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# Living Well



## What's Aging Got to Do With It?

See the thoughts of four "Boomers" on Pages 18-19.





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Toll free: 1-800-247-0938 (NE only)

60+ Readership Level in LAAA's  
8 county area: 32,000+ (60% of 60+)  
Editor: June Pederson  
Support staff: News Link 475-6397

*Living Well* is a service of the Lincoln Area Agency on Aging (LAAA). The suggested contribution (tax-deductible) for the magazine is \$8. Contributions in any amount welcome! This magazine is for the 32,000 citizens, 60 years of age and older, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

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

*Living Well* is available FREE on cassette from: Talking Book and Braille Services Nebraska Library Commission, The Atrium, 1200 N Street, Ste. 200, Lincoln, NE 68508

# Directors Corner



**The wrapper on this issue is very important. If you wish to continue to receive this magazine, you must send back the cover page as requested.** Doing so allows us to continue to send our magazine using a periodical rate that requires us to prove that you do want it to come to your home. If we don't receive a wrapper from you we will assume that you wish us to remove your name from our mailing list.

The four people on the cover are representative of the 77 million Americans who fall into the "baby boomer" category. To be a boomer, you must

have been born between 1946 and 1963. This significant group of people began turning 60 this January at a rate of one every seven seconds.

They are demographically interesting for a wide variety of reasons. They were born after the two "big wars." They did not experience the Great Depression. They were generally well-fed children in the "Donna Reed and June and Ward Cleaver" fifties. They witnessed the assassinations of John Kennedy, Martin Luther King Jr. and Bobby Kennedy. In 1963 and the civil rights strife that covered two decades. Some were flower children and some went to Vietnam. Whether a soldier, supporter or protester, that experience colored attitudes about patriotism and government in many lives.

The interviews in this issue explore how these boomers feel about growing older, their careers and retirement. We hope you find it interesting.

*June Pederson*

Director, Lincoln Area Agency on Aging

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### Introducing Lincoln's First 64-Slice CT Scanner

As leaders in the detection and treatment of cardiovascular diseases, NHI has opened a dedicated center for cardiovascular CT imaging. Located on the Heart Hospital campus, NHI is one of the first centers in the region with this technology, enhancing patient care by offering the state-of-the-art 64-Slice CT Scanner.

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**Time Warner is proud to sponsor the Senior Technology Fair, a featured part of the 12th Annual LifeLong Living Festival, Saturday June 10, 2006, 9 am to 3pm, Abbott Sports Complex, 7600 North 70th!**



**TIME WARNER CABLE**  
THE POWER OF YOU

# Festival shows 'life in the active age'

The 12th Annual LifeLong Living Festival aims to give attendees a glimpse of "Life in the Active Age."

The event, organized by Lincoln Area Agency on Aging, is scheduled for June 10 at 9 a.m. to 3 p.m. the Abbott Sports Complex in Lincoln, 7600 N. 70th St., one and one-half miles north of 70th Street and Cornhusker Highway.

As the area's largest and longest running information and product show designed for older adults and their families, more than 2,300 people are expected to attend the indoor event. There will be more than 100 booths from businesses and organizations with information, products or services to older adults with active lifestyles. All this in a fun, trade show atmosphere.

"It's a great event not only to help LAAA provide awareness of the wide variety of services we offer, but also the attendees to learn about the available services, products and options. LAAA is about empowering older adults so they can make more informed decisions about their lifestyles. "It's a perfect fit for us," said Bob Esquivel, LAAA Coordinator of Volunteer Programs and the

event's coordinator.

One of the big features this year will be Senior Technology Fair sponsored by Time Warner Cable. This portion puts a spotlight on technology designed to help people improve their leisure, health and financial lives.

"We're very excited about this feature of the Festival," Esquivel said. "There will be a whole wall of technology to learn about and contrary to popular belief, today's Older Adults aren't afraid to learn about new things."

Other features at the FREE event include: "The Universal design for Better Living" an

exhibit featuring two mobile units from Iowa State University highlighting home designs for better living, featuring a walk-in kitchen and a bath model. The Health Fair features The Blue Cross/Blue Shield Lion's Club diagnostic van with screenings for hearing, visual acuity, glucose, glaucoma, and blood pressure, a Senior Fitness

Continued on Page 8

## Lincoln Area Agency on Aging **LifeLong LIVING FESTIVAL** "LIFE IN THE ACTIVE AGE"



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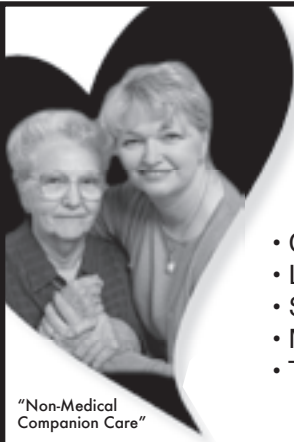
[lincoln.ne.gov](http://lincoln.ne.gov) keyword: **startran**

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## "Spring Fling"

Lincoln Children's Museum, 1420 P. St.  
Thursday, April 27  
5 p.m. to 7: 30 p.m.

Book reading and signing featuring N.L. Sharp, author  
of "Effie's Image," the story of a Fremont, Nebraska  
Foster Grandparent and "The Ring Bear"

Event co-sponsored with The Foster Grandparent Program  
Part of the Lincoln Area Agency on Aging

Public Service Announcement

- Sponsor -

## Introducing **Choices**: Life on Your Own Terms

**FREE** information and consultation about the living options and care and support services that are available to Nebraska's aged persons.



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**Lincoln Area Agency on Aging/LIFE Office**

**(402) 441-7070**

**or toll free 1-800-247-0938**

The **Choice** is Yours!

You should talk to someone about **Choices** if you:

- Want to know more about the services, care, and support options available to you.
- Are interested in living more independently than you are now.
- Need help deciding what living alternative is best for you.
- Have questions about the level of care you need and how your needs can be met.

- Need more information about funding and options available to you.

Participation in the **Choices** program is voluntary, and final decisions about care and living alternatives are completely up to you.

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Public Service Announcement



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## Technology Fair part of festival

Continued from Page 5

Test to help point out physical strengths and weaknesses and shows the person's fitness level compared to other Seniors nationwide. Our Entertainment Stage has Live Music from the 40s, 50s and 60s. There's snacks of fun festival food, and of course lots of FREE give aways!

This event, with no cost to attendees, is even accessible if transportation is a problem. StarTRAN and LAAA are offering a transportation shuttle throughout the day to the Abbott Sports Complex from Westfield Shoppingtown Gateway. A free Senior Citizen Wristband gives access to a free ride on the shuttle provided by StarTRAN. For more information about receiving your wristband, call StarTRAN at 476-1234.

