

Living Well

April/May/June 2008
Volume 4, No. 2

It's Not About Age

Pages 20-28

Pairing up to Prevent Falls

Page 16

what does
AGE
have to do with it?

Pages 18-19



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Clinical/Vestibular Audiologist

Wanda Welch, MS, CCC-A
Clinical/Vestibular Audiologist

DIRECTORS CORNER

This issue of our magazine has a special theme. We believe that many of our human needs are similar throughout our lifetime. The stories and ads you will see illustrate that idea.

The need for social interaction is important when we are children as well as when we are adults. The need for nutrition, exercise, helping others and receiving help are ageless.

We are all aware that community interest in children and youth make it relatively easy to raise money for the new soccer field or ball diamond, makes us purchase that gigantic bucket of popcorn from the child at your door or that overpriced candy bar that will help expenses for summer camp. And not even a diabetic can resist the Brownie Scout selling Thin Mints.

Because we are a nation of generally self-reliant adults, especially in the Heartland, we often assume that we can and will take care of ourselves. And, in the best of circumstances, we can. When the circumstances are less than the best...when we are ill, or lose a life partner, or experience financial hardship, it can be difficult to reach out and admit we need assistance.

There are others in our cities, towns and rural areas who need assistance. We want them to know that it's a good thing to ask. A noon meal with others provides social interaction. An exercise program that doesn't require working up a sweat, but stretches and strengthens muscles is more likely to happen if you exercise with others. A Senior Companion or Friendly Visitor provides social contact for someone who is alone.

I hope you enjoy the stories about the women on the cover and the other articles and ads in this special issue. It's not about age, it's about living.



June Pederson
Director, Lincoln Area Agency on Aging



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Living Well is a service of the Lincoln Area Agency on Aging (LAAA). A voluntary suggested annual subscription of \$12 or any amount is welcome. This magazine is for the 57,200 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.

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ON THE COVER:

Jan Gradwohl, left, Leola Bullock and Lela Shanks share their thoughts on aging in Lincoln. Pages 18-19





LINCOLN AREA AGENCY

LINCOLN AREA AGENCY ON AGING

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Saunders, Seward and York counties**

1005 'O' St./Lincoln, NE 68508-3628

402-441-7070/800-247-0938

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

KEY FOR SERVICES: L = Lancaster only

MISSION

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

LIVING WELL MAGAZINE

402-441-6156

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

LIVE AND LEARN

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

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 Service 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

A charitable foundation focusing on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County.

402-441-6179 or <http://www.seniorsfoundation.org>

ACTIVAGE CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Seven centers in Lincoln and five in Lancaster County. L 402-441-7158

ACTIVITIES & CLASSES

- **Health** - Physical activity and exercise classes to improve health and fitness. L 402-441-7575
- **Travelogue** - Travel films by professional photographers. L 402-441-7158

CAREGIVING

402-441-7070 or 800-247-0938

- **ElderCare Connection** - Caregivers receive information, support and assistance. <http://www.eldercare.gov>
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Homebound older adults receive companionship. L 402-441-7026.
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 402-247-0938

- **Care Management Services**
- **LifeLine Emergency Response System** - 24-hour emergency access by pressing a button.
- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Resident Services** - Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor and Crossroads House in Lincoln and in Geneva. Fillmore and Lancaster only.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services and adult day care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid eligible who choose to live at home or use community-based services.
- **Harvest Project** - Mental health and substance abuse services. L 402-441-7070

EMPLOYMENT

402-441-7064 or 800-247-0938

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

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and home equity loans.
- **Medicare & Medicaid Fraud** - SMP seeks to reduce waste and fraud in the Medicare and Medicaid Program.
- **SHIP** - Senior Health Insurance Information Program. Information concerning Medicare and Medicaid.

ON AGING SERVICES

HEALTH & FITNESS

402-441-7575

- **Lifetime Health Program**
- **Forever Strong Health Club** - Fitness equipment and consultations with certified personal trainers.
- **Senior Health Promotion Center** - The University of Nebraska-Medical Center and LAAA provide Health screenings. L 402-441-6687
- **Alzheimer's Disease** - The LIFE office provides information and referral. 402-441-7070 or 800-247-0938 <http://lincoln.ne.gov> keyword: aging
- **Widowed Person Service** - Support for people who are widowed. L 402-441-7026
- **Fit to Care** - Tips from a registered nurse, dietician and certified personal trainer to help decrease the effects of chronic tension often associated with caregiving. Free service.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5-CITY TV, Channel 5. L

HOUSING & HOME REPAIRS

- **Home Handyman Service** - Handyman services from mowing to leaky faucets, painting and broken light fixtures. L 402-441-7030
- **Assisted Living and Nursing Facilities** - Listings are available from the LIFE office. 402-441-7070, 800-247-0938 <http://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 402-441-7158
- **Lancaster County Rural Transit** - Fixed schedule transportation from rural Lancaster communities into Lincoln. L 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070 <http://lincoln.ne.gov>, keyword: aging

VOLUNTEERING

- **RSVP/Retired & Senior Volunteer Program**
Volunteer experiences for those ages 55+. Coordinates between community needs and the talents of the volunteers. L 402-441-7026
- **Foster Grandparent Program 402-441-7026**
- **Guardian and Conservatorship 402-441-7070**
- **Long-Term Care Ombudsman 402-441-7070**
- **Senior Companion Program 402-441-6105**
- **SHIP 402-441-7070**
- **Widowed Persons Service 402-441-7026**

MULTI-COUNTY PROGRAMS

- Butler County Senior Services 402-367-6131
- Fillmore County Senior Services 402-759-4921
- Polk County Senior Services 402-764-8227
- Saline Eldercare 402-821-3330
- Saunders County Senior Services 402-443-4896
- Seward County Aging Services 402-761-3593
- York County Aging Services 402-362-7626

CONTACT US

All Counties: 800-247-0938

- Butler County: Becky Romshek 402-367-4537
- Fillmore County: Brenda Motis, and Rhonda Stokebrand 402-759-4921
- Polk County: Amy Theis 402-747-5731
- Saline County: Trudy Kubicek 402-826-2463
- Saunders County: Mary Dailey 402-443-1097
- Seward County: 800-247-0938
- York County: Lori Byers, and Nancy Hoblyn: 402-362-7626
- Donna Mulder, Aging Program Coordinator: 800-247-0938
- Martin Morse, Case aide: 800-247-0938
- Lisa Osborne, Rural Medicaid Waiver Supervisor: 800-247-0938
- Sue Kramer, SCO and Waiver intake: 800-247-0938
- Avis Blase, Rural Waiver Services Coordinator: 800-247-0938
- Nancy Kohler, Rural Waiver Services Coordinator: 800-247-0938
- Wendy Hanshaw, Rural Services Coordinator: 800-247-0938
- Sandy Oswald, JoAnn Currie and Shirley Vickinovac, Senior Care Option: 800-247-0938

WANT TO RECEIVE LIVING WELL VIA E-MAIL?

