A.

Enjoy prepared instant nonfat dry milk as a beverage. It also is great for baking. It can be used in recipes calling for milk, such as breads, cakes, casseroles, soups, mashed potatoes and desserts. Try adding a tablespoon or two of instant nonfat dry milk to smoothies for a creamier result, and use it with tea and coffee.

### Staple Harbor

Dried is best for long-term storage and would include unopened bags of raisins or other fruits. Check the label to determine if a lot of sugar has been added; if so, maybe fruit frozen or canned in its own juice would be a better substitute. Dried beans, peas and lentils are all economical sources of protein and can be added to soups or easily cooked. Another staple to think about would be brown rice, which is a good nutrient and fiber source, but needs to be stored in the fridge or freezer if kept for more than two months.

Visit those four destinations, and know steps have been made that will provide the most health and wellness treasure for a SNAP adventure.

To receive SNAP benefits, an application must be completed and submitted to NDHHS. If assistance is needed with the application process, contact Aging Partners 402-441-7070. 



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# Eat to Your Health

## What Is a Kiwi and Why Should I Try It?

The kiwifruit is a fruit with an interesting history and whose recent rise in popularity reflects a combination of an appreciation for its taste, nutritional value, unique appearance, and, surprisingly, its changing name.

The fruit-bearing vine originated in China. The plant was brought to New Zealand from China by missionaries in the early 20th century with the first commercial plantings occurring several decades later. They were called Chinese gooseberries.

In 1961, Chinese gooseberries made their first appearance at a restaurant in the United States and were subsequently “discovered” by an American produce distributor who believed that the U.S. market would be receptive to this uniquely exotic fruit. The import of these fruits into the United States began in 1962, but their name was changed to kiwifruit, in honor of the native bird of New Zealand, the kiwi, whose brown fuzzy coat resembled the skin of the fruit. Currently, Italy, New Zealand, Chile, France, Japan and the United States are among the leading commercial producers of kiwifruit.

As with anything worthwhile, it pays to be choosy when selecting a kiwifruit. Start by looking for firm, unblemished fruit, and don’t worry about the size — smaller kiwifruit taste just the same as larger ones. Press the outside of the fruit with the thumb. If it gives to slight pressure, the kiwifruit is ripe. If it doesn’t give to pressure, it’s not ready to eat. Simple as that. Kiwifruit can be ripened on the kitchen counter in two to three days by slipping it in a brown paper bag with a banana or apple.

This small, fuzzy fruit packs a powerhouse of nutrition with vitamin C, fiber, potassium, magnesium and folate, and is a fat-free source of vitamin E. Of course, as with most fruit, the majority of the fiber is in the peel — the fine fuzz can be brushed off before washing, slicing, and eating. The easiest way to eat a kiwifruit is to cut a ripe fruit in half and spoon out the green interior.

An important note for chefs: kiwifruit contain an enzyme similar to that in fresh pineapple and papaya that will dissolve and split proteins. They don’t do well in gelatin salads or dairy-rich desserts. **lw**

## Good Health is a Family Affair



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*Play, exercise together*



*Stay connected,  
support each other*



*Keep learning together*

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# Farmers Markets Can Benefit Your Health

Join the party at all the farmers markets that open during the summer. To meet the best advice that comes from nutrition experts, try to eat these amounts:

Gender	Age	Fruit	Vegetable
Women	51+	1.5 cups	2 cups
Men	51+	2 cups	2.5 cups

It is easy to measure or estimate serving size without getting out the measuring cups. Picture an amount of chopped or sliced produce that equals the size of a baseball, which equals 1/2 cup serving. The only quirk is that it takes twice as much of fresh greens, such as 1 cup of leafy romaine lettuce as well as 1 cup of raw spinach, to equal a 1/2 cup serving. Here are some tried-and-true favorites for enjoying this summer. 



## Summer Vegetable Salad

- 2 ripe tomatoes, chopped or 1 cup of cherry tomatoes, halved
- 1 cucumber, peeled and sliced
- 4 green onions, sliced or 1/4 cup chopped onion
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/2 tablespoon Italian seasoning
- 1/4 teaspoon sugar
- 1/4 teaspoon pepper
- 1 tablespoon canola oil

Combine vegetables and prepare dressing. Pour dressing over vegetables and chill.

Use a mix of red, yellow or purple cherry tomatoes for great eye appeal.



## Easy Ratatouille

Cut into medium-sized chunks:

- 1 eggplant
- 1 red onion
- 1 red pepper
- 1 zucchini
- 1 can low-sodium diced tomatoes, undrained

### Topping:

- 2 tablespoons reduced fat Parmesan grated topping
- 1/2 cup shredded reduced-fat mozzarella cheese

Saute vegetables in a large ovenproof skillet until tender in 2 tablespoons of oil. Add undrained diced tomatoes. Cook about 15 minutes, allowing some of the liquid to evaporate.

Top with cheeses. Bake at 350 F for 15 minutes. Makes eight 1-cup servings. Note: You may have to wait until the end of summer to do this one.







*Dick Waller, third from right, and his family, from left: Shelly, Troy, Joan, Alyssa, Cole, Jackson and Jeff.*

## Age Is No Slowdown for Waller

In 2004, a simple question changed Dick Waller's life.

"Dad, will you run with me?" asked his daughter, Kristin.

At 61, Waller completed his first half marathon that year. On May 1, his 73rd birthday, he completed his third Lincoln Marathon. He finished second in the 70-74 age group.

### A Beginning Passion

Although Waller lives an active life by hunting, he had never run before.

"I wasn't out of shape, but running is a whole different ball game," he said. "I got really interested in it."

Waller raced occasionally during the next five years, running the Lincoln Half Marathon and other 5k and 10k races. Things changed in 2006 when he and his wife, Joan, began caring for their 7-month-old grandson, Jackson, while their son worked. Waller retired early to help care for the active child, but he soon realized he needed to change something to keep up.

"We are helping to raise a grandson, and that's what keeps me going," he said. "Our lives are better when we can spend time with all three of our grandchildren – Alyssa, Cole and Jackson."

### First Marathon to Third

After completing five half marathons, Waller became interested in doubling the distance.

"I was about to turn 70 and on my bucket list was to run my first full marathon," he said.

Training with Ann Ringlein of the Lincoln Running Company, Waller took running classes through the YMCA.

"I enjoyed running with other people," he said.

However, because the group ran Saturday mornings, Waller wanted to dedicate his weekends to his family. So he



uses Wednesdays to run longer distances and participates in spinning class twice weekly for cross training. Typically running three or four days a week, he ran an average of 40 miles each week in preparation for the marathon. Since January, he has logged more than 540 miles training.

In 2013, Waller completed his first marathon — 26.2 miles — in 4 hours, 52 minutes and 18 seconds. This year, he set a personal best, finishing in 4 hours, 49 minutes and 26 seconds.

“I hope I can still be active and running when I’m 80,” he said. “When you get older, you’re supposed to slow down.”

But he doesn’t race to win or beat records; he cares about finishing. Waller runs to stay in shape. He does it for his family, wanting to be there for them as long as possible.

“You have a lot of time to think when you run, good or bad,” he said. “You think how lucky you are that you can still do this.”

By training at Madonna ProActive, Waller sees people who are recovering from strokes and other medical issues, going through therapy.

“You see that and you want to try to avoid that as much as you can,” he said. “That motivates me to keep in shape.”

### Inspiring Others

When asked, “Why do you run?” Waller replied, “Because I can.” He also is inspiring others. This year, his son, Jeff, ran the half marathon for the first time. His grandson, Cole, has started running as well.