Some ActivAge centers also will be running shuttles to the festival. Check with your neighborhood Center for details.

If you drive, there's FREE parking and a parking lot shuttle to get you right to the door! For more information about the festival, call 441-7158. If a business or organization is interested in having an exhibit, call Bob Esquivel, Festival Coordinator, at 441-6102.

## LINCOLN PAINT-A-THON

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Mr. Linkletter also brought Americans his insightful humor through his 23 books, including *Kids Say the Darndest Things*, one of the top 14 best sellers in American publishing history.

His most recent national best seller is *Old Age Is Not For Sissies*.

Mr. Linkletter's key note address will include his humorous reflections on growing older.

Mr. Linkletter's address is scheduled for 7 p.m. in The Cornhusker, Grand Ballroom.

Ticket information will be available soon!

Don't miss this opportunity to spend an evening with Art Linkletter.



# Lincoln Area Agency on Aging

## MISSION

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

## FIRST SERVICE

### Information and Referral

LIFE provides help for individual older persons and their caregivers to resolve questions, and concerns, occurring with aging. Services include referrals, counseling, social work, and care management. First Services is the starting point in determining alternatives, and arranging services for individuals and their families in the LAAA eight county service area. Call (402) 441-7070 or (800) 247-0938

## SENIORS FOUNDATION

Charitable foundation focused on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County. 441-6179 [www.seniorsfoundation.org](http://www.seniorsfoundation.org)

## ACTIVAGE CENTERS

Older adults receive social, recreation, health, educational programs and activities. Noon meals, selected evening meals with entertainment, special holiday meals, light menu choices, and shelf stable meals for at home. Transportation to the Centers is available for a fee. Eleven centers in Lincoln and five in Lancaster County. L 441-7158

## ACTIVITIES & CLASSES

- **Health**  
Physical activity and exercise classes to improve health and fitness. L 441-7575
- **Travelogue**  
Travel films by professional photographers. L 441-7026
- **Tickets, tours, and events**  
Opportunities to enjoy cultural and educational events. L 441-7158

## CAREGIVING — 441-7070

- **ElderCare Connection**  
Caregivers receive information, support, and assistance. [www.eldercare.gov](http://www.eldercare.gov)
- **Caregiver Support Groups**  
Discuss issues and problems of caregiving with other caregivers.

- **Senior Companion Program**

Homebound older adults receive companionship.

- **TELECARE**

Daily reassurance phone call to older adults.  
L 441-7026

- **Project HELP**

Homebound older adults receive companionship.  
L 441-6103

- **Caregiver Support Services**

Caregivers receive stress management, exercise, health and wellness assessments, nutrition counseling. 441-7575

## LONG TERM CARE OPTIONS

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

- **Care Management Services**

- **LifeLine Emergency Response System**

24-hour emergency access by pressing a button.

- **Resident Services**

Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor, and Crossroads House in Lincoln and in Geneva. Fillmore & Lancaster only.

- **Senior Care Options**

Long-term care and assessment for Medicaid eligible persons seeking nursing home care.

- **Supportive Services Program**

Eligible older persons can receive assistance with the cost of in-home services and adult day care.

- **Medicaid Waiver Services**

State funded in-home services for those who are Medicaid eligible who choose to live at home or use community based services.

## EMPLOYMENT

441-7070 or (800) 247-0938

- **OperationABLE**

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

## FINANCIAL

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

- **Financial Counseling**

Information on Medicare, private insurance policies, reverse mortgages, and home equity loans. L

- **Medicare Fraud**

ECHO seeks to reduce waste and fraud in the Medicare Program.

- **Long-Term Care Ombudsman**

Protects the rights of residents in long-term care facilities.

# on Aging Services

LINCOLN AREA AGENCY ON AGING  
Butler, Fillmore, Lancaster, Polk, Saline,  
Saunders, Seward and York Counties  
1005 "O" St. / Lincoln, NE 68508-3628  
402-441-7022 / 1-800-247-0938  
www.lincoln.ne.gov keyword: aging  
KEY FOR SERVICES: L = Lancaster only

- **SHIIP**

Senior Health Insurance Information Program  
Information concerning Medicare, Medicaid, and  
health insurance.

- **TRIAD**

Referral to appropriate agencies for crime  
prevention, elder abuse, scams, fraud. L 441-6103

## HEALTH & FITNESS

441-7575

- **Lifetime Health Program**

Health assessments, physical activity and exercise  
classes. A variety health educational presentations.  
Exercise classes, Forever Strong, Exercise  
for a Lifetime, Yoga and Pilates on

- **5-City TV daily.** L

- **Forever Strong Health Club**

Fitness equipment and consultations with certified  
personal trainers. L

- **Senior Health Promotion Center**

The University of Nebraska - Medical Center and  
LAAA provide Health screenings. L

- **Alzheimer's Disease**

The LIFE office provides information and referral.  
441-7070 or (800) 247-0938  
lincoln.ne.gov keyword: aging

- **Widowed Person Service**

Support for people who are newly widowed.  
L 441-6101

- **Harvest Project**

Coordinates mental health and substance abuse  
services. L 441-7070

## HOUSING

- **Home Handyman Service**

Handyman services from mowing to leaky faucets to  
painting to broken light fixtures. L 441-7030

- **Assisted Living and Nursing Facilities**

Listings are available from the LIFE office.  
(402) 441-7070, (800) 247-0938, lincoln.ne.gov  
keyword: aging.

## NUTRITION

402-441-7158

- **Nutrition Consultation**

Older adults receive assessments, intervention  
planning, counseling, follow-up, and coordination  
with other service providers.

- **Meals**

Noon meals, selected evening meals with  
entertainment, special holiday meals, and light

menu choices are available at some Centers.

## TRANSPORTATION

- **Transportation to the ActivAge Centers**

L 441-7158

- **Lancaster County Rural Transit**

Fixed schedule transportation from rural Lancaster  
communities into Lincoln. L 441-7031

- **Other options in the community**

Listings available at 441-7070,  
lincoln.ne.gov keyword: aging. L

## VOLUNTEERING

- **RSVP / Retired & Senior Volunteer Program**

Volunteer experiences for those ages 55+.  
Coordinates between community needs and the  
talents of the volunteers. L 441-6103

- **Foster Grandparent Program**

-Providing mentoring to youth.....441-6105

- **Guardian and Conservatorship**.....441-7070

- **Long-Term Care Ombudsman**.....441-7070

- **Project HELP**.....441-6103

- **Senior Companion Program**.....441-7070

- **SHIIP**.....441-7070

- **TELECARE**.....441-6571

- **TRIAD**.....441-6103

- **Widowed Persons Service**.....441-6101

## MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**

402-367-6131

- **Fillmore County Senior Services**

402-759-4921

- **Polk County Senior Services**

402-764-8227

- **Saline Eldercare**

402-821-3330

- **Saunders County Senior Services**

402-443-4896

- **Seward County Aging Services**

402-761-3593

- **York County Aging Services**

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

## AARP Consumer Guide compares prescription drugs

We are all looking for ways to control the cost of prescription drugs. There are usually several drugs that treat an illness or condition.