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

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SERVING THE LINCOLN AREA

Protecting our hard earned savings

By John Henry (Jack) Zohner

The other day I was at a fast food restaurant and the young lady behind the counter mechanically said “thank you” as she turned to talk to her friends. She might as well have said tree frogs or something else that lacked meaning at that moment instead of “thank you.” I instantly knew she didn’t care about me.

Remember when the majority of people said thank you and really cared about customers? What changed? I believe the problem runs very deep and there is more to be concerned about than if someone says “thank you.” It would be nice to be able to point to one thing and say “here is the problem.” Then we could try to fix it.

Let’s go back to some of the root causes. Families used to stay much closer together. They typically interacted together every day at mealtime. During these “meetings” they developed guidelines for their families and learned some of the basics of how to act socially. This was a time when neighbors were friendlier and friendships often lasted a life time. Years passed and sadly many things changed. Today it is common for families to be further apart with social morals declining.

So where is this article going? Some of us still say thank you and mean it.

We have deep roots from living through those meaningful years. That history is our strength and it can also be our weakness when our basic nature is too trust others too much. We become easy prey to those that are unethical.

It used to be easier when we relied on our gut feelings when dealing with others. If they could look us in the eye and had a firm handshake, they were “good as gold.” Occasionally they turned out to be unethical and the word quickly passed through the community. We would not do business with them.

Today our gut feelings can get us into trouble. There are many unscrupulous people with well planned scams to steal our money. Scams often appear to be legitimate and there could even be bait money to get our confidence up. We should get nervous when we are contacted by someone wanting to give something for “free” or if the offer sounds too good to be true. It typically is a scam. There are things we can do to protect ourselves before falling for their pitch.

If you feel you may be a target of a scam in the making or before making a business transaction it makes sense to contact the Better Business Bureau (BBB) at 436-2345 or toll free

800-649-6814.

A representative will be available to advise you. They can help increase your odds of doing business with a reputable company.

It’s wise to stop phone solicitation before it starts. One of the best ways to reduce phone solicitation is to register your phone number on the “No Call” list with the Federal Trade Commission at 888-382-1222. This prevents your phone number from being shared with solicitors for the next year. You will be asked fairly easy questions. Registration should take less than one minute!

For those of us that have the weaknesses of trusting people, things could be a lot worse. For instance, wouldn’t it be terrible if we didn’t understand the real meaning of “thank you” or know the joy of caring for others?

We have strength in numbers and can stay ahead of the scam games by doing business with those that are ethical. Please make sure to do your homework when in doubt.



Jack Zohner is the owner of John Henry's Plumbing, Heating, & A.C. of Lincoln, Neb. He is past president of the Plumbing, Heating, & Cooling Contractors and the Lincoln Heating & Air Conditioning Association.

JUSTICE FOR VICTIMS, JUSTICE FOR ALL

Being a victim of crime does not affect only certain people, it can affect everyone, said Tami Barrett, Lincoln Area Agency on Aging Elder Rights Coordinator.

That knowledge serves as motivation to invite everyone to the “Justice for Victims. Justice for All.” Open House April 24 at the Auld Recreation Center, 1650 Memorial Drive. The event, scheduled from 2 p.m. to 7 p.m., is open to the public. There is no admission charge.

“It’s a great way to provide people information about resources for victims and ways to protect yourself,” Barrett said.

Funding for this event was received by the Lincoln Police Department’s Victim/Witness Unit to promote community awareness and crime victim outreach activities in conjunction with 2008 National Crime Victims’ Rights Week.

Attendees will enjoy refreshments, while hearing presentations about arson, identity theft, medicare/medicaid fraud, insurance fraud and personal violence crimes. A remembering/honoring victims ceremony also has been scheduled.

Barrett said transportation to the event will be available from the ActivAge Centers throughout Lincoln. Call the Center nearest you or, 441-7158 for reservations.

For more information, contact Lincoln Police Department’s Victim/Witness Unit at 402-441-7181.



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LINCOLN AREA AGENCY ON AGING

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Learn how to use the public access computer, find the internet, send an e-mail to a friend. Bring your questions! Make an appointment to see Catherine, from 10 a.m. - 2 p.m. on Tuesdays, on the second floor, Downtown ActivAge Center, 1005 'O' St. Schedule your one-hour appointment by calling 402-441-7506. Free!



Widowed Persons Service (WPS) Meetings

WPS is a program sponsored by the Lincoln Area Agency on Aging. The program is concerned about the newly widowed in our community and offers various groups for widowed men and women. Those in WPS have experienced widowhood and know how difficult this period can be and want to let you know there is help available. No fees. If you would like to visit with a trained volunteer or get more information, call 402-441-7026. 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 441-7028 for the current location.

— Widower's Breakfast meets every Thursday at 8 a.m. at Stauffer's Café, 5602 South 48th St.

— Widow's Luncheon meets the first Thursday of each month at 11:30 a.m., visiting a different restaurant monthly. Call 441-7028 for the current location.

— Just Pals, a social group for widowed persons, meets once monthly on a Saturday night, visiting a different restaurant monthly. Call 441-7028 for the current location.

— "Charlie Brown's Kids," a group for children who have lost a parent through death, meets the first and third Thursday of each month from 6 p.m. - 8 p.m. at Sheridan Lutheran Church, 6955 Old Cheney Road. Bring a brown bag supper. Also sponsor "Parents Night Out" one evening each month. Call 483-1845 for information.

EDUCATIONAL

Justice For Victims. Justice For All. OPEN HOUSE

April 24, 2 p.m. - 7 p.m.