“I’m always happy I’ve done

a race,” he said. “There’s a self-satisfaction when I finish. I say, ‘I’m glad I could do this.’”

Waller believes running is healthy not only for the body, but also the mind.

“Exercise is key — it really helps you mentally,” he said. “You have to think young. The worst thing you can do is retire, sit in a chair, and watch TV.”

Joining a club, where you pay a fee, motivated Waller to use the facility.

Aging Partners Health and Fitness staff encourage people to discover new ways of becoming active.

“Athletes like Dick show us what is possible and that age does not define us,” said Peggy Apthorpe, health and fitness coordinator. “Most of us have the potential to remain independent, and staying physically active helps to

**I was about to turn 70  
and on my bucket list  
was to run my first marathon.”**

**– Dick Waller**

reduce our years of ill health or compress morbidity.”

Many can use a health condition, such as diabetes, arthritis, or heart disease as an excuse to avoid exercising, but physical activity helps improve or manage these conditions.

“Active older adults we work with believe they can be independent and live actively with certain chronic conditions,” Apthorpe said.

Aging Partners offers classes and a fitness center at 233 S. 10th St. Participants have opportunities to work on or cover their BASES = balance, agility, strength, endurance, and serenity. **lw**



*Dick Waller with his second place trophy during this year's marathon*



*Dick Waller with his trophy from his first marathon finish in 2013 and finisher medal*

# Living At Home

## Elder Abuse Can Affect You

**T**hroughout life, safety of our physical bodies and finances are a top priority, and that shouldn't change as we age.

According to the National Council on Aging, elder abuse is defined as physical, emotional, or sexual abuse; neglect; and financial exploitation. Elder abuse affects those age 60 or over. An estimated one in 10 people have experienced elder abuse.

In 90 percent of elder abuse and neglect incidents, the perpetrator is a family member.

"It is often under-reported because the abusers are family members, friends or other 'trusted' individuals," said Lincoln Police Department Public Information Officer Katie Flood.

Adults who are isolated, lonely, or have mental impairment are at the greatest risk for victimization, according to Flood.

### What Is Elder Abuse?

Adult Protective Services (APS) investigates and substantiates elder abuse cases. Last year in Nebraska, APS had 591 reports of financial exploitation, 348 reports of abuse, and 908 reports of neglect.

Abuse can be physical, sexual, or emotional. Neglect is the failure by those responsible to provide food, shelter, health care or protection, and self-neglect is failure of a person to perform essential self-care tasks that threatens his or her safety or health. Financial exploitation is the illegal taking, misuse or concealment of funds, property, or assets.

APS works to ensure older adults are safe and personal finances are there to take care of the older adult as they age.

"I'm focused on the victim and ensuring they are safe," said Deb Strudl, APS certified

investigator. "Law enforcement is focused on finding the criminals and getting them off the street."

APS sees many older adults with a history of physical violence, even if they have stopped for years, begin abusing again.

"The frustration of the aging process takes over, and the older adult will take it out on someone else," Strudl said. "In some cases, older adults without a violent history develop dementia and turn their aggression, anger, or frustration on a spouse, caregiver, or adult child."

### What To Do

If physical harm is happening or being threatened, personally or to another, call law enforcement immediately.

"If you cannot bring yourself to call, at least tell as many people

### Indicators of Elder Abuse:

#### Physical Abuse

- Old and new injuries together.
- Fractures, bruises, cuts, internal injuries, bite marks, burns.
- Injury that is not cared for properly.
- Injuries that form the shape of an object, cord or belt.
- Bilateral bruising.
- Injury that doesn't make sense with the explanation given for its cause.

#### Sexual Abuse

- Genital or anal pain, irritation or bleeding.
- Bruises around breasts or genital area.
- Unexplained sexually transmitted disease or genital infections.
- Torn or stained underwear.

### Financial Exploitation

- Cashing checks without permission/authority.
- Misusing Power of Attorney/Durable Power of Attorney.
- ATM withdrawals inconsistent with the victim's use/ability.
- Unpaid bills or overdrawn bank accounts with adequate income.

### Denial of Essential Services or Self-Neglect:

#### Living Environment

- Unsafe shelter.
- Lack of food, clothing, medicine or edible food.
- Human or animal feces on floors/furniture.
- Rotting floors, ceilings.
- Housing does not protect from weather.

### Victim Conditions

- Activities of daily living being neglected.
- Untreated medical conditions or injuries.
- Advanced bed sores.
- Lack of needed prosthetic devices — glasses, dentures, walkers, hearing aids.
- Poor personal hygiene such as untrimmed nails, matted hair, soiled clothing and odors.
- Improperly clothed for winter or no clothing.
- Person shows signs of not enough food or water for no good cause.
- Lack of proper supervision.



as you can, such as your kids, doctor, or trusted friends,” Strudl said.

Creating a Power of Attorney now can prevent financial exploitation.

“Even though the baby boomer generation is private and often do not share information with their children, older adults should pick a Power of Attorney, someone they know and trust,” she said.

Be wary of those who offer to help with finances out of the blue, like strangers or next door neighbors. Strudl recommends to ask questions, for instance, if someone tells you to sell your house, ask why.

“It could be because your physical condition has declined and you need to go to a facility, but if you are doing well physically and able to live independently and someone is helping with your finances, it could be they ran out of money and need you to sell your house so they can take it,” she said.

The most important thing in life is to keep yourself safe and secure.

If there is reason to believe elder abuse is happening, call the Adult Protective Services hotline at 800-652-1999 or the Lincoln Police Department at 402-441-6000 to make a report. For more information on elder services and assistance in Lincoln, visit Aging Partners’ website at [aging.lincoln.ne.gov](http://aging.lincoln.ne.gov) (click on “Information & Referral”) or call 402-441-7070 or 800-247-0938. **lw**

## Legal Services Provided Through Aging Partners

*By Mary Wilson, Buford Law Office*

**A**ging Partners contracts with Buford Law Office to provide legal services to seniors residing in the eight counties served by the agency.

Information and referral services are provided without income or resource screening. Many times questions can be answered without further action being needed. If your issue is not fully addressed, I can provide suggestions of where you might go for further assistance. For example, if you believe you are the victim of age discrimination, I could provide contact information and advise you to file a claim with the Nebraska Equal Employment Opportunity Commission.

Persons who meet income and resource guidelines are eligible for information as well as direct services. Issues that can be addressed include Medicare, Medicaid, Social Security, protective services, debt collection, landlord tenant, consumer issues, and estate planning. I can prepare wills, powers of attorney and other legal documents. I can provide representation in Medicare, Medicaid and Social Security appeals. Although I do not file bankruptcies, I can help you determine if you have any income or resources that a creditor could attach or garnish for unpaid bills.

You may have difficulties because of amounts owed for alimony or student loans. Although social security income and supplemental security income may not be taken by most creditors, a few, including

the U.S.

government, have the ability to withhold income for specific types of debts. Steps

can be taken to stop collection

of the amount due. Tax returns are generally prepared by volunteers, but if you have a more complicated tax problem, I might be able to assist. For example, if a debt is forgiven, the amount forgiven is considered taxable income. I might need to assist you in filing a tax return to claim insolvency. Landlord/tenant issues are another legal matter that may need to be addressed. If you are being asked to move from your rental unit or are having difficulties with the repair and maintenance of the building, I can intervene. I may advise you that the landlord has followed all of the rules and may legally ask you to move, or I might be able to obtain the permission of the landlord for you to stay in the unit a little longer. Representation is not provided for criminal or traffic matters.