Now on AARP Nebraska's web site at [www.aarp.org/ne](http://www.aarp.org/ne) is a consumer guide that summarizes what current medical research says about the effectiveness and safety of widely prescribed drugs – both brand names and generics.

Nebraskans who are trying to lower their drug costs should review drug effectiveness information to see if there is an option that is less expensive but just as effective as the drugs currently taken. If there is no difference in the effectiveness of products within a drug class, ask your doctor if the lowest priced product may be right for you.

You could find yourself saving money on prescriptions, without

any sacrifice in quality, by following these steps:

- Read about drugs and the conditions they treat at [www.aarp.org/ne](http://www.aarp.org/ne). Click on the link in the "Choosing Rx Drugs" section of the home page.
- Compare prices using the online cost tables.
- Consult with your medical provider(s).

You can use this information to start the discussion. Just print and share the pages that apply.

Together, you and your doctor, pharmacist, or other medical provider will be able to determine the best drug for you—at the best price. If you would like written information on the classes of drugs reviewed on the website, write Devorah Lanner, AARP Nebraska at 301 S. 13th St., Suite 201, Lincoln, NE 68508 or send e-mail to [dlanner@aarp.org](mailto:dlanner@aarp.org).

## Quite a bargain

People in rural Lancaster County locations looking for a convenient, low cost way to get into Lincoln for the day need look no further than Lancaster County Rural Transit.

For \$3 roundtrip, a van will pick a person up in the morning and return them to their home at the end of the day. An additional \$2 can be added for an in-town transfer between locations.

"If you live outside the city of Lincoln, you can't find transportation for \$3 roundtrip," said Wayne McClaran, program coordinator.

The van operates on the north side of the county Mondays and Wednesdays and the south side Tuesdays and Thursdays. Call 441-7031 for appointments.

Lancaster County Rural Transit is a program of the Lincoln Area Agency on Aging.

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Clark Jeary residents looking forward to their new location in 2006. Front row, from left, Leona Janzen, Harry Powell, Lucille Shotkoski; back row, Lynette Helling, Interim HealthCare, Carla Abendroth, Clark Jeary Director of Marketing.



Artist rendering of new facility  
at 33rd Street & Yankee Hill Road

# TRIAD: Source for protection

Ellie Campbell, TRIAD volunteer, spent years working with law enforcement in Colorado. With her knowledge of the criminal mind, she serves as a volunteer to educate elderly people about scams, frauds and schemes which can come to them via the phone, mail, Internet or a knock on their door.

Campbell wants to do her part to make sure people don't fall into the growing category of those who have suffered from identity theft or suffered other forms of abuse such as financial or emotional or even physical. Often times, people don't realize they are being victimized, she said.

TRIAD, as part of RSVP— a program of the Lincoln Area Agency on Aging and group representatives are from the Lancaster County Sheriff's office, Adult Protective Services, Lincoln Police Department, Nebraska Attorney General's office and the Better Business Bureau.

They seek to reduce criminal victimization of older adults, promote safety and enhance law enforcement services to the people in Lancaster counties.

“  
**We want people to be aware  
of the potential for frauds  
and identity theft.**

— Ellie Campbell  
TRIAD volunteer

”  
“I have experience in law enforcement and felt like this was a good way for me to help others with my knowledge,” Campbell said. “We want people to be aware of the potential for frauds and identity theft.”

TRIAD volunteers like Campbell take their knowledge and share it with others through speeches to groups interested in learning more about how to prevent against becoming a victim and identifying abuse.

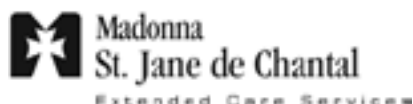
If interested in volunteering or wanting to know more about TRIAD or to schedule a speaker, call Lily Hans at (402) 441-6103.



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The Arbors unites two Lincoln community leaders known for quality care and luxury senior living in a state-of-the-art residence. The Arbors is a unique assisted living environment specifically designed to provide the ultimate in care, dignity, respect, and quality of life for individuals facing Alzheimer's disease and related dementia.

For information about The Arbors, located at 3777 No. 58th Street in Lincoln, call 486-9045.



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Providing care...**PLUS+**  
encouraging activities, interaction and laughter.

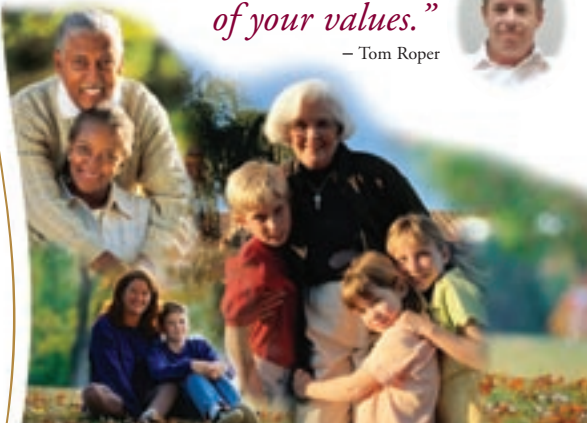
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# Retirement looks diff

Even though we know it's coming, we are still surprised. Dennis Buckley's ah-ha moment came in the mail: a message from AARP offering congratulations on his significant birthday and encouraging membership.

Buckley, editor of the Saturday newspaper insert Neighborhood Extra, State Senator Jeanne Combs, Karen Kuhn, director of marketing for the Lincoln Children's Museum and Jim Gordon, Lincoln attorney, shared their thoughts about growing older for a special edition of the Lincoln Area Agency on Aging's 5-City TV program, Live and Learn.

Representing the Boomer generation, these four individuals fall into the category of people born during and after the end of World War II. There's been a great deal of media hoopla about this group, the first of whom are turning 60 at a rate of one every seven seconds. There is interest in how this large group of people will be different than their parents and grandparents.

Demographers are now dividing the Boomer generation into two more discrete groups. The "leading

edge boomers" are those who were born between 1942 and 1953. This group is now age 52 to 63 and comprises 16% of the U.S. population. The second group has been identified as "generation Jones." These are age 40 to 51 and represent an even larger percentage of the U.S. population at 26%. Some researchers have even gone as far as identifying characteristics, generalizing the boomers as more liberal in their

views and generation Jones as more conservative.

Because the U.S. standard of living is high, most have been well fed from infancy and have had the benefits of modern medicine as well as a healthier lifestyle, aging experts have suggested that age 70 is the new 50.