Auld Recreation Center, 1650 Memorial Drive

Seminars will include: Arson, Identity Theft, Medicare/Medicaid Fraud, Insurance Fraud, Personal Violence Crimes, Remembering/Honoring Victims Ceremony.

For more information, contact Lincoln Police Department Victim/Witness Unit at 402-441-7181.

HEALTH PROMOTION EVENTS

LIFETIME HEALTH Healthy Happenings

Call 441-7575 for more information or to register.

Stretch and Tone

Exercises in this class focus on increasing flexibility and strength and improving balance to avoid injury. Most exercises are conducted with participants seated or standing near a chair.

— North Gate Garden Estates, 2425 Folkways Blvd.

Tuesdays and Thursdays - 9:30 a.m. - 10:15 a.m.

\$28 per session

April 28 - June 19, 2008

Easing Into Yoga

This class is designed to introduce the practice of yoga. You will learn breathing, posture, balance and stretching techniques as well as weight bearing poses to help increase bone density. This practice will improve your general health and overall sense of well being.

— Auld Recreation Center, 1650 Memorial Drive

Tuesdays - 9:30 a.m. - 10:30 a.m. \$28 per session

April 29 - June 17, 2008

— Lake Street ActivAge Center, 2400 South 11th Street

Wednesdays - 9:30 a.m. - 10:30 a.m. \$28 per session

April 30 - June 18, 2008

Gentle Yoga

Beginning yoga poses are covered with emphasis placed on going at your own pace and getting to know the poses in a way that's right for your body. Gentle yoga is great for beginners or those wishing to reduce stress. Meditation, breathing and a long relaxation are also included in the flow of the class.

AGING NEWS AND EVENTS

— Belmont Recreation Center, 1234 Judson
Thursdays - 10 a.m. - 11:30 a.m. \$45 per session
May 1 - June 19, 2008
— Forever Strong Health Club
"Life's a Hit When You're Feeling Fit."
Downtown ActivAge Center, 1005 "O" Street
Open weekdays from 8 a.m. - 4 p.m.
— Certified Personal Trainers available
Tuesdays from 1 p.m. - 3 p.m.
Thursdays from 9 a.m. - 11 a.m. & 1 p.m. - 3 p.m.
Or by appointment, Contributions accepted.

Spring Into Fitness Challenge

April 7 - May 30, 2008

— **Basic Level Challenge:** Work out at the Forever Senior Health Club for 30 minutes or more than 24 times during the eight-week period to earn a Lifetime Health T-Shirt

— **Advanced Level Challenge:** Work out at the Forever Strong Health Club for 30 minutes or more than 24 times during the eight-week period to earn a Lifetime Health T-Shirt and be eligible for the June 4 prize drawing.

— Call 441-7575 or contact any Lifetime Health staff member to enroll and pick up your punch card.



Demonstration Classes

Free and Open to the Public

1 p.m. - 2 p.m. in the lower level of the Downtown ActivAge Center.

April 10 - Easing into Yoga

April 24 - Stretch and Tone/Pilates

May 8 - Get on the (Gymnic) Ball

May 22 - Line Dance

Senior Health Promotion Center

Fit to Care Support Services for Caregivers

The best gift a caregiver can give the person they are caring for is their own good health!

These free services are funded by the Older Americans Act and designed to keep caregivers healthy. Our professional staff offers wellness assessments, nutrition and personal training consultations at times and locations that are convenient for the caregiver.

Call 441-7575 to learn more.

Health Education Programs

Lifetime Health offers a variety of 30 - 60 minute programs designed for civic and community groups. Attendees receive valuable information on mental wellness, illness and injury prevention and physical activity related topics. Check the Lincoln Area Agency on Aging Web site or call 441-7575 for a list of current programs.

Lifetime Health Fitness Classes On 5 City-TV

Watch 5 City-TV on Time Warner Cable channel 5 for these 30 minute exercise programs designed for mature adults. All programs are shown daily. National Awards Winner of the Mature Media Award in 1999. Call LAAA's Lifetime Health Program at 402-441-7575 for more information.

- 6 a.m. - Pilates
- 6:30 a.m. - Forever Strong Strength Workout
- 7 a.m. - Exercise for a Lifetime
- 7:30 a.m. - Yoga - Refresh & Renew
- 8 a.m. - Pilates
- 8:30 a.m. - Forever Strong Strength Workout
- 9 a.m. - Exercise for a Lifetime
- 9:30 a.m. - Yoga - Refresh & Renew

ACTIVAGE CENTERS

Healthy noon meals, holiday meals, and sack lunches for home. Many Centers offer rides to grocery stores; and income tax assistance, influenza inoculations, and Farmers' Market Coupons applications are available seasonally. "Let's Do Lunch!" Make your meal reservation two days in advance. There is a suggested contribution of \$3 for those 60 and better and a \$6 price for those under 60. Transportation to your neighborhood Center is available for \$1 each way. Holiday meals are a suggested contribution of \$5 for those 60 and better and a price of \$7 for those younger than 60. For the Center nearest to you, or to receive a calendar, call 402-441-7158. For online information about the Center of your choice, go to the City of Lincoln Web site at lincoln.ne.gov, keyword: aging, choose "ActivAge Centers" from the sidebar



continued on page 13

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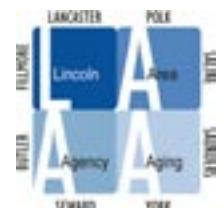
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LINCOLN AREA AGENCY ON AGING NEWS AND EVENTS

continued from page 11

on the left, click on the Center you wish to view. You will need Adobe Acrobat Reader to view.

The rural Centers will have the Grandma's and Grandpa's in April:

April 2 at Hickman

April 10 at Bennett

April 14 at Firth

April 22 at Panama

The UNL students will present a program on the Wonders of Water in April also. Call 441-7158 for a calendar of events.

LEISURE EVENTS

Dinner and a Show is coming back!

April - Look for "Back to the 50's"

May - "Old Blue Eyes"

June - "Folk Music Festival"

TRAVELOGUE (Now Travel & Adventure Films)

Information going out soon - FALL 2008 will again be Sept, Oct, Nov and Dec.

CLOSINGS

LAAA facilities, LAAA ActivAge programs such as Centers, classes, events, and LAAA transportation services will be observing these holidays:

Memorial Day - May 26, 2008

Independence Day - July 4, 2008

During times of severe weather, listen to KFOR 1240 AM for storm closing information. ActivAge programs usually close if the Lincoln Public Schools have closed due to weather conditions. This includes LAAA facilities, Centers, classes, events, Travelogue, and transportation services.