Legal services are free, although donations to Aging Partners are encouraged. To request legal services, call Aging Partners at 402-441-7070. You can schedule an appointment during the Tuesday legal clinic in the downtown senior center. Phone appointments and home visits for persons not able to visit the clinic are also available. Clinics are provided on an irregular schedule at various congregate living and meal sites. **lw**



*Mary Wilson*

# Technology Advancements Benefit Older Adults

Imagine sitting in the driver's seat of a moving car, but not driving. That soon could be a possibility as technological advances become available.

Today, some commercial vehicles can apply the brakes faster than a human and parallel park themselves using cameras.

Manufacturers are experimenting with both connected and autonomous, or driverless vehicles. A "connected" vehicle communicates with infrastructure or other vehicles, shares coordinates, speed, and location information.

"Vehicles will be able to connect to city- or state-owned facilities, like traffic lights," said Lonnie Burklund, City of Lincoln traffic engineer. "In the near future, communication devices could be installed at every signalized intersection and send a signal to cars if they have the technology onboard."

Fully autonomous vehicles are driven by a computer, but a driver can override the steering controls manually.

"In theory, driverless cars or shuttles navigate on their own safely down the street using coordinate data and onboard cameras, sensors, and radar," Burklund said. "These cars can safely drive themselves to avoid conflicts with potholes, curbs and other vehicles."

Since 2009, Google's fleet of driverless cars has driven more than 1.5 million miles. These vehicles use LIDAR, which stands for light detection and ranging. It works like radar or sonar, mapping points in space using 64 rotating laser beams. It forms a 3-D model in its computer, and its preloaded maps system tells the vehicle where traffic lights, crosswalks, and other features are located. The LIDAR also fills the landscape with moving objects.

## The Benefit

While these types of vehicles may seem intimidating, imagine the possibilities.

"This is a neat concept system that would allow all generations of our community to get out and go to a restaurant or a store," Burklund said. "Aging drivers would have a way to get out and about independently."

Cities are beginning to process what the future would look like with such vehicles on the road.

While driverless vehicles may not inundate the market anytime soon, Burklund believes in the next five to seven years, Lincoln will begin to see autonomous vehicles on its roads.

"Manufacturers are hurrying down the road to get more onboard technology in their vehicles, like software, applications and communications devices," he said. "That's not a cheap thing, but the huge cost of fatality and injury crashes might be avoided by eliminating some human error." <sup>lw</sup>



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## Losing Memories: Alzheimer's Disease

The sixth leading cause of death in the United States, Alzheimer's disease is a progressive, irreversible neurological disorder that affects a person's memory, thinking, and behavior. Without a cure, there is no slowing down or prevention for the disease.

"What scientists know is that Alzheimer's involves progressive brain failure," said Natalie Leon, Nebraska Chapter of the Alzheimer's Association program specialist. "We are not sure why brain cells die or fail, but they lose communication and the ability to do their job."

The most common form of dementia, Alzheimer's affects those with the illness and people around them. It affects the memories of the person, and loved ones must come to terms with their failing mind and stress of taking care of them.

### Symptoms and Diagnosis

Early detection and diagnosis of Alzheimer's is vital.

"To get an accurate diagnosis and start early treatment is paramount because early in the disease process, individuals are still able to look ahead," Leon said. "It's about planning and knowing what your journey ahead looks like, and that you have parts in place."

Knowing and recognizing the 10 signs of Alzheimer's is crucial:

1. Memory loss that disrupts daily life — one of the most common signs is forgetting recently learned information, important dates or events.
2. Challenges in planning or solving problems — taking longer to do the things a person typically does.
3. Difficulty completing familiar tasks at home, work, or leisure — having trouble driving to a familiar location or remembering rules of a favorite game.
4. Confusion with time or place — losing track of dates and seasons, and difficulty understanding time.
5. Trouble understanding visual images and spatial relationships — difficulty reading, judging distance while driving, or determining color or contrast.
6. New problems with words in speaking or writing — such as calling something by the wrong name.
7. Misplacing items and losing the ability to retrace steps — putting things in unusual places and one may accuse others of stealing.
8. Decreased or poor judgment — changes in judgment or decision-making such as giving large amounts of money to telemarketers.
9. Withdrawal from work or social activities — removing oneself from hobbies, social activities, work projects or sports.
10. Changes in mood and personality — becoming confused, suspicious, depressed, fearful or anxious.

For questions about the warning signs, consult a physician.

There is no single test that proves a person has Alzheimer's. A diagnosis is made through a complete assessment that considers all possible causes, including medical history, physical and neurological exams, mental status tests, and brain imaging.

"They look at an individual's medical history, like heart disease, which does give you a higher risk of developing Alzheimer's," Leon said.

Proper diagnosis is important because many Alzheimer's symptoms can be caused by other health issues. For example, a urinary tract infection can cause memory issues.

When diagnosed with Alzheimer's, Lee Nyberg, Home Care Assistance director of marketing, recommends meeting with an attorney or financial planner to get organized.

"There will come a time when the person with Alzheimer's needs complete care, and it's best to have a say in what that plan will be and how it will be paid for," she said. "That's an important part of managing control in their life as long as possible."

### Who is at Risk

Of the 5.4 million Americans living with Alzheimer's, 5.2 million people are 65 and over. These numbers will escalate rapidly in coming years because baby boomers are reaching age 65. Women have a higher chance of developing the disease because they tend to live longer, however, men are beginning to close that gap.

The greatest risk factor for being diagnosed with Alzheimer's is advancing age. One in nine people over age 65 develop Alzheimer's, and that number is one of three for those over 85.

Another strong risk factor is family history. Those who have a parent, sibling or child with

*Losing Memories continued on page 26*

# Caregiver Corner

## Losing Memories

*Continued from page 25*

Alzheimer's are more likely to develop the disease. The risk increases if more than one family member has the illness. Most experts believe the majority of Alzheimer's disease occurs as a result of complex interactions among genes and other risks factors. Age, family history and hereditary are risk factors that cannot be changed.

Research is beginning to reveal clues about other risk factors we can influence through general lifestyle, wellness choices, and through effective management of other health conditions. One strong link is serious head injury, especially when trauma occurs repeatedly or involves loss of consciousness. Protect the brain by buckling the seat belt, wearing a helmet when participating in sports, and removing potential tripping hazards from the home. Another connection links brain health to heart health. The brain is nourished by blood vessels, and each heartbeat pumps 20 to 25 percent of blood to the head, where brain cells use at least 20 percent of the food and oxygen your blood carries. The risk of developing Alzheimer's appears increased by many conditions that damage the heart or blood vessels, including high blood pressure, heart disease, stroke, diabetes and high cholesterol. Work with a doctor to monitor heart health and treat problems that arise.

Other evidence suggests that strategies for overall healthy aging may keep the brain and body fit. Try to keep weight within the recommended guidelines, avoid tobacco and excessive alcohol, stay

socially connected, and exercise the body and mind.

### Treatment and Research

Drug and non-drug treatments for Alzheimer's do not slow progression, but they can help cognitive and behavioral symptoms.

Physical exercise is good at controlling symptoms along with diet.

"Social engagement is also important," Leon said. "Older adults need to make sure they are getting mentally stimulated."

Researchers are looking for new treatments to alter the course of the disease and improve the quality of life for those with dementia. Research is geared toward prevention, which can stem from heart disease. If a heart attack or stroke can be prevented, the potential damage can be avoided.

### Caregiving

Alzheimer's can take a devastating toll on caregivers. Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high, and about 40 percent suffer from depression. One in five care contributors cut back on their own doctor visits because of their care responsibilities.

Caregivers have to address other issues other than just memory loss. They must remember the disease will be with the person long term.