People are living longer and being identified as a "senior citizen" is less appealing than when the phrase was first coined. A number of alternatives have been suggested including "seasoned citizens," "living the third half of my life," and "prime time."

June Pederson, Director of the Lincoln Area Agency on Aging, interviewed Combs, Buckley, Kuhn and Gordon on the set of Live and Learn (airing in April) and asked each about their expectations and plans as they grow older.

Jeanne Combs, who is finishing a four-year term as the state senator representing Fillmore, Jefferson, Saline and Thayer counties which comprise District 32 feels like she's just getting a good start on everything she wants to do. Combs is a registered nurse who works at Farmland Industries in Crete when the Legislature is not in session. She's worked in a variety of nursing settings before Farmland and her decision to run for elected office.

Slowing down isn't in her vocabulary. She recently rode in a sea plane and has skydiving and scuba diving on her have-to-do list. Her elected position as a member of the Nebraska Unicameral brings great satisfaction. She works diligently to represent the views of her district and developed a significant cadre of constituents who provide opinions and recommendations about legislative issues. Although she expects to do many other things, she doesn't see herself in a traditional retirement setting at any point in her life.

Dennis Buckley feels the same. He enjoys his



Karen Kuhn, Lincoln Children's Museum

Jeanne Combs of Milligan works as a registered nurse and State Senator for District 32.



# erent to Boomers



m director of marketing, says she can't envision what retirement would be like.

work and hopes to continue for a long time. "It's not how old you are," he says, "it's how old you feel." Eventually he sees the possibility of a shortened work week leaving more time for things he wants to do more of and includes volunteer activities in that category.

Karen Kuhn thinks age is only a number and that it is more important to concentrate on making the most of every day we have. "You have to love what you are doing and do your best to be joyful for yourself and others." Working at the Children's Museum is great fun and she too, indicates that traditional retirement isn't in her future. Kuhn stressed that volunteering has a positive impact for her both professionally as well as personally.

Lincoln lawyer Jim Gordon is known for his legal skills as well as his community involvement. He sees a time in the future where he may spend less time working as a lawyer and committing more time to volunteer activities but does not expect to quit working altogether.

Gordon's mother, Sally, was featured on the inaugural cover of Living Well Magazine (October 2005). At age 96, she still walks to work at the State

Capitol where she is a Sergeant at Arms for the Nebraska Unicameral. "Your mother sets the bar pretty high," Pederson told Gordon during their interview.

Gordon is setting a similar example for 24-year-old daughter Shannon. She says that as her father approaches 60, "he taught me to be my best self. You can't please everyone, but it's important to be happy with yourself."

All those interviewed spoke about their hope for continued good health and expressed concern for older adults who experienced health or financial problems. The issues of saving and planning for a longer retirement period are also reasons to continue to work.

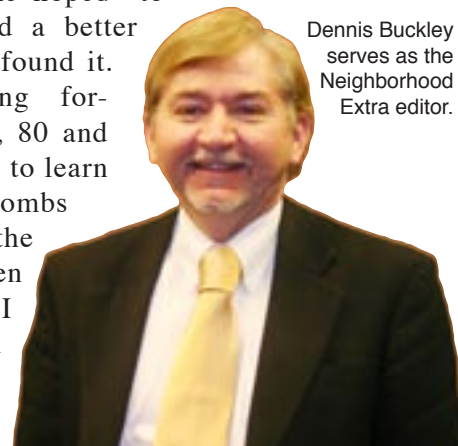
Each person interviewed spoke about the future positively and viewed the future as a transition process. Continuing to work, to contribute to their community and having the opportunity for new experiences were common themes.

Buckley is looking forward to developing relationships with future grandchildren in the way his children's grandparents were part of their lives. His Boy Scout training came to the front when he said he hoped "to leave the world a better place than you found it."

"I'm looking forward to 60, 70, 80 and 90 as I continue to learn new things," Combs said. "I love the challenge. When a door opens, I walk through it."



Jim Gordon



Dennis Buckley serves as the Neighborhood Extra editor.

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# ActivAge Events



## REDUCED TICKET PRICES

Call (402) 441-7158  
for reservations or information.

- Lied Center for Performing Arts
  - **April 4**, 7:30 p.m.  
Van Cliburn Competition  
Gold Medalist
  - **April 11**, 7:30 p.m.  
The Rumi Concert:  
“Where Everything is Music”
  - **April 25**, 7:30 p.m.  
Mark O’Connor’s Appalachia  
Waltz Trio
  - **May 1**, 7 p.m.  
Family: Maria Del Ray, Great  
Plains Room, East Campus Union  
(any age)
  - **May 4**, 7 p.m.  
Family: Maria Del Ray  
(free party before show!) (any age)
  - **May 20**  
Lincoln Continentals  
Spring Concert
- Lincoln Community Playhouse
  - **April 6**, 7:30 p.m.  
“The Mouse Trap”
  - **April 9**, 2 p.m.  
“The Mouse Trap”
  - **May 7**, 2 p.m.  
“Winnie-the-Pooh”
  - **June 29**, 7:30 p.m.  
“A Chorus Line”
  - **July 2**, 2 p.m.  
“A Chorus Line”

Saltdogs Baseball  
Meadowlark Music Festival  
UNL Theatre

## ASSISTANCE EVENTS

### • Medicare Part “D” Assistance

**Time to make  
your decision  
about this  
important  
prescription drug benefit!  
Need some help accessing  
[www.medicare.gov](http://www.medicare.gov)? Specially  
trained staff from the  
Lincoln Area Agency on  
Aging will be available  
through May 15 at these  
enrollment banks. Other sites  
will be announced as they  
become available. Call the  
LAAA LIFE office at  
(402) 441-7070 for  
information and reservations.**



- **Mondays**, 8:30 a.m. - 3:30 p.m.  
Downtown ActivAge Center,  
1005 “O” Street and  
Savannah Pines  
3900 Pine Lake Road  
and  
Lincoln Action Program  
210 “O” Street
- **Tuesdays**, 8:30 a.m. - 3:30 p.m.  
The Legacy,  
56th & Pioneer Boulevard
- **Wednesdays**,  
8:30 a.m. - 3:30 p.m.  
The Legacy Terrace,  
5700 Fremont
- **Thursdays**,  
8:30 a.m. - 3:30 p.m.  
Downtown ActivAge Center,  
1005 “O” Street

### • Widowed Persons Service Meetings

WPS is a program sponsored  
by the Lincoln Area Agency

on Aging with support from  
AARP. The program is concerned  
about the newly  
widowed in our  
community and  
offers various  
groups for widowed  
men and widowed  
women. Those in the group have  
experienced widowhood and know  
how difficult this period can be.  
They want to let you know that there  
is help available, should you need it.  
No fees. If you would like to visit  
with a trained volunteer or receive  
more information, please call  
(402) 441-7028. You are invited to  
attend these get-togethers:

#### — Friendship Group

meets every Sunday from  
2 p.m. - 3:30 p.m. Open to  
widowed people of all ages.  
Call (402) 441-7028 for the  
current location.