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Public Service Announcement



Top (L-R):
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Peggy Briggs
Ruth Ann Lyness
Bottom (L-R):
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Harland Johnson

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show topics or guests to,

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Produced by the Lincoln Area Agency on Aging



Channel 5 Live & Learn Schedule

Monday & Wednesday 11:30 AM
Tuesday 5:30 PM
Wednesday 8:30 PM & 1 AM
Thursday 7 PM
Friday 11 AM & 7:30 PM
Saturday 11 AM & 8:30 PM
Sunday 9 PM

You can watch past or present shows through
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Lincoln Area Agency on Aging

Programs partner up to prevent falls

More than 2,000 falls occurred from 2003 to 2005 among Lancaster County residents ages 65 and older. They required a hospital stay, resulting in more than 10,000 days in the hospital and around \$39.5 million in medical bills. Falls among this same age group that did not require hospitalization totaled more than 4,000, resulting in around \$6 million in medical bills, according to the Lincoln-Lancaster County's hospital discharge data.

Falls are not only expensive, painful and inconvenient for older adults, but also they can lead to an earlier death. Falls are the leading cause of injury-related deaths among older adults. The most common serious injury is a hip fracture. More than 24 percent of those suffering a hip fracture die within a year of the fall, another 50 percent do not return

to their prior level of mobility and independence.

Lincoln-Lancaster County Health Department monitors injury prevention carefully. In an attempt to eliminate falls among older adults, the Injury Prevention Program of the Health Promotion and Outreach Division has partnered with the Lifetime Health program from Aging Services to implement a fall prevention program at Mahoney Manor, an older adult housing complex with 120 residents in Havelock.

The program kicked off Feb. 8. Activities include an in-home safety hazards assessment; medication reviews; health, vision and bone density screenings; and walker and cane safety. Educational sessions address risk factors that can lead to a fall for older adults. Aging Services provides Tai Chi classes to aid in balance.

"These activities are designed to help residents understand behaviors and environmental factors that can lead to them falling," said Brian Baker, Injury Prevention Program coordinator. "We want to help them change these behaviors and their environment in order to eliminate that risk."

A \$1,500 grant from the Injury Prevention Program of the Nebraska Department of Health and Human Services made the program possible.

Although this pilot project concludes in July, Baker said his department would like to eventually take the program city and countywide.

"Hopefully it will be so effective in reducing falls that we can go to other sources of funding in order to provide this service across Lincoln and Lancaster County," he said.



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Helping Make Lincoln a Better Place for Older Adults One Program at a Time



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LINCOLN & LANCASTER COUNTY

Snow Removal Program

This past snow season, LAAA helped more than 60 households with snow removal. Thank you to the following individuals and businesses who helped make this happen.

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Neil Balfour, P.C. CPA
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Lincoln Seniors Transportation Program

Thank you to the volunteer drivers who logged more than 300 miles helping older adults arrive safely to their destination.

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Richard Blair
Jim Buckwalter
Dustin Casey
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Lily Hans
Dave Kroeker
Janis Kruse
Barb McCabe
June Pederson
Mark Richardson
Alice Skultety
Kristen Stohs
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Your Name Here!

If you would like to be part of the growing team of volunteers helping provide social transportation in Lincoln, call the Seniors Foundation at 441-6179 or visit the Foundation web site www.seniorsfoundation.org

what does

AGE

have to do with it?

On a Friday afternoon, Leola Bullock, Jan Gradwohl and Lela Shanks may be found having lunch together. Their regular lunch meeting is one of the many activities this well-informed group of friends enjoy doing together. They like to talk about such things as current events, politics and religion, and they like to laugh.

The women have been friends for years, through their similar interests and involvements, and also through their children, who were friends in middle school. When asked about their philosophies on aging, and their thoughts about being an older adult in Lincoln, the friends had both similar and varying viewpoints.

Bullock, a long time civil rights activist who started Martin Luther King Youth Rally Day, and participated in the effort to include multicultural education in Lincoln Public Schools, the University of Nebraska and Nebraska Wesleyan University, is a retired librarian from the University of Nebraska Great Plains National Instructional Television Library. She said living on a fixed income with rising expenses is one of the biggest challenges she has faced as an older adult.

“At some point many senior citizens have to sell their homes in order to maintain a reasonable lifestyle,” she said.

Bullock said the LIFE (Lincoln Information for the Elderly) center,

a program of the Lincoln Area Agency on Aging (LAAA), which offers counseling and referral services, is essential in Lincoln. She also said the

Downtown ActivAge Center’s program fulfills key needs in the community.

For her, accepting the fact she is getting older and cannot do some of the things she used to equates to aging gracefully.

“There are certain limitations you face as an older adult,” Bullock said. “Sometimes you don’t feel up to doing certain things anymore.”

Gradwohl, retired Lincoln and Lancaster County judge and adjunct professor of law at the University of Nebraska College of Law, believes Lincoln offers a plethora of opportunities for those whose income permits. However, those activities are beyond the economic reach for a substantial portion of Lincoln senior citizens, she said.

She stated that in Lancaster County, in 2006, 8.3 percent of people over age 65 had incomes below the poverty level, defined by the US Census Bureau at the time as \$8,259. The 2000 mean income for the over 65 age group was \$15,486. Because this is a mean figure, it indicates that a substantial number of seniors in Lancaster County have incomes above

the poverty level, but still less than the mean income for seniors in the county.

Nearly 50 percent of seniors are women living alone; many living solely on social security income or small pensions. In their peak earning years, wages were considerably lower than they are now, causing their pension funds to now be grossly inadequate.

“While prices are rising, many seniors’ incomes are not increasing commensurate with inflation,” Gradwohl said. While the senior population increases, the Lincoln City Council has closed senior centers, cut the number of senior meals served, cut health care programs and decreased the Lincoln Area Agency on Aging’s budget.

“This is not only a disservice to the senior citizens who have worked hard to make Lincoln the city it is today, but also is a false economy,” she said.

Gradwohl said statistics show that for every dollar spent in preventive care for seniors, \$3.42 in health care expenses is saved. Older adults who are involved in community activities live longer, healthier lives.