"It's incurable and will get progressively worse," Nyberg said. "If you think you want to be a caregiver, it's not a short-term thing like it used to be. People live on average five to 10 years with this disease."

**Every 66 seconds, someone develops Alzheimer's disease in the United States.**

She suggests caregivers "shrink" the living environment once an individual is diagnosed.


"They will become increasingly confused," Nyberg said. "Take things that aren't important to them and replace them with things they can interact and engage with."

As a caregiver, it is important to remember to take an occasional break. For friends and family who offer to help, ask them to stay with the person for an hour or two, but leave them activities or things to do.

"The most important thing to do with people with Alzheimer's is to meet them where they are and accept them without expectations," Nyberg said. "They are probably doing the best they can. It's important as a caregiver to know when you have to step back so you can keep living, too."

### Questions or Help

Support groups for caregivers of those with Alzheimer's include social and educational groups. The Alzheimer's hotline also can connect people to a medically licensed staff to help in crisis or have questions at 800-272-3900. For more information about the signs and symptoms of the disease, visit [alz.org/10signs](http://alz.org/10signs).

To watch this four-part series of *Live & Learn*, visit [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: vod) or *Live & Learn's* YouTube channel at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: live & learn). Shows aired in February, March, May and July. 



# Looking at Alzheimer's Through Quilts

As a caregiver for his late wife, Judy, who battled Alzheimer's disease, Michael James, chair of textiles, merchandising and fashion design at the University of Nebraska-Lincoln, coped through creating quilts.

In 2009, Judy was diagnosed with younger onset Alzheimer's disease. Once diagnosed, they realized they saw some of the symptoms earlier, such as forgetting where the garage door opener was.

For six years, James served as his wife's caregiver while working full time. Later, he hired professional caregivers to assist him.

The quilts he made represent his wife's battle with the disease, showing the broken life Alzheimer's brings.

"Our lives were really fractured," James said. "After her diagnosis, our home was broken into and the perpetrators went through a big glass window. That is really the metaphor for the disease breaking into our lives."

As a caregiver, he advises everyone who has a loved one diagnosed with Alzheimer's learn how to live in the moment.

"To the person with the disease, the past will gradually disappear, and there is no future," James said. "They become totally fixed in the moment, and you have to be there with them."

He took his wife on long road trips to leave the disease at home, which allowed him to feel connected to his wife again.

"We still enjoyed things we always had like music and film," James said. "Over time, her ability to follow storylines decreased, but we still could do those things we had always done together and found enjoyment out of."

He also recommends caregivers understand



**The greatest assistance friends and family can offer is the gift of time to a caregiver."**

**– Michael James**




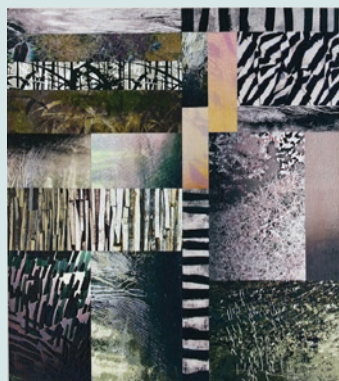
*Michael James on the Live & Learn show.*

that the disease is the cause of memory loss and personality changes, not the person.

For those who know someone with Alzheimer's, James recommends offering their time.

"The greatest assistance friends and family can offer is the gift of time to a caregiver," he said. "Offering to take them out for the afternoon or spending an hour looking at photos helps give the caregiver a respite."

To watch this episode of *Live & Learn*, visit [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: vod) or *Live & Learn's* YouTube channel at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: live & learn). View the March show. 



*"For now we see through a glass, darkly."*



*"Elegy (flatland)."*



*Michael James and his late wife, Judy.*

# Home Handyman Corner

## Handyman Hints for Summer at Home

*By Mitch Sump, Home Handyman program coordinator*

Hello and welcome to the summer edition of Home Handyman Corner. We are busy here at Home Handyman with your typical summer chores such as mowing, yard cleanup and minor painting, and our year-round activities of carpentry, electrical and plumbing repairs. However, we are always trying to stay busy, so if you have projects around your house, feel free to call 402-441-7030 and speak to Carol, Diana, Linda, or Mitch about getting these taken care of.

We are always looking for good, qualified people to help us with these projects. If you are interested in learning more about becoming a Handyman, please contact Mitch at 402-441-8815.

Since our last article, a new program has been added to Home Handyman. We are excited to announce that we are now responsible for the Durable Medical Goods program here at Aging Partners. If you are not familiar with the program, read on to learn about this helpful program for older adults.

You may or may not be aware of the cost of certain medical goods such as walkers, standalone toilets and wheelchairs. I know that until I started pricing these items for my mom, I was unaware of how expensive they can be. The Durable Medical Goods program accepts items from people who are no longer using them, provided they are in

good condition or can be easily repaired, and reconditions them so they can be used by other folks. We just finished cataloging a large inventory and are ready to get these items out to people in need. If you have some of these items sitting around, taking up space and getting dusty, please call us at 402-441-7030 to donate, and we can arrange to have them picked up.

We received positive comments about the helpful hints we talked about in the spring edition of *Living Well*. In fact, a few folks even called to share ideas of their own they thought would be helpful. If you see your suggestion, give yourself a pat on the back. If you come up with an idea you would like to share in future issues, please feel free to email Mitch at [msump@lincoln.ne.gov](mailto:msump@lincoln.ne.gov).

### **Water in Basements/**

**Crawlspaces:** At the time of this writing, Lincoln had just come off a week of severe storms, which resulted in flooded basements and crawlspaces. I am not telling you that if you follow the information I am about to share with you, your basement/crawlspace will never get wet. However, following it will certainly help except in extreme cases, such as 6-8 inches of rain in three hours. As noted in the last *Living Well*, keeping your gutters and downspouts clean and free of debris is your first line of defense.

Next, note the soil around your home's foundation. Over time, soil around foundations becomes compacted or washes away. To maintain proper drainage

you should periodically bank 4- to 8-inches of soil against your home and then taper off the depth as you move away from the house. I do this every couple of years as part of my annual maintenance plan for my home. Flower beds, rock gardens and mulch help to maintain soil levels, but adding additional soil is even more beneficial. You can add composted manure to flower beds and get double the benefit for your time.

The last thing to consider is landscaping. As trees and bushes grow, their root systems can cause low and high spots in lawns. This creates natural channels in your lawn that can lead to the foundation. To keep this from happening, use a lawn roller in the spring and fall to level it. Areas that are lower or higher will be flattened out somewhat, and you get a good idea of where problems may occur. In extreme cases you can add soil with grass seed mixed into it already, and water per suggestions on the seed bag. A healthy lawn will have no problem coming up through this loose additional soil if it is watered well.

**Musty Odors:** Even if you don't have water in your basement, the higher humidity during summer can lead to musty odors in basements and closets. The best and easiest way to avoid this is to keep air circulating in these areas by opening windows/doors and running portable or ceiling fans whenever possible. Dehumidifiers are a good option in areas where it seems the most humid. Remember



to check the float on the automatic shutoffs after emptying. It defeats the purpose if the collection basin overflows onto the floor.

**Air Conditioners:** I am going to venture a guess that at least half of the folks reading this have already turned on their central air or window air conditioning units at least once so far this year. To maximize the efficiency of your central air, make sure your outside fan/condenser unit is clean and free of debris. Leaves and weeds can get into the unit and put unnecessary demands on it. Take off the side or top screen, whichever is easier, and pull out any loose debris by hand. A garden hose or pressure washer will finish the job.