#### — Widower’s Breakfast

meets every Thursday at 8 a.m.  
at Stauffer’s Cafe, 5602 South  
48th St.

#### — Widow’s Breakfast

meets the 3rd Thursday of each  
month at 9 a.m. at  
T & R’s Garden Restaurant,  
5250 Cornhusker Highway.

#### — Widow’s Luncheon

meets the 1st Thursday of each  
month at 11:30 a.m., visiting  
a different restaurant monthly.  
Call (402) 441-7028 for the  
current location.

#### — Just Pals

A social group for widowed  
persons, meets once monthly  
on a Saturday night, visiting a

Continued on Page 22

## Continued from Page 21

different restaurant monthly. Call (402) 441-7028 for the current location.

## EDUCATION EVENTS

### • Prime Time Open Art Studios:

“Drawing on Experience” with Julia Noyes

Did you know that older adults that participate in art activities are happier and healthier! If you are 60+ and interested in positive self expression through hands-on art experiences, then you are invited to the second session of the Prime Time Open Art Studios. Sessions will be held Fridays from 10 a.m. - 11:30am, May 5 through June 30, at the “F” Street Recreation Center, 1225 “F” Street. Discover your hidden creativity using a variety of mediums including charcoals, pastels, and colored pencils. Julia Noyes, local artist, educator, and gallery owner, will facilitate the classes. Includes art materials, transportation for those needing this service, and wellness assessments. No prior art experience or training is necessary; beginning and experienced artists are welcome. Lincoln Parks & Recreation, LAAA’s Lifetime Health, and the University of Nebraska Medical Center College of Nursing are working together for the Prime Time Open Art Studios Project. Made possible by a grant from the Johnson and Johnson Society for the Arts in Health Care. Free for people who are 60+. Call the Lifetime Health Program at (402) 441-7575 or “F” Street Recreation Center at (402) 441-7951 for more information or your reservation.

### • Looking for Love in All the Latest Places

These are no longer the days of the “horse and carriage,” it is now all about technology! Learn about on-line dating, speed dating, and local singles groups. Wednesday, April 5, 2pm, in the second floor classroom at the Downtown ActivAge Center, 1005 “O” Street. Call (402) 441-7158 for reservations.

### • Calligraphy Class

Plans are being made for a class in April or May. Call (402) 441-7158 for more information.

### • Bridge Classes

Keep playing! More multi-week classes with instructor, Bruce Burns. Designed for the beginning beginner to the seasoned player. Classes are held at Savannah Pines and Brentwood Estates. Call (402) 441-7158 for information and reservations. Prior to class attendance, cost is \$20-\$25.

### • Computers for Seniors

Learn to use a computer in a friendly, fun

environment. Learn about the keyboard, monitor, mouse, etc. and the basic elements of the Windows operating system; how to identify software (programs) loaded on your computer; a brief introduction on how to use the computer for letter writing with enhanced color, special fonts, pictures and more. Learn the basic elements of the Internet, (we will “surf the web”) and E-mail. This class provides time for in-class hands-on practice and one-on-one assistance from the instructor to ensure you acquire basic computer skills. It is strongly recommended that participants have a computer at home on which to practice. Students should bring a pen drive or flash drive if they want to save files. Classes are held at the GOAL Computer Lab, located on the second floor of the Downtown ActivAge Center, 1005 “O” Street. Register by calling the GOAL Computer Lab at (402) 441-7506. Price is \$96. Checks are payable to “Lincoln Area Agency on Aging” with a notation in the memo stating “Computer Classes” and which class (example: June 5-28). The check is sent to:

Lincoln Area Agency on Aging  
ATTN: ActivAge Computer Classes  
1005 “O” Street  
Lincoln, NE 68508-3628

Classes are:

- **June 5-28** Mondays and Wednesdays  
12:30 p.m. to 3:30 p.m. Downtown
- **June 6-29** Tuesdays and Thursdays  
12:30 p.m. to 3:30 p.m. Downtown

## HEALTH PROMOTION EVENTS

Unless otherwise noted, to register or for more information call the Lifetime Health Program at (402) 441-7575.

### • National Senior Health

**& Fitness Day Luncheon:** May 31

“Creativity and Aging” presented by Dr. Gene Cohen

“The Golden Years” are being redefined. People in the second half of life are now the fastest growing segment of the population and they are no longer content to simply accept the losses of aging. The potential and prevalence of creativity in the second half of life are impressive. New understanding of positive brain changes and psychological growth with

Continued on Page 23

### Continued from Page 22

positive brain changes and psychological growth with aging result in important new internal climates for creative expression in mid and later life. The underlying mechanisms that promote creativity with aging will be discussed along with the different forms that creativity takes in the second half of life. The presenter is Dr. Gene Cohen, M.D., Ph.D., director of the Center on Aging, Health and Humanities at George Washington University, where he also holds the positions of professor of health care sciences and professor of psychiatry. He is a graduate of Harvard College and the Georgetown University School of Medicine and has a doctorate in Gerontology from The Union Institute. He is the first Editor in Chief of "The American Journal of Geriatric Psychiatry" and author of more than 100 publications in the field of aging. His latest book "The Mature Mind: The Positive Power of the Aging Brain" draws on a wealth of scientific research and in depth interviews with older men and women to reveal how the mind continues to grow and flourish well into the second half of life. This event for National Senior Health & Fitness Day will be held Wednesday, May 31, 11:30 a.m. - 1 p.m., at the East Campus Union of the University of Nebraska-Lincoln. Price is \$12, which includes the luncheon.

#### • Senior Health Promotion Center

The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging's Lifetime Health program, perform health and dental screenings at the Downtown ActivAge Center, 1005 "O" Street. No appointments needed for most services, walk-ins are encouraged. Dental screenings do require an appointment; please call (402) 441-6687. The Clinic is open from 9:30 a.m. - 2:30 p.m., on almost every Tuesday and almost every Thursday.

#### • Movement Matters Exercise & Fitness Classes

Aerobic fitness for active older adults. Classes are Tuesdays and Thursdays, 9 a.m. or 11 a.m., at Auld Recreation Center, 3140 Sumner. A new eight-week session begins April 25. Can join at any time. After a summer hiatus, classes will resume in late August. Call (402) 219-7000 to register. Cost is \$40 for St. Elizabeth Advantage members or \$44 for nonmembers.