Longtime friends Jan Gradwohl, left, Leola Bullock and Lela Shanks enjoy conversation with each other on various topics.

Shanks said the Lincoln Area Agency on Aging provides every possible program and service to assist older adults as they age. She said the LAAALifetime Health program, which provides health assessments, group and individual health screenings, health education classes and physical activity programs, is a much-needed program for older adults in Lincoln.

"Lincoln has been a great place for me to grow old, primarily because of the programs offered by the Lincoln Area Agency on Aging," she said.

Shanks has been exercising at the Downtown ActivAge Center several years, and feels that may have saved her life. The Downtown Center has its own Forever Strong fitness facility with free personal trainers available at designated times.

When she was hit by a hit-and-run driver while crossing 27th Street in Lincoln, she was struck on her left hip and fell on her right hip. A week later she was back to exercising.

"It was one of life's daily miracles, facilitated through weight lifting," she said.

Shanks, a speaker through the Nebraska Humanities Council for several years, traveling throughout the state speaking on Black history, and author of a 1996 book entitled "Your Name is Hughes Hannibal Shanks: A Caregiver's Guide to Alzheimer's," sees aging as a normal process. She feels many things are better with age and said she is excited about living.

"Your values are more clarified for you," she said. "Though, I have always tried to speak and write truth as I have seen it. Now, I don't have any reason to hold back. I begin to say to myself, 'If not now, when?'"

Shanks believes one is a continual work in progress.

"I am constantly in the making, still growing and learning. That is what makes life so exciting," she said.

LAAA Speakers Available

Where Do You Go For Answers on aging? Need a speaker for your organization or club?

We have a great range of topics to choose from at the Lincoln Area Agency on Aging. We're anxious to share with you our expertise on topics concerning Aging. In some instances, we can even tailor a presentation for your group.



To request and/or schedule a speaker, call 402-441-6156 or go to our online form at lincoln.ne.gov and type aging in the search box. Please note that every effort will be made to accommodate your request, but not all speakers are available at all times. Below is a list of topics and a contact to schedule a speaker. The person listed is not necessarily the speaker.

June Pederson

LAAA and/or Aging Issues
441-6156
DBatten@ci.lincoln.ne.us

Deb Batten

Live & Learn
441-6156
DBatten@ci.lincoln.ne.us

Tami Barrett

Long-Term Care Ombudsman
441-7070
tbarrett@ci.lincoln.ne.us

Richard Blair

Seniors Foundation
Lincoln Seniors
Transportation Program
441-6179
RBlair@ci.lincoln.ne.us

Denise Boyd

Nutrition
441-7159
dboyd@ci.lincoln.ne.us

Houston Doan or Brad Kastl

Medicare & Medicare Part D
441-7070
hdoan@ci.lincoln.ne.us
bkastl@ci.lincoln.ne.us

Bob Esquivel

Lincoln / Lancaster ActivAge Centers
441-7158
BEsquivel@ci.lincoln.ne.us

Tracie Foreman

UNMC Senior Health Promotion
Clinic
441-7575
TForeman@ci.lincoln.ne.us

Elisa Stutheit

Foster Grandparent Program
Senior Companion Program
441-7026
estutheit@ci.lincoln.ne.us

Jean Holt

LIFE Office
441-7070
JHolt@ci.lincoln.ne.us

LIFE Office

Long Term Care Options
441-7070
JHolt@ci.lincoln.ne.us

Lifetime Health

Caregiver Support Services
441-7575

Laurie McAdams

RSVP / Volunteering
Widowed Persons Service
441-7026
LMcadams@ci.lincoln.ne.us

Peggy Aphorpe

Lifetime Health
Educational Programs
Attitude Tune-Up
Enlighten - A New Light on Depression
in Older Adults
Fall Prevention
Flex Your Memory Muscle
Friendship
Laughing Matters
Life can be funny
Living Well on a Shoestring
Living With Diabetes
Memory Lane
"Mental Aerobics"
"Old Dogs, New Tricks"
"Stress Busters"
"The Heart of Forgiveness"
441-7575
PAphorpe@ci.lincoln.ne.us

It's About Lunch

"Let's Do Lunch at the Center!" It's a great idea and here's why. Everyone knows that good nutrition is essential to avoiding chronic disease and disability and to maintaining optimal physical functioning in older adults. What some folks may not know is that the 220,000 meals served at LAAA's ActivAge Centers in the 8 county area, meet U.S. dietary guidelines for good health, and meet a minimum of 1/3 the Dietary Reference Intake for staying healthy as we grow older! So for complete nutrition and cost effectiveness, the \$3 Donation, ActivAge Lunch is the best "Value Meal" around!

More and more people are "Doing Lunch At The Center," and finding there's even more to get excited about!

Anyone who meets ActivAge Center participant Lora Johnson can attest that the feisty 85 year old isn't the type to "Sit around waiting for the world to come to you. You have to get out and check into things." Lora moved to Lincoln from Scribner, Nebraska to be closer to her daughter, local artist, Julia Noyes. After moving into the Crossroads House, the first thing she did was to "check into." the Downtown Center. Lunch was her first priority. "I've always believed in eating right, so I really appreciate the opportunity to get at least one good nutritionally balanced meal every day." Johnson said. Adding with a winning smile, " Besides, you can't beat the price!" Lora immediately became an ActivAge Center Lunchtime Regular.

Soon she began participating in the health services offered at the center and upon seeing the Forever Strong Health Club and all the exercise equipment located there, she quickly dropped any ideas she had about joining the local "Y." "Now I exercise three to five days a week for at least 20 minutes a day. Sometimes I go for nearly an hour!" Lora has also attended evening entertainment events and has enrolled in at least two Art classes provided through the ActivAge Centers. A pretty active schedule that all started with LUNCH! What's Lora's prescription for a healthy life? "Stay positive, eat right, and stay physically, mentally and spiritually active. That works for me!"

As you can see, even though good nutrition is an important part of a healthy lifestyle, it isn't the only thing active older adults can access through the LAAA ActivAge Centers. Many Centers offer rides to selected area grocery stores or to Lifetime Health's Senior Health Promotion Center. This year it's anticipated that over 400 people will receive Income Tax and Homestead Exemption assistance through the centers. In 2007, 534 people benefited from participation in the Nebraska Senior "Farmers' Market Nutrition Program" available through the ActivAge centers. Additionally, last Fall hundreds of ActivAge Center participants were able to obtain Flu Shots at their centers.