Take the time to hose or lightly brush off dust and other items prior to running a window-mounted air conditioner. Cottonwood seeds and their light fluff can be especially problematic in the early summer. If the fins are bent, you can straighten them somewhat with a "Fin Rake," which is a handy tool readily available at most hardware stores. When using one, make sure you are lined up properly per the instructions as you can easily dent the fins on the air conditioner.



**What's Buzzing?** If you have a large number of flowers planted around your home you will also have a proportionately large number of bees, wasps and hornets. The old adage of "if you leave them alone, they will leave you alone" is fine and good until they make their home in a high-traffic area. There are good commercial sprays for getting rid of bees, wasps and hornets, but there are many good home remedies as well. A 50/50 solution of water and dish soap is effective at destroying the nest so insects abandon it for you to knock down. An added benefit of the dish soap is that it coats the wings of wasps and hornets so they can't fly. A reader suggested a similar mixture using bleach instead of soap, but be careful not to spray areas with paint prone to fading.

**Watering:** As the days get warmer, flower beds and vegetable gardens will need more water. Avoid watering at night as this can lead to fungus and mold growth on plants and flowers. The best time to water is in the early part of the morning to allow the water to soak in and at the same time, not shock the plants with cooler water when it's hot. Ideally you should also water below the leaf line, as water on leaves can lead to blight and insect infestation, especially with tomatoes. If you have a soaker hose, you get the benefits of under the leaf line



and also a slow soaking into the soil for added moisture. A reader suggested the use of rain barrels, but unfortunately I don't have plans to share them with you at this time. A neat tip they did share was how 4 inches of water in a standard 55-gallon barrel equals 5 gallons of water.

**Shading:** The last reader suggestion for this month involves shading your garden during extremely hot times of the day. If your garden is on the west or south side of a building, it can get extremely hot during the afternoon, which can cause plants to wilt. Most of the time they will recover as the sun goes down, but in the long run this can damage plants. The reader suggested putting up metal or wooden stakes near tomatoes, peppers and cucumbers. These are the plants most susceptible to heat blight. You can then tie or duct tape the corners of old sheets to short lengths of wide PVC pipe. Simply drop the open end of the PVC over the stakes and have instant shade for your plants.

**Mow, Mow, Mow the Lawn:** When it comes to mowing, less is not more for many reasons. Many folks who pay to have their lawn mowed wait as long as they can, thinking they are saving money. Unfortunately, this isn't the case as most commercial mowers will charge extra for grass over a certain height.

*Handyman Hints continued on page 30*

# Home Handyman Corner

## Handyman Hints for Summer at Home

*Handyman Hints continued from page 29*

There are three reasons for this extra charge.

1. An overgrown lawn is dangerous to mow due to clogging of the blades and catch bags.
2. The person mowing the lawn often has to go over it twice so no time is saved.
3. The lawn does not look as good as it could due to the blade skipping and the wheels fighting through tall grass. A good rule of thumb is to mow every seven days. When there has been steady rain, shift to every five days.

If you are mowing your own lawn, make it look the best it possibly can by using the following tips.

- Mow in a different pattern every time you mow. Following the same route every time causes compaction of the lawn, which becomes evident over time in appearance and is not healthy.
- Sharpen the blade of your mower when the cut becomes uneven on the individual blades of grass. Uneven cuts happen when the blade is dull. It is essentially tearing versus cutting the grass. The uneven cuts look ragged and make the lawn susceptible to fungus growth.
- Apply iron to your lawn per the instructions on the bag. Iron strengthens your lawn's root system and makes it greener. But when applying it, remember to sweep the scattered pellets off of sidewalks so they don't stain the concrete.

**Final Thoughts:** I am running out of space but just wanted to mention a plumbing item I recently used on a project. There are a couple of companies selling copper pipefittings that simply push onto the ends of pipes and are self-locking and sealing. There is no need to sweat the pipe or use compression fittings. An added benefit is that they can be removed using a small horseshoe-shaped tool that sells for less than \$2. A friend suggested I use these on my kitchen sink, and to quote him, "these things are magic!"

All the staff at Home Handyman hope you have a great summer. We look forward to your next call. **lw**

### Phillips Lifeline Medical Alert Service



**How would you get help  
at a moment like this?**

## Helping you live more independently.

- ▶ Continue living in the comfort of your own home.
- ▶ No landline phone required.
- ▶ Get prompt caring assistance 24-hours a day, 365 days a year.
- ▶ Increase peace of mind for you and your family.

*Only one medical alert pendant can call for help  
even when you can't.*

**For details on Aging Partners Lifeline  
service, call 402-441-8816.**



\*Assumes the location of the Lifeline Communicator is in an area with sufficient access to coverage by the AT&T wireless network. Button signal range may vary due to environmental factors. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help. No. 1 claim is based on number of subscribers.

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# Planning Ahead

## Coping with Changes: Aging Partners Here to Help

**B**enjamin Disraeli said, “Change is inevitable. Change is constant.”

Since birth, things are constantly changing. It is important to learn to cope and anticipate change, especially while aging.

“Change often entails different experiences related to health, wealth, and self,” said Sandy Lutz, Aging Partners program coordinator.

Change can be exciting — a graduation, birth, or moving to a new home or a new job. We do not look forward to all change. Some can be related to health, income and people involved in your life.

Many older adults turn to Aging Partners for help coping with change. Aging Partners provides services to help older adults in their course of navigating change, including financial counseling, information on activities, health and fitness, nutrition, legal matters, and living communities. Call 402-441-7070 or 800-247-0938, or visit [aging.lincoln.ne.gov](http://aging.lincoln.ne.gov) for more information.

“We can help you understand and adapt to changes in a way that is most satisfying and healthy more quickly,” Lutz said.

Changes in wealth can be a change in finances, including retirement, which is both exciting and scary. Aging Partners has financial counselors who can help.

“We can help plan for that change in your income,” Lutz said. “It is important to help plan and think about how those financial changes might impact your life.”



*Live & Learn Host Tom White interviews Aging Partners Program Coordinator Sandy Lutz about coping with change.*

Through time, how a person views themselves can change.

“Our perspective of who we are changes as we go through life,” Lutz said. “We might start feeling a little insecure as we move through life, and relationships change.”

She suggests asking for help of friends and family, or counselors, if you see changes in how you interact with people, if you become more reclusive, find yourself sad and crying more, or if exercise and eating patterns have changed. She suggests asking trusted friends and family to give honest feedback about the changes being experienced and share feelings.

“It’s important for us to anticipate changes and do what we can to plan for how we might respond to those changes,” Lutz said.

Change is inevitable, both for the person experiencing it and the family and friends walking along the path with the individual.

“Family and friends may be seeing their loved ones change and

things we’d never anticipated are happening,” Lutz said.

It is important for family and friends to allow loved ones to discuss the changes they are experiencing. It can be emotional and frightening, and letting them talk can develop a depth to the relationship that had not been there before. Support those around you who are going through life changes so they can adapt while not being alone.

“Listen and watch out for your neighbors, as they will be traveling through changes in their lives, too, so lend them a hand,” Lutz said.

Anticipating and adapting to change can make life easier and more worthwhile.

“Remember to look forward to whatever life might bring you,” Lutz said.

To watch the May episode of *Live & Learn*, visit [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: vod) or *Live & Learn*’s YouTube channel at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: live & learn). **LW**



Those who work with older adults in the area met to listen to Julie Masters, Ph.D., of the University of Nebraska Omaha Gerontology Department, speak at the May 11 Quarterly Outreach Breakfast.



## The Future of Aging Is Changing

In 1980, 26 million people were over age 65. Today, it's an estimated 45 million.