#### • Stretch and Tone

An easy and relaxing way to improve your flexibility and muscle tone. Most exercises are done sitting or standing near a chair. A great class for the beginning exerciser or person who hasn't been exercising for a while. Classes are Tuesdays, 9:30 a.m. - 10:15 a.m.,

North Gate Estates, 2425 Folkways Blvd.

A new eight-week session begins April 25. Can join at any time. After a summer hiatus, classes will resume in late August. Cost is \$28.

#### • Yoga Refresh and Renew Exercise & Fitness Classes

Gentle yoga class includes relaxation. Classes are Thursdays, 10 a.m. - 11:30 a.m., at the Belmont ActivAge Center in the Belmont Recreation Center, 1234 Judson. New eight week sessions begin April 27 and June 22. Can join at any time. Cost is \$45.

#### • Fitness 101

This drop-in class is designed for the person new to exercise or the person who has not exercised regularly for some time. Stretch & tone and breathing & relaxation exercises will be done in or near a chair. Instructor will be Terri Swanson. Class meets Wednesdays, 10:30 a.m. - 11:15 a.m., Downtown ActivAge Center, 1005 "O" Street. Free.

#### • Forever Strong Health Club

Open weekdays, 8 a.m. - 4 p.m., and Saturdays, 9 a.m. to noon. Located at the Downtown ActivAge Center, 1005 "O" Street. Free for those 60 and better.

#### • Certified Personal Trainers

Available on Tuesdays, 1 p.m. - 3 p.m.; Wednesdays, 8:30 a.m. - 10:30 a.m., Thursdays, 1 p.m. - 3 p.m., or by appointment. Located in the Forever Strong Health Club, at the Downtown ActivAge Center, 1005 "O" Street.

### ACTIVAGE CENTERS

Stop by the Centers for fun, social, recreational, health, or educational programs. Call the Center listed for more information and reservations.

- **April 5** - Spelling Bee; First United, (402) 441-7152
- **April 13** - Spelling Bee; Calvert, (402) 441-8483
- **April 21** - Volunteer Recognition with entertainment by "Broadway Bill" and Valentino's pizza for lunch (all welcome); Northeast, 441-7151
- **April 24** - Bone Density Scan; Calvert, (402) 441-8483
- **April 26, May 31, June 28** - Pet Therapy with "Murphy" the Havanese dog; First United, (402) 441-7152
- **August 17** - Indoor Dog Days Pizza Party; First United, (402) 441-7152

#### Road Trip with the ActivAge Centers

Travel about town or out of town! Explore in our town, our state, and beyond! Call the Center listed for more

Continued on Page 24

# ActivAge Events

Continued from Page 23

- **April 19** - Day Out at Champions Fun Center for lunch and games: Belmont, 441-7990;  
Lake Street, 441-7157, or Northeast, 441-7151
- **May 10** - Sedalia, Missouri; Northeast, 441-7151
- **May 26** - Linoma Beach for lunch;  
First United, (402) 441-7152
- **July 7** - Wildlife Safari; First United, (402) 441-7152
- **September tba** - Brownville; First United,  
(402) 441-7152

## Older Americans' Month Special Desserts at the ActivAge Centers

Celebrate the rewards of active aging with a nutritious meal and these yummy treats at the ActivAge Centers. Please make meal reservations at least two days in advance by calling your closest Center or the main number, (402) 441-7158. Suggested contribution of \$2-\$4 for those 60 years and better or cost for those under 60. Van ride available. Enjoy!

- |                            |                               |
|----------------------------|-------------------------------|
| — <b>Monday, May 1</b>     | German chocolate cake         |
| — <b>Tuesday, May 9</b>    | Apple pie                     |
| — <b>Wednesday, May 17</b> | Cheesecake with fruit topping |
| — <b>Thursday, May 25</b>  | Cherry pie                    |
| — <b>Friday, May 26</b>    | Strawberry shortcake          |

## DINNER & A SHOW SERIES

More exciting evenings of fabulous food and fantastic entertainment at the ActivAge Centers, Cotner Center Condominiums, or other locations. Co-sponsored with the Cotner Center Condominiums and Seniors Foundation. Reservations (and cancellations) must be made by 10 a.m. on the Tuesday before that week's event by calling (402) 441-7158. The meal is served at 5:30 p.m., with entertainment following. Price is \$5 for people over 60; and \$6 for people under 60 (except for 12/8). Van is an additional \$1 fee.

**April 20** -

The Retro Mantics; Cotner Center Condominiums, 1540 North Cotner (North 66th at Cotner and Holdrege)

**May 18** -

Picnic at Holmes Lake Park

**June 1** -

Barb Mager on the keyboard and the Shim Sham Dancers; Cotner Center Condominiums

**July 13** - tba;

Cotner Center Condominiums

## LEISURE EVENTS

### • Volunteer Programs Travelogue 2006

See the world from your theatre seat! Professionally produced travel films with live narration by the film makers. Co-sponsored with FUN Tours Lincoln. Shows are on Tuesdays, 2 p.m. & 8 p.m., and Wednesdays, 2 & 6 pm; at Edgewood Theatre near 56th & Highway. 2. Tickets are available at door: \$6 for those 55+ or \$7 for those under 55. Or call Volunteer Programs at (402) 441-7026 about season tickets or group rates.

**April 4-5** - Israel Today

### • Open Computer Lab

A chance to practice your computer skills, check your e-mails, surf the net, or just do the basics! Feel free to ask questions as staff will be available. The Lab is open Wednesdays, 1:30 p.m. to 4:30 p.m., and Fridays, 9 a.m. to noon at the GOAL Computer Center, located on the second floor of the Downtown ActivAge Center, 1005 "O" St. Free. Some charges may apply for printing. For more information on Open Lab or upcoming classes, call (402) 441-7506.

### • ActivAge All City Spelling Bee

Brush up your spelling skills because the Lincoln Area Agency on Aging ActivAge Centers are looking for spellers willing to compete in spelling bees scheduled before May 12! The winners will meet and compete at our All City Spelling Bee on Thursday, May 18, 2 p.m. at Auld Recreation Center, 3140 Sumner, off of Memorial Drive in Antelope Park. Think you've got what it takes? Then head to your neighborhood ActivAge Center and sign up now!

Continued on Page 25

# ActivAge Events

Continued from Page 24

and sign up now!

— **April 5:** First United, 2723 North 50th 441-7152

— **April 13:** Calvert,  
4500 Stockwell 441-8483

## ONE DAY TOURS

Call (402) 441-7158 for reservations or information.

We invite you to join us for  
“A Vacation Without The

Packing!” Make your phone-in registrations early by calling at least one month in advance! Please send payment within seven (7) days after making the phone reservations. Checks, Visa, MasterCard, Discover, and American Express are accepted as payments. When tours are full, we will take a waiting list and will call you back to advise you when a space becomes available.