If great entertainment is of special interest to you, ActivAge Centers'



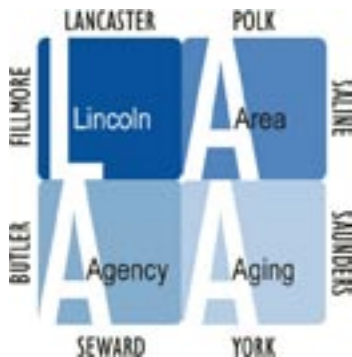
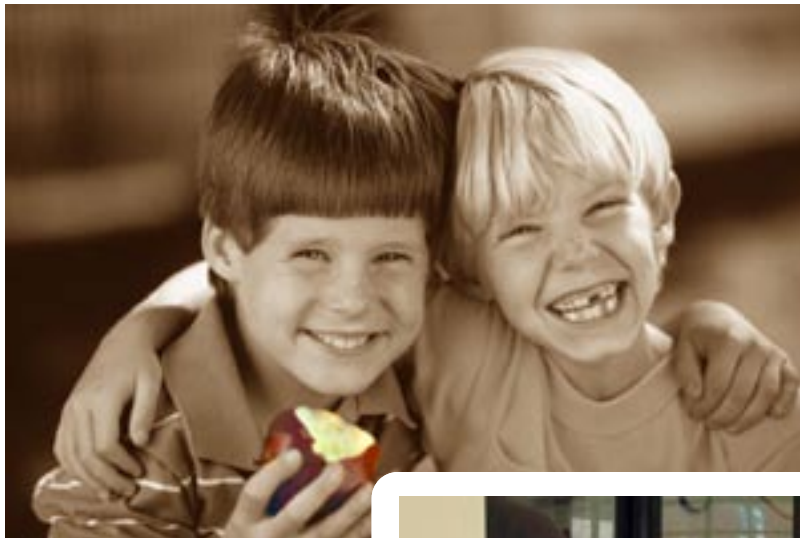
Lora Johnson

monthly "Dinner And A Show" Series (April through September) at the Cotner Center Condominiums, co-sponsored with HUMANA is just the ticket! The program features a delicious meal and quality entertainment for under \$10. For folks who love the thrill of exotic locations, The "Travel & Adventure Film Series," (September through December) co-sponsored with FUN Tours Nebraska, at the Edgewood Theatres.

Transportation to your neighborhood Center is available for \$1 each way, and April is "Spring Into The Center Month." If it's your first visit, you can ride FREE to the ActivAge Center nearest you! And while you're there, if you're new to the center, your first lunch is FREE as well! Remember to call in your reservation two days in advance. It's our way of welcoming you to "Life In The ActivAge!" If you already belong to a Center, invite a First Time Guest and your van ride will be FREE too!!

For your nearest Center, or to receive a specific center calendar, call 402-441-7158. Or for online information about the Center of your choice, go to the City of Lincoln Web site at lincoln.ne.gov, keyword: aging, choose "ActivAge Centers" from the sidebar on the left, and click on the Center you wish to view. Isn't it about time you started "Living Life in The ActivAge?"

It's not about Age . . .



. . . It's about Lunch, "It's better with FRIENDS!"

It's About Giving Back

As people get older, they begin searching for ideas that will assist them in preparing for the rest of their lives. Should they wait until retirement is upon them, or should they begin preparing today? If you remember that you might live into your 80s and 90s, it will help you think about preparing a course that you yourself chart. Throughout the history of the United States, Americans have valued an ethic of service. We've all enjoyed the many benefits of living in this wonderful country. **Think now, about Giving Back!**

Did you know that volunteering helps you stay healthier? According to the Corporation for National and Community Service, "Those who volunteer have lower death rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer." The Corporation's analysis of research over the past 20 years "has established a strong relationship between volunteering and health."

This sounds good, but just how much voluntary service is necessary in order to personally benefit your mental and physical health? "Two hours per week." The two-hour figure is based on the Corporation's 2007 report called, "The Health Benefits of Volunteering: A Review of Recent Research." According to the report:

- Volunteers age 65-plus experienced improved physical and mental health due to a personal sense of accomplishment.
- Volunteer service is an equal

opportunity health benefit. In other words, those who gave social support to others had lower rates of mortality than those who did not, even when controlling for socioeconomic status, education, marital status, age, gender, and ethnicity.

- Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidences of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing.

Looking ahead, think about what kinds of projects and activities, would suit your interests and lifestyle. That's where the LAAA Volunteer Programs come in. We'll help you find your passion.

Become an RSVP Volunteer! People 55 years old or older are invited to join this national program which is sponsored locally through LAAA. We provide many benefits while you serve your community including mileage reimbursement, insurance while volunteering, an annual recognition event and many, many opportunities to choose from. Your transition from the working world will affect you socially and emotionally. You have many choices to make.

Become a Foster Grandparent Volunteer! If you want to make a



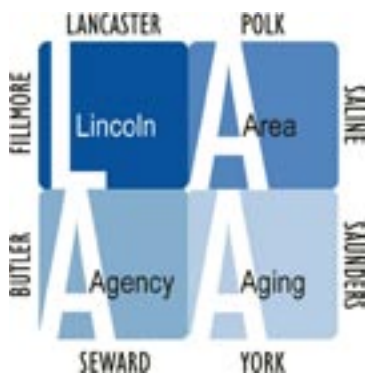
difference in the life of a child, consider the Foster Grandparent Program. You will help children develop the skills, confidence, and strength to succeed in life.

Become a Senior Companion Volunteer! If you are interested in helping peers remain safe and independent in the place that they call home, we are looking for people who want to develop friendships with other older adults. You will receive the satisfaction of helping others live in dignity, hope and respect.

Qualifications for the Foster Grandparent and Senior Companion programs include being 60 years of age or better and an ability to serve 15-40 hours per week. In return, you will receive mileage reimbursement, liability insurance, on-going training, and recognition of your service. Companions and Grandparents on a limited income receive a tax-free hourly stipend, as well as pay for vacation, sick leave, personal days, and holidays.

Make Giving Back a No. 1 Priority!

It's not about Age . . .