The baby boomers, born in 1946-64, are growing older. As the aging population increases, so will the need for aging services. This was the focus of Julie Masters, Ph.D., of the University of Nebraska Omaha Gerontology Department, during the May 11 Quarterly Outreach Breakfast at the Downtown Senior Center.

Population demographics in Nebraska, and the nation, are changing.

"In the next couple of years, we will see a major shift in population to more people over age 65, compared to younger people," Masters said. "Our growth isn't children, it's older adults."

Emphasizing the variety of services needed for baby boomers as they age, Masters also discussed the role Area Agencies on Aging (AAA) will play advocating for older adults. Not only AAAs, but elected officials will need to be engaged to think and respond to the ever-growing needs of older adults.

She encouraged attendees to

be interested in the aging process of themselves and others.

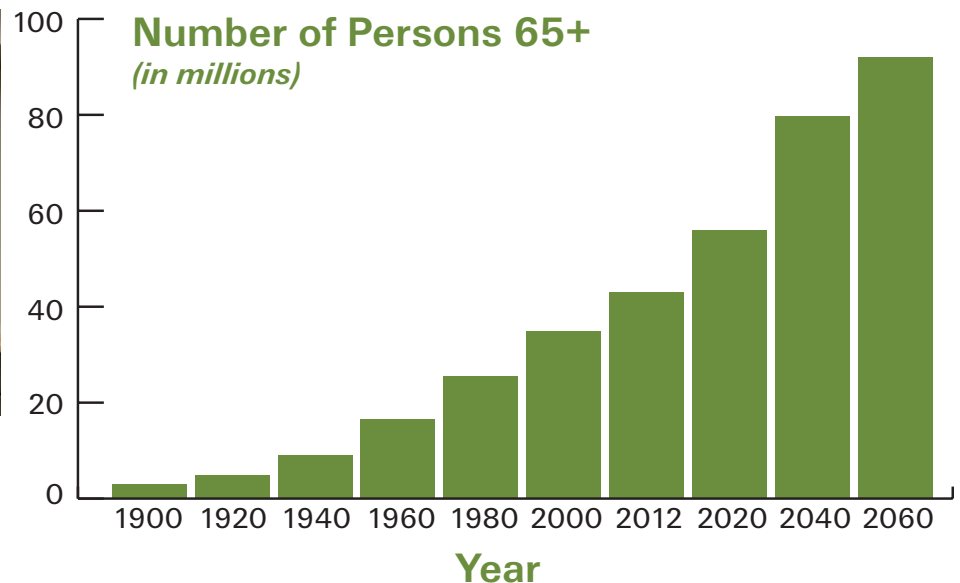
"Taking responsibility of our own aging, including exercise, diet, and cognitive engagement, and realize that aging is not a disease but instead a process, something to embrace," Masters said.

Services will need to adapt in coming years for the increased aging population.

"If we want to think about changing the world, we need to think about doing that through aging adults," Masters said. **LW**



Julie Masters speaks during the May 11 Quarterly Outreach Breakfast at the Downtown Senior Center.





# Town Halls Help Identify Gaps in Aging Services

*By Martha Hakenkamp,  
Aging Partners program manager*

Aging Partners' purpose is to provide home and community-based services that meet the needs of older adults and caregivers in the agency's eight-county service area. Although the agency is in continuous dialog with consumers looking for answers to aging issues, it is still essential to go through a formal process periodically in which individuals are asked about gaps or shortfalls in local services. Without a doubt, one of the best ways to determine local needs is to ask local consumers.

To ensure that a range of opinions are solicited, Aging Partners is gathering consumer input using various methods. This spring, town hall meetings were open to the public throughout the agency's service area.

During the town hall meetings, consumers throughout the service area indicated transportation as a key unmet need. For many older adults, living at home becomes more difficult once they decide to stop driving. Caregivers shared challenges in transporting loved ones during work hours and the need for support in this area. The diversity in transportation services available in local communities highlights the challenges many older adults and caregivers face when trying to remain mobile.

Knowing what services are available to older adults and caregivers was another high-need area identified during the town hall meetings. Many individuals were unaware of services offered by Aging Partners and its affiliated county programs. They indicated that more needed to be done to ensure that communities knew where to turn when searching for help.

In addition to the town hall meetings, Aging Partners has been gathering consumer input using its 2016 Consumer Survey. Comprised of 33 short questions, Aging Partners' staff has collected about 700 responses from local individuals. Focused primarily on health and wellness programming needs, this survey will be used to determine opportunities for program development at area senior centers.

More input is needed. To participate in the 2016 Consumer Survey, please go to the agency's website to take the survey online ([aging.lincoln.ne.gov](http://aging.lincoln.ne.gov) or <https://www.surveymonkey.com/r/YWCRK85>). For those who prefer to complete a paper version of the survey, please contact Aging Partners at 402-441-7070 to request a survey and return envelope in the mail. The 2016 Consumer Survey will close Aug. 31.

Information learned from the town hall meetings and 2016 Consumer Survey will guide the development and implementation of aging services in the Aging Partners service area. Using resources efficiently requires that services be targeted to meet the high-priority needs of older adults and their caregivers. Combining consumer input with the expertise of field professionals will ensure that the lives of older adults who call this eight-county service area home are impacted by the services of Aging Partners. **LW**



## Same Great Care... Just with a New Name!

Gentiva Health Services is now part of Kindred at Home, a provider of home care with the nationwide Kindred Healthcare network of services. Our management and clinical team of Registered Nurses, physical therapists, occupational therapists, speech therapists, home health aides and medical social workers remain the same. We look forward to continuing the relationship with our community and patients and deepening our commitment to providing the highest quality of clinical care.

[www.kindredathome.com](http://www.kindredathome.com)



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## AGING PARTNERS

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

Key for Services: ▲ = Lancaster only

## MISSION

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

## Being Well

### NUTRITION

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

### HEALTH AND 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 and 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** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **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.
- **Harvest Project** - Specialized community support services are provided to individuals who are age 55 and over, live in Lancaster County and have severe mental health diagnosis. ▲ 402-441-7070
- **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

- **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.

### 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 [www.seniorsfoundation.org](http://www.seniorsfoundation.org).



## Staying Involved

### VOLUNTEER!

- **Foster Grandparent 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 four 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 County 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 David Norris at 402-441-6156 or email [dnorris@lincoln.ne.gov](mailto:dnorris@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) (keyword: vod) or Live & Learn's YouTube channel at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: live & learn). View on 5 CITY-TV or online at [lincoln.ne.gov](http://lincoln.ne.gov).

- Mondays at 11 a.m.
- Wednesdays at 5 p.m.
- Thursdays at 7 p.m.
- Fridays at 11:30 a.m.
- Sundays at 3:30 p.m.

These are minimum airing times. Show re-airs at various other times throughout the month.

### MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**  
Diana McDonald, 402-367-6131
- **Fillmore County Senior Services**  
Brenda Motis, 402-759-4922
- **Polk County Senior Services**  
Jan Noyd, 402-764-2252
- **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) AND 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. 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 and Fitness

Monday through Friday  
8 a.m. to 4 p.m.  
233 S. 10th St., Suite 101

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 people age 60 and over. \$15 fee for people under age 60.

All ages are welcome at the fitness center. If you are on a break from work, feel free to stop and check out all we have to offer. Cardio equipment, new strength training equipment, free weights, balance and other exercise aids also are available at the center.

*For most Health and Fitness classes, there is a \$3 per class suggested contribution for people age 60 and over or a \$4 per class fee for people under age 60. Punch cards are available. Preregistration is required for all classes.*

### Chair Tai Chi

This ongoing program is based on the modified Tai Chi – Moving for Better Balance 8 Form Program. Participants are taught simple movements they can practice sitting or standing near a chair.