**April 28 -**

Exclusive: Mystery Tour

**May 13 -**

Comanche Gardens  
near Edgerton, Mo.

**May 17 -**

Jamesport, Mo.

**June 2 -**

150th Anniversary of the  
Handcarts at Kearney

**June 23 -**

Goehner Melodrama at Goehner

end

## Centers keep older adults active

The ActivAge programs have dutifully served Lancaster County’s older adults for more than 30 years.

Providing a variety of activities and services, ActivAge programs enhance individual’s lives helping them live life to the fullest.

“With more than a quarter of the population approaching their retirement years, the ActivAge Program enables older members of the community to continue their own personal growth and development, and continue to be involved in the community,” said Deb Peck, Administrator for the Community Activities and Services Division, Lincoln Area Agency on Aging.

Providing volunteers with the opportunity to give back to their community, the Retired and Senior Volunteer Program is involved with countless organizations throughout the county including TRIAD and Project HELP.

TRIAD provides effective crime prevention and educational programs. In an effort to reach out to the community, Project HELP provides companionship to home-bound older adults.

ActivAge Programs present older adults with a chance to explore new opportunities and interests. The programs offer a diverse selection of education programs that range from “Looking for Love in all the Latest Places” to digital photography.

“The classes, taught by knowledgeable instructors,



Ruby Caton utilizes the health and fitness equipment at the Downtown ActivAge Center to stay physically fit and healthy.

provide participants with an excellent opportunity to get together with individuals who share their same interests,” Peck said.

Continued on Page 28

*Knowing* you'll always be close to your spouse.

*October 26, 1943*

*Mom and Dad's place  
after the honeymoon -  
Clarence is leaving to  
join the Pacific Fleet*



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# Continuing personal growth, development

Continued from Page 25

ActivAge Centers also provide a variety of valuable health and wellness classes helping individuals design their own exercise and nutrition programs.

"The exercise services provided by the ActivAge Centers are very beneficial to individuals like myself," said Ruby Caton. "I recently underwent hip surgery and it has been very helpful during the rehabilitation process."

The center offers a variety of free personal health and wellness services including blood pressure and blood

sugar testing.

"The services have been a real lifesaver," she said.

Upcoming events are Prime Time Open Art Studio, "Drawing on Experience" with Julia Noyes from May 5 to June 30, and a Creativity and Aging presentation May 31 at the East Campus Union from 11:30 a.m. to 1 p.m. This program will focus on the new understanding of positive brain changes and psychological growth. The price is \$12 and luncheon reservations can be made by calling (402) 441-7575.

ActivAge Centers in Lincoln:

- Asian
- Belmont
- Calvert
- Downtown
- Faces of the Middle East
- Northeast
- First United
- Hispanic
- JoAnn Maxey
- Lake Street

Rural ActivAge Centers in Lancaster County:

- Bennet
- Hickman
- Waverly
- Firth
- Panama

## More Lincoln Area Agency on Aging's ActivAge information available in:

- ~ Prime Time supplement and Neighborhood Extra in the Lincoln Journal Star
- ~ City of Lincoln website at [www.lincoln.ne.gov/](http://www.lincoln.ne.gov/) keyword: aging
- ~ Seniors Foundation website at [www.seniorsfoundation.gov](http://www.seniorsfoundation.gov)

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# Need a handyman? Give us a call

Finding a reliable handyman can be a daunting task at times. That's not the case when you call the LAAA Home Handyman Program.

Handymen in this program specialize in small jobs that are difficult to find contractors to complete. Projects such as cleaning gutters, yard work, electrical, carpentry, painting or plumbing. They do not perform large jobs such as remodeling or roofing.



Gerda Trei, homeowner, left, shows Melvin Bates, handyman, what the problem was with her light switch.

To utilize this service, a person must be 60 or older and own their home. The program includes 15 handymen with varying fields of expertise.

More than 600 people throughout Lancaster County currently use the service that has been provided for nearly 30 years.

A homeowner pays an hourly rate based on a sliding scale, depending on their income.

Melvin Bates, handyman, said he gains great satisfaction working

with this program.

"These people are not my clients or my customers," Bates said. "They are my friends."

Wayne McClaran, Program Coordinator, said this is an attitude among many of these handymen. They are retired and wanted to do something to help others, he said.

"We want to provide a service to help people for a reasonable price," McClaran said.

Gerda Trei, who has benefitted from Bates' service, said the program is "wonderful."

For more information about using the service or becoming a handyman for the program call 441-7030.

## Home remodeling projects make staying home a reality

Older adults continue to discover the benefits of technology and innovation in helping them maintain independence and stay in their own homes.

Whether its widening a shower stall and adding a seating bench in the shower or making counters and entryways wheelchair accessible, many home remodeling options exist to assist people in realizing their ability to stay in their homes, said Jana Johnson, program specialist at Assistive Technology Partnership.

"It is possible," she said, noting some projects are small and others require a more intensive approach.

People call Assistive Technology Partnership office at (402) 471-0734 and then fill out a service and device application.

From there, ATP evaluates the funding options and lead people to the appropriate group to help meet their needs.



The shower stall can be remodeled to be more open and have a bench added for ease of showering.



**Above:** A simple change like adding a ramp for uneven surfaces between rooms can make a big difference. **Below:** Around the toilet, bars are installed to help a person sit down and get up and a phone has been added on the wall next to the toilet.





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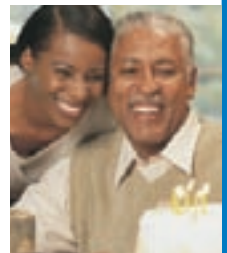
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# Filling vital role in county

As with many things, senior services in Fillmore County have gotten better with time. The significance of those programs to Fillmore County residents has expanded. Starting in 1983 as just two senior centers serving two communities, the senior programs have grown to provide services throughout the entire county to seniors and their families.

Fillmore County now boasts three senior centers and a countywide senior services program. Fairmont and Geneva's senior centers have been serving their communities since 1983, while the Exeter center has been operational since 1998. The Fillmore County Senior Services Program came into existence in 1988. Senior centers provide valuable services and seek to ensure that older persons have access to social, educational, recreational and nutritional opportunities that will help keep them independent. In addition to the meals that are delivered daily to home-bound individuals, two of the centers, Fairmont and Geneva, serve a nutritious dinner Monday through Friday. Besides providing a complete meal for those unable to prepare one for themselves, the home delivered meals provide daily contact by a volunteer from their community. In Geneva, senior center volunteers deliver approximately 25 meals a day and serve more than 1,100 meals a month at the Center.