. . . it's about **GIVING BACK!**

It's About Staying Active

The International Council on Active Aging sums up active aging as “engaged in life.” We have an abundance of Active Aging role models in the eight counties served by LAAA. Many of these folks have and continue to look to LAAA’s Lifetime Health (LTH) program to help them stay “engaged in life.”

Anastasia is an example of Active Aging. Anastasia is 64 years old. She left Eastern Europe because of religious persecution. In her country older adults are considered second class citizens and rarely treated when ill. She is now a regular client of Lifetime Health’s Senior Health Promotion Center, (SHPC). The University of Nebraska Medical Center’s School of Nursing operates SHPC as a teaching site one or two days a week at the Downtown ActivAge Center.

In August 2004, Anastasia came to SHPC complaining of nausea and headache. A blood pressure check showed her pressure was dangerously high. SHPC staff contacted her physician who instructed them to call 911. She was taken to the hospital, treated and told she had been in imminent danger of a stroke. Since then, SHPC students and staff have monitored her blood pressure weekly and worked with her on healthy nutrition and exercise habits. She is on medication and her blood pressure has improved. Anastasia has encouraged many of her friends to use the Health Promotion Center for preventive health care as well.

Have trouble getting to an exercise class? There are many ways to use the services of LTH. The City of Lincoln’s Government Access Channel, 5 CITY-TV, runs an average of four hours a day of programming created by Lifetime Health. For those without cable access many of these programs are available on CD and tapes.

LTH staff recently became aware of the value of these television programs. Yoga instructor Daya Nelson was having dinner at a local Indian Restaurant. The owner - who happens to be from India - came out and asked her if she was the Daya Nelson that taught yoga on television. Daya said that she was and he said, “You saved my life. I was suffering from anxiety, high blood pressure and high cholesterol. I began watching your show on TV every day and my health as improved and I feel much better. I wrote down the posture sequences and do them on my own in the evening.” His wife explained



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

they wished the show could be aired in the evening and backed up her husband’s statements about how yoga practice has improved his life. Daya said that people frequently tell her how much they enjoy watching the 5 CITY-TV exercise programs.

Personal Trainers may seem like a luxury, but for someone who has been sedentary, a personal trainer can literally be a life saver. Take Bob for instance. His personal trainer, Terri Swanson, is a motivator and an educator who makes exercise fun and interesting. Bob is a 68-year-old individual who needs support in managing diabetes and cardiovascular problems. He has been a participant at the Downtown Center for several years. During the last three years, Lifetime Health and Center staff have tried to get Bob involved in various activities. The staff hoped to help him divert his attention away from his health problems. About six weeks ago Bob began to take an interest in the Forever Strong Health Club after his doctor told him he needed to lose weight. Personal Trainer, Terri Swanson patiently taught Bob some simple exercises he could do to improve his health and mobility. He now regularly goes to the “Club” during the hours that Terri is available. Staff have noticed improvements in his mobility and endurance but more importantly in his self esteem and self confidence. He is very proud of what he has accomplished in his work with Terri and spends less time dwelling on his chronic health problems.

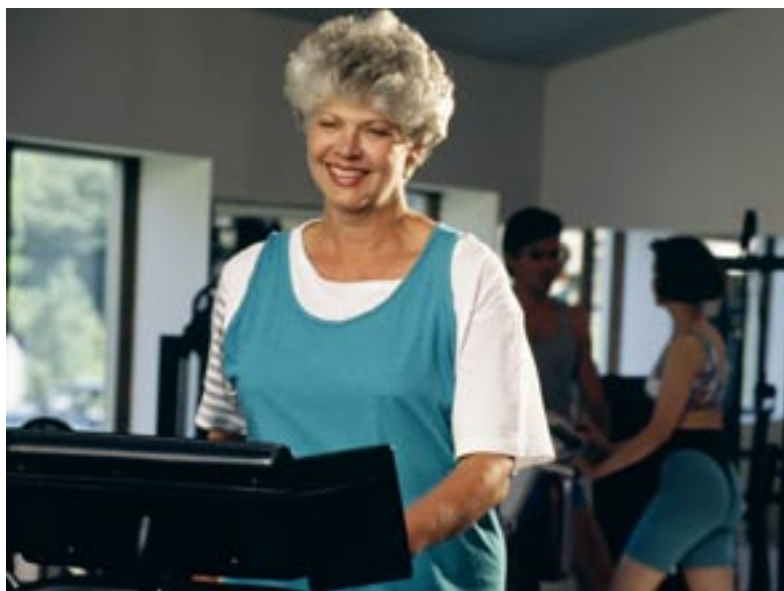
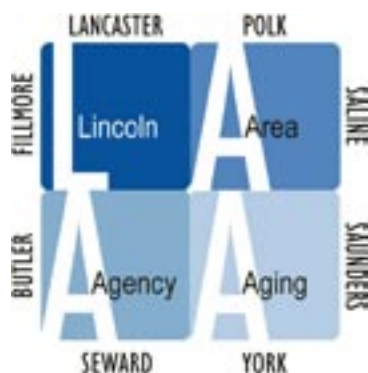
To learn more about the health and wellness services offered call the LTH office at 441-7575.

It's not about Age . . .



Lifetime Health

**Forever Strong
Health Club**



. . . It's about staying ACTIVE!

It's About Services in Your Community

Throughout the past century, aging issues have been of concern to lawmakers, dating back to the 1920s and 1930s when legislation was enacted for Civil Service Retirement and the Social Security Act. The first White House Conference on Aging held in 1961 studied many of the problems unique to older adults. One of the results was the passage of the 1965 Older Americans Act(OAA) which is the basis of the network of services provided by the Lincoln Area Agency on Aging. One of the early goals was the provision of good nutrition through the congregate and home delivered meal programs of the OAA.

“Good nutrition is essential for good health,” said Denise Boyd RD LMNT of the Lincoln Area Agency on Aging. “Likewise, good aging requires good health.”

Nutrition services was one of the first considered when the Lincoln Area Agency expanded in 1978 from a single county to include the surrounding seven additional counties as designated by the state office on aging.

When a county became a partner with Lincoln Area Agency on Aging, area needs assessments of communities were conducted to identify the local problems of older adults. Each county developed a program of services to meet these needs — Services have included meal programs, transportation, information and assistance, and in-home services.