- Aging Partners Health and Fitness Center  
233 S. 10th St., Suite 101  
Tuesdays, 9:45 to 10:30 a.m.

### Dynamic Movement Class

Each one hour class focuses on stretching, breathing and a unique combination of exercises that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

- St. Mark's United Methodist Church Gymnasium (eight-week session)  
8550 Pioneers Blvd.  
Thursdays, 3:30 to 4:30 p.m.  
June 30 - Aug. 18
- Cotner Center Condominium (10-week session)  
1540 N. Cotner Blvd.  
Use Cotner Blvd. entrance.  
Mondays, 2 to 3 p.m.  
Sept. 19 - Nov. 21

### Movement and Music Class (nine-week session)

Join us in this new movement and music class that explores elements of dance in a no-pressure, social environment in which music energizes, enriches and empowers. All levels of mobility are welcome. No dance experience is necessary. The class is at a comfortable pace. Research has shown that dance reduces stress and depression, improves flexibility, strength, balance and endurance and reduces the risk of dementia.

- Cotner Center Condominium  
1540 N. Cotner Blvd.  
Wednesdays, 1 to 2:15 p.m.  
July 6 - Aug. 31
- Auld Recreation Center  
3140 Sumner St.  
Mondays, 10:30 to 11:45 a.m.  
Sept. 12 - Nov. 7

### Stepping On – Building Confidence and Reducing Falls

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises, along with the way vision, medication, safe walking outside and footwear affect fall prevention. This program is funded in part by the Community Health Endowment of Lincoln.

- Waverly Senior Center  
First United Methodist Church  
14410 Folkestone St., Waverly  
Fridays, 9:30 to 11:30 a.m.  
July 8 - Aug. 19
- Burke Plaza  
6721 "L" St.  
Fridays, 1:30 to 3:30 p.m.  
July 8 - Aug. 19
- Madonna ProActive  
7111 Stephanie Lane  
Tuesdays, 10 a.m. to noon  
July 12 - Aug. 23
- Crossroads House  
1000 "O" St.  
Community Room  
Tuesdays, 1:30 to 3:30 p.m.  
July 19 - Aug. 30

### Vermeer House

#### Health Promotion Center

St. Mark's United Methodist Church  
4000 S. 84th St.

Services available to people age 60 and over include comprehensive foot care, blood pressure, blood glucose, cholesterol, osteoporosis screenings and health education. This clinic is located just north of the church. \$15 suggested contribution will enable these services to continue.

- Wednesdays, 9:30 a.m. to 1:30 p.m.  
July 20 (foot care only)  
Aug. 31 (foot care only)  
Sept. 7 (foot care only)  
Sept. 14, 21 and 28 (all services)

### Downtown Senior

#### Health Promotion Center

1005 "O" St., Lower Level

Services available to people age 60 and over include comprehensive foot and ear care, blood pressure, blood glucose, cholesterol screenings and health education. \$15 suggested contribution will enable these services to continue.

- Thursdays, 9:30 a.m. to 1:30 p.m.  
July 21 (foot care only)  
Sept. 1 and 8 (foot care only)  
Sept. 15, 22 and 29 (all services available)

### Contemporary Yoga (10-week session)

Come and enjoy our one-hour class that focuses on stretching, breathing and a unique combination of exercises that will isolate muscle groups, enhance flexibility,





increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

- Cotner Center Condominium  
1540 N. Cotner Blvd.  
Use Cotner Blvd. entrance.  
Mondays, 9 to 10 a.m.  
Sept. 19 - Nov. 21

**Beginners Tai Chi for Balance and Fall Prevention Class Basic 8 Form (eight-week session)**

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

- Auld Recreation Center  
3140 Sumner St.  
Thursdays, 9 to 10 a.m.  
Sept. 8 to Oct. 27

**Traditional Tai Chi – 24 Form (eight-week session)**

Tai Chi has been shown to reduce stress, enhance core strength and balance and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction.

- Auld Recreation Center  
3140 Sumner St.  
Fridays, 9 to 10 a.m.  
Sept. 9 - October 28

**Tai Chi - Continuing 24 Form (10-week session)**

Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. This class is suggested for those who have completed the 24 Form instructional classes.

- Cotner Center Condominium  
1540 N. Cotner Blvd.  
Mondays, 10:30 to 11 a.m.  
Sept. 19 - Nov. 1

**Relax, Refresh, Renew**

This half-day program is for family caregivers or anyone looking to recharge their physical, emotional and spiritual batteries. This mini-retreat will offer meditation, yoga, music, rejuvenating breath and programs on appreciation and

laughter. \$29 fee includes lunch.

- Friday, Oct. 21, 9 a.m. to 2:30 p.m.  
Southeast Community College  
Continuing Education Center  
301 S. 68th Street Place

**Stepping On - Building Confidence and Reducing Falls Leader/Facilitator Training**

- Oct. 11, 12 and 13  
9 a.m. to 4 p.m.  
Aging Partners Lincoln Downtown  
Senior Center  
1005 "O" St., Lincoln

Participants will be given parking validation tickets for Center Park Garage or County-City building parking lot.

Training will be conducted by Stepping On Master Trainers Sharon Cheney, RN, MA, and Pat Mehmken, RN, MS.

**What is Stepping On?**

Stepping On is a community-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. It is considered a highest tier evidence-based program endorsed by the Centers for Disease Control, Administration on Aging and the National Council on Aging.

**Why should I consider becoming a facilitator?**

You will have the satisfaction of discovering the contents of the program and learning the key elements of fall prevention.

You will practice group leadership and facilitation skills that you can use in other areas of your life.

Most importantly, you will watch older adults with a fear or history of falls gain important knowledge and skills to reduce falls and gain confidence.

If you are a current or retired educator, nurse, health, human services or physical activity professional, or an interested volunteer, please contact Peggy Apthorpe, Aging Partners Health and Fitness coordinator at 402-441-7796 or paphorpe@lincoln.ne.gov for more information.

*Preregistration is required for all Senior Center events where meals are served and transportation is provided.*

**Educational**

**Bob Ross Oil Painting Class**

Saturday, Aug. 20  
9:30 a.m. to 3:30 p.m.  
Lake Senior Center  
2400 S. 11 St.

"Crimson Sunset" — A series of cascading waterfalls ripple through a secret forest clearing, under a golden sky. Paint along with certified instructor Donald R. Belik in this one-day painting class. Start, complete and take home a finished oil painting. No experience required. All materials and supplies are provided. To register, call 402-441-7158. Cost: \$50

**Lincoln History Lunch Series featuring Jim McKee and Ed Zimmer**

Lincoln Community Playhouse  
2500 S. 56 St.

\$4 per box lunch suggested contribution for people age 60 and over.

\$8 per box lunch fee for people under 60.

\$4 suggested roundtrip van contribution.

For so many of us who have called Lincoln home for the past 50 years or more, the changes in our little town sometime seem to come fast and furious. Thankfully, Ed Zimmer and Jim McKee have spent years collecting photos, articles and personal accounts that insure our ability to look back at the years of our lives with warmth and wonder. Join us for a box lunch and a fascinating historical program by two of Lincoln's favorites. Seating is limited. Call 402-441-7158 for reservations. In partnership with the Lincoln Community Playhouse.

- "A Walk in the Parks" with Ed Zimmer  
Wednesday, Aug. 17
- "Nebraska State Fair" with Jim McKee  
Wednesday, Sept. 21

*Continued on page 38*

# Aging Partners News and Events

*Continued from page 37*

## Day-Trip Tour

Join us for a reasonably priced day-trip featuring entertaining places and activities. A minimum of 32 riders is necessary to confirm these tours. For details and reservations, call 402-441-7158.