"The meal program is an important service to our seniors and other members of our community," said Linda Heinisch, secretary for Geneva's Advisory Board. Homer Brauning, advisory board chair, agrees, and also said "our county's senior centers provide a bond between the individual and the community."

This partnership between the senior programs and community entities has grown during the years. In Geneva, the center has developed a relationship with the school. When the ninth-grade physical education instructor wanted to teach dancing, she ran in to difficulty with the class including eight boys and only one girl. The instructor contacted the Geneva Senior Center for dancing partners and now six senior volunteers are generously giving of their time to show these young men how to be "light on their feet."

Another jointly sponsored school/senior center program is the Family, Career, and Community Leaders of America's "Adopt-a-Grandparent" program in which members of the Fillmore Central FCCLA organization visit seniors in the Geneva community twice a month. Just as significant is the unique relationship of the Geneva Senior Center with the Youth Rehabilitation and Treatment Center, the juvenile treatment center located just outside Geneva. During the past year, several young women who have completed their education there and who qualify for work experience in the community have come to the Center daily to help in the kitchen. According to Linda Nunns, Geneva Senior Center Coordinator and Food Service Manager, "they have been a tremendous help to our meal pro-

gram and our hope is that working with the Center staff and seniors has been a positive experience they will be able to take with them when they leave YRTC."

The Exeter and Fairmont Senior Centers play equally important roles in their respective communities. In Fairmont, Center volunteers assist in preparing the town's monthly newsletter for distribution. The Exeter Senior Center's annual "Senior-to-Senior" breakfast, held at the Center each May, honoring both the Exeter/Milligan High School's graduating seniors and their grandparents, has become a "rite of passage" for the students in those communities – and an event that allows proud grandparents lasting memories.

At the county level, Fillmore County seniors and their families can find care management services, help with questions on Medicare, home delivered meals, Forever Fit exercise programs, Family Caregiver support, Friendly Visitor volunteers, and other services designed to help seniors remain independent and self-sufficient.

Also on the county level are examples of the senior program working closely with the community. One such county/community collaboration is the program's service coordination provided to Pioneer Manor, the nearby HUD apartment complex for seniors and disabled adults. Rhonda Stokebrand, Senior Services case manager, spends part of her work week assuring that the Pioneer Manor residents have access to case management assistance. Another example is Telecare, a joint project of Fillmore County Senior Services and two schools in the county – Exeter/Milligan and Fillmore Central (Fairmont/Geneva). Through the Telecare program, older persons are called daily by students from their local school to make sure the older person is doing fine. If the student is unable to contact the senior, they report this to the school office and someone is sent to check on the older person.

"The students take their responsibility seriously," said Nancy Kohler, Program Manager of the county Senior Services program. They benefit by developing their communication skills and having the opportunity to help out seniors in their community while the seniors benefit from having someone check in on them."

According to Kohler, who has worked with senior programs since their beginning, "I have had the opportunity to see how our senior centers and the county senior program have evolved, providing activities and services that have become vital to older persons and their families. The success of these programs can be attributed to the dedicated staff, Advisory Boards, volunteers, supportive elected officials and, of course, the support of community members throughout the county.

"Seniors can get a meal and a whole lot more – and that's what we hope helps make Fillmore County a good place for seniors to live."

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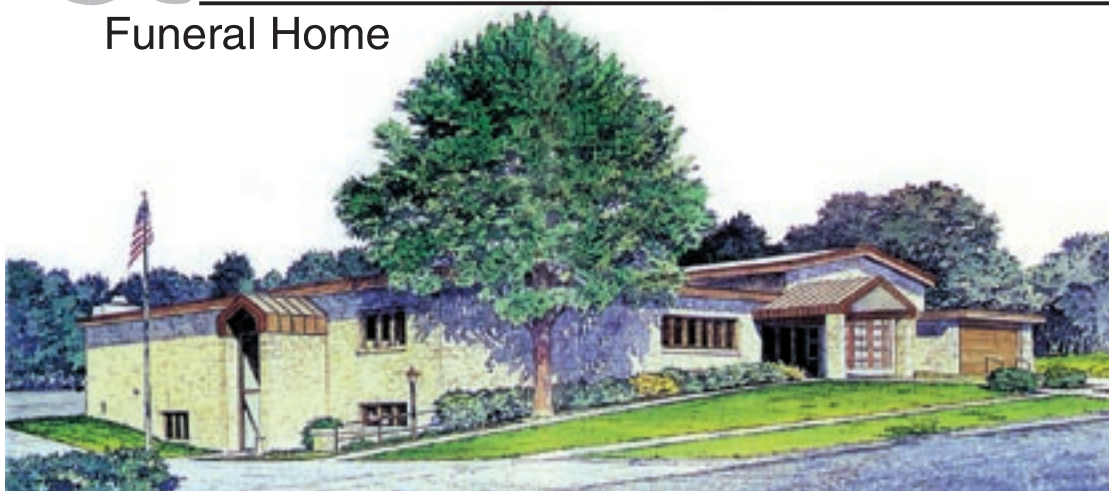
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# Get moving; Get healthy

Taking small steps can make a big difference in a person's health and well-being. That is the message relayed by program representatives for Lincoln In Motion.

"We all know that physical activity is one of the most important things that we can do to stay healthy as we grow older," said Peggy Apthorpe, LAAA Lifetime Health Supervisor. "It's never too late to get started."

Lincoln In Motion was formed under the umbrella of the Health Partners Initiative. LIM committee members include representatives from hospitals, Lincoln Public Schools, University of Nebraska-Lincoln, LAAA, health clubs, parks and recreation and other organizations.

- The program mission includes:
- Encouraging individuals and communities to adopt healthy lifestyles through education.
  - Supporting public policy that fosters active living.
  - Promoting and developing community partnerships.
  - Encouraging social and environmental change to increase opportunities for physical activity.

Michael Heyl, public health educator and committee member, said efforts include supporting public policy to create quality pedestrian and bicycle paths. They look at ways to plan neighborhoods that encourage physical activity such as walking on trails.

Lincoln has been rated nationally as having one of the top 10 trail systems.

"We really are sitting on top of a jewel here," Heyl said, noting it is important to stay focused on maintaining it and making it better.

About 30 years ago, 85 percent of children walked or rode a bicycle to school and 15 percent received rides.

Today, that number has been switched with most children getting a ride in a car.

LIM does not organize programs for physical activity, Heyl said. They support them though.

More than 52 physical activity programs are available throughout Lincoln, some of them at no cost.

"We recognize there are a lot of good programs in town," Heyl said. "Our effort is to promote those and make people aware of them."

They want to make active living a part of the daily life and culture in Lincoln, Heyl said. For more information about LIM, a Web site has been developed at [www.lincolninmotion.org](http://www.lincolninmotion.org).

People can also call the Lifetime Health office at 441-7175.



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