- Brownville Village Theatre and the Spirit of Brownville Dinner Cruise  
Sat., July 23  
Departure: 8 a.m., Northeast Center  
Return: about 9:30 p.m.

The day begins with a tour of Brownville's newest attraction, the Flatwater Folk Art Museum, housed in an 1884 Prairie Gothic church moved from Howe, Nebraska, to its current location in Brownville. This museum features unique Folk Art masterpieces from all over the country. Then it's off to lunch at the Lyceum Café (on your own.) After lunch, we're headed to a matinee performance of the Brownville Village Theatre's musical, production of "Forever Plaid." It's a delightful, time honored musical written by Stuart Ross. The show is a musical review and tribute to the close harmony "guy groups" of the 50s. Featured songs include "Three Coins in the Fountain," "No Not Much," "Rags To Riches," "Love is a Many Splendored Thing," and more. After the show, we board the "Spirit of Brownville" for a dinner cruise down the mighty Missouri! Finally, we head for home after an exciting day. Your reservation and payment are due by Friday, July 15. Cost: \$70

- Clarinda Iowa, Glenn Miller Adventure  
Glenn Miller Birthplace Museum  
Nodaway Valley Historical Museum  
Tuesday, Sept. 27  
Departure: 8 a.m., Northeast Center  
Return: Approximately 5 p.m.

The day begins with a tour of the 3,000 sq. ft. Glenn Miller Birthplace Museum, celebrating the music and memory of Alton Glenn Miller, America's favorite musical patriot. Miller was a best-selling recording artist from 1939 to 1943. His hits included "In The Mood," "Moonlight Serenade," "Chattanooga Choo Choo," and many others. Then it's lunch at J's Pizza & Steakhouse for a pizza and salad buffet. J's is one of those hometown favorites we're

sure you'll enjoy! After lunch, it's off to the Nodaway Valley Historical Museum, where we'll enjoy a 90 minute tour of the main building of this 11-acre complex. We'll see its historic quilt and military history displays, and a display documenting Clarinda's role in American P.O.W. Camps of WWII, and much more. Then we hit the road for home after a memorable day. Your reservation and payment are due by Tuesday, Sept. 20. Cost: \$55

## Urban and Suburban Birds of the Lincoln Area with Professor Paul Johnsgard

- Friday, Aug. 12, 5:30 p.m.  
Downtown Senior Center, 1005 "O" St.  
\$8 suggested contribution for people age 60 and over.  
\$4 transportation in downtown boundary for people age 60 and over.

Paul A. Johnsgard, Foundation Professor of Biological Sciences Emeritus at the University of Nebraska, will present a slide-illustrated talk on the "Common Birds of Eastern Nebraska." Johnsgard has written over 80 scholarly biological books, including nine world monographs, over 250 peer-reviewed and popular articles, and is the world's most prolific author of ornithological (bird) literature. Johnsgard has written several children's books, one with his daughter Karin, "Dragons and Unicorns: A Natural History," another on raising a pet Stegosaurus, and a book of children's ecological poetry. Paul, a photographer and artist, has illustrated his writings with more than 1,000 of his photos and drawings. In 2015 he was selected by Esquire Magazine to be one of "50 American Men With Style." He is the only UNL faculty member who has won the University's Distinguished Teaching Award, Outstanding Research and Creative Activity Award, and an Honorary Doctor of Science degree. Call 402-441-6135 for reservations by Tuesday, Aug. 9

## Entertainment

### "Paradise Cove Luau"

- Thursday, July 14  
Downtown Center, 1005 "O" St.  
10 a.m. to noon  
\$4 suggested contribution for people age 60 and over.  
\$4 transportation in Downtown boundary for people age 60 and over.

The Downtown Senior Center brings the thrill of Hawaii to you with our "Paradise Cove Luau." Our special entertainer, native Hawaiian Leolani Edwards (from the beautiful Garden Island of Kauai,) was trained in ancient and modern Hawaiian Hula dancing, Tahitian dancing, traditional ukulele playing, and traditional vocals by world renowned performer Ululani Kua. Leolani, a former Mrs. Texas and 2004 Mrs. America, takes great pleasure in showcasing the traditions and the legendary mystique of the Hawaiian Hula. Join in the fun and wear your favorite Hawaiian shirt or blouse! It's luau time! Call 402-441-7154 to reserve a meal by Tuesday, July 12.

### Dinner and A Show 2016

- Cotner Center Condominium  
1540 N. Cotner Blvd.  
Dinner: 5:30 p.m., Show 6:30 p.m.  
Van transportation: \$4 round trip  
Dinner and show: \$10  
Show-only admission: \$5  
Preregistration required.  
Reservations, payments and cancellations are due by noon the Tuesday before the show. No refunds. Send payment to: Aging Partners, Dinner and a Show, 1005 "O" St., Lincoln, NE 68508. Sponsored with Butherus Maser & Love in cooperation with Cotner Center Condominium.
- "Songs For Late Bloomers"  
featuring: Laurie McClain  
Thursday, July 14
  - "Light Up The Night"  
featuring: The Lightning Bugs  
Thursday, Aug. 11
  - "SATCHMO: A Tribute to Louie Armstrong"  
featuring: Tim Javorsky  
Thursday, Sept. 8





## September is National Senior Center Month

### All Rural Centers Picnic

Thursday, Sept. 1  
Bennet Senior Center  
American Legion Hall Post #280  
970 Monroe St., Bennet  
Noon lunch  
1 p.m. entertainment begins  
\$4 suggested contribution for people age 60 and over.  
\$8 per fee for people under age 60.

Our rural centers are celebrating September National Senior Center Month with an all rural centers picnic at our Bennet Senior Center. Come and enjoy good conversation, great picnic food and special entertainment. We will also be hosting a bake sale! Don't miss out on the fun. If you have never dined with us, this would be a perfect opportunity to get an idea of what our centers are all about. Your reservations must be called in by Tuesday, Aug. 30 by calling 402-416-7693.

### The Fine Art of Experience 2016

Older Nebraskans Art Show  
Public Reception  
"Finding Balance"  
Friday, Sept. 2, 7 to 9 p.m.  
Milestone Gallery  
Aging Partners Senior Center  
1005 "O" St.

In celebrating the artistic accomplishments of our older Nebraskans, artists were asked to create pieces that celebrate the personal growth, balance and change that comes from our individual aging experience. Featured will be the works of artists age 60 and over. The show will hang until Sunday, Oct. 2. For details about registration and submitting artwork, call Bob Esquivel at 402-441-6102.

### The Southeast Nebraska Bohemian Bagpipe Band Celebrating Centuries of Traditional Czech Music

Thursday, Sept. 29  
All center event.  
Firefighters Reception Hall

241 Victory Lane  
Program: 10:30 a.m.  
Lunch: 11:30 a.m.  
\$4 suggested contribution for people age 60 and over.  
\$8 per fee for people under age 60.  
\$4 transportation for people age 60 and over.

Every good Czech loves a good polka, but what are the musical roots of this lively music? Join Sue Prochaska Placek, 2006 inductee in the Czech Musicians Hall of Fame, and her fellow musicians as they demonstrate the little known traditional instruments as the Dudy, the Vozembouch, and the Housle, as well as the more traditional Eb and Bb Clarinet, the violin and other instruments. The group wears traditional Czech clothing and has a great repertoire of Czech tunes. Couple all that with Runzas from RUNZA International and you've got a celebration you won't want to miss. For reservations, call your nearest center or 402-441-7158. 

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

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.

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