In October 1978, LAAA partnered first with Saunders County to develop a network of services in seven communities. In 1991, the seventh and final program, Saline County Elder Services, was developed.

“All of these communities want to maintain their vitality and enable the aging population to remain where they want to be, at home, in their respective communities,” Boyd said.

Saline County Eldercare offers grocery delivery, friendly visitors, senior companions, case management, personal care, transportation, outreach, telephone reassurance, foot clinics, legal services, referrals, handyman/in-home service, Life Line Emergency Response, medical equipment loan program and home-delivered and center meals.

Boyd said people have different needs to remain in their communities and counties’ needs are impacted by geography, local businesses and population demographics.

“We don’t want to duplicate services, we want to partner with communities’ local response, support the local service and fill in the gaps where we can,” Boyd said.

As of February, the seven county programs provided two meals coupon programs through local vendors; 20 meal sites for congregate meals and group activities; and 20 locations that deliver meals to homes.

“You need to stay active and stay involved and that is what these programs can do for you, not only as a service recipient but also as community leaders and volunteers,” Boyd said.

Throughout the past fiscal year, the seven county programs served approximately 3,200 older residents of their communities. Also during the past fiscal year these programs did \$122,337 of fund raising and worked with their counties and towns to receive \$274,890 in local public funding.

LAAA’s major function is to provide



Denise Boyd, left, LAAA division administrator, registered dietitian and multi-county program coordinator, works with Phyllis Svehla, Saline County Eldercare; Kim Buser, Saline County program manager; and Carol Fictum, Saline County Eldercare.

support, funding and technical assistance to these counties.

LAAA works with county officials to implement agreements, and plan and develop senior services within communities.

Each county — towns, local communities and community groups — is asked to sponsor such programs to help meet the identified needs of their aging population.

Each county has an advisory board, which advises the county or LAAA and sponsors fundraisers. These groups are essential to represent the needs of seniors in their communities and be a voice in supporting the county program to elected officials and other policy makers.

LAAA continues to look, and move forward, upholding the utmost interests of its recipients.

“We always are looking for funding that will keep up with increased costs,” Boyd said. “We are also considering expansion of fitness and wellness opportunities in the counties as part of our emphasis on good health and good aging.”

The seven County programs and managers serving their communities are: Sheri Bachmeier, Saunders; Kim Buser, Saline; Lori Byers, York; Betty Corbit, Polk; Brenda Motis, Fillmore; Kathy Ruzicka, Seward; and Linda Vandenberg, Butler.

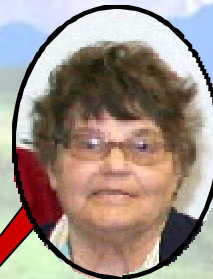
It's not about Age . . .



Alan Gissler



JoEllen Vrbka



Marge Noble



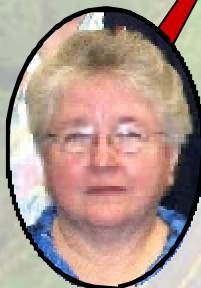
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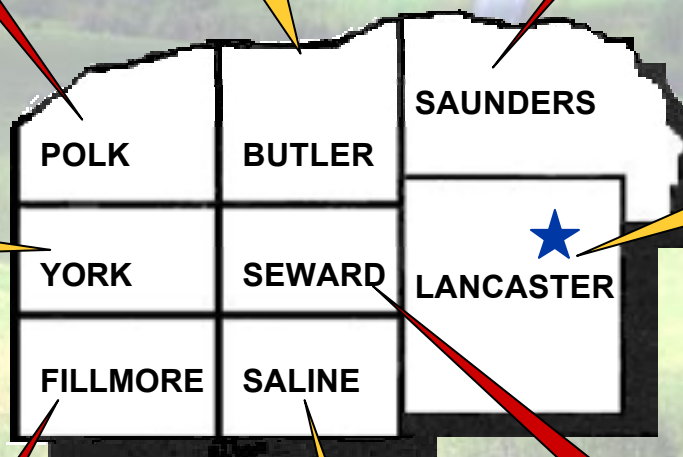
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I'm one of two children of an aging parent. My younger brother lives out of state and Mom, who is 80, lives alone in Lincoln. Since I'm the one who lives here, I'm the one in charge of helping Mom.

My parents were always private about their finances. When Dad died five years ago, it didn't change. However, last fall I asked Mom about the annual enrollment for the Medicare D drug plan, and she announced that she was going to cancel all of her insurance because it was too expensive. I thought that Medicare was free and that Medicare D covered the cost of her medications, so I had no idea what she was talking about.

Then I found out that Mom was paying more than \$300 per month for insurance and had to pay prescription co-pays on top of that. I was floored, and I started to ask more questions. I found out that Mom's Social Security is \$1,000 per month and she had no savings. No wonder she felt that she couldn't afford to buy insurance!

I wanted to find out about options for Mom, and a friend suggested that I contact the LIFE

Office. I called and explained my mother's situation. They suggested that Mom and I come to LIFE to talk in person about her situation.

WOW, when we got there, we learned about a number of programs that could help Mom. They helped her find less expensive insurance and apply for a state program that paid her Medicare premiums and drastically reduced her medication co-pays. The counselor also made suggestions about reducing housing costs and other benefit programs Mom could apply for.

We also met a counselor that specialized in helping caregivers like me. Now I receive e-mail newsletters for caregivers and have attended several support group meetings that gave me great information about how to make my job as Mom's caregiver easier, less stressful, and more effective.

The LIFE Office has given us so much help and information. This is just our family's experience of the ways that LIFE can help.

**I have questions....
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INFORMATION ON THE 2008 STIMULUS PAYMENTS

Starting in May, the U. S. Treasury will begin sending economic stimulus payments to more than 130 million individuals. The stimulus payments will go out through the late spring and summer.

The vast majority of Americans who qualify for an economic stimulus payment will not have to do anything other than file their 2007 individual income tax return to receive their payment this year. They will not have to complete applications, file any extra forms or call the Internal Revenue Service to request the payment, which is automatic. The IRS will determine eligibility, figure the amount and issue the payment.

Stimulus payments will be direct deposited for taxpayers selecting that option when filing their 2007 tax returns. Taxpayers who have already filed with direct deposit won't need to do anything else to receive the stimulus payment. For taxpayers who haven't filed their 2007 returns yet, the IRS reminds them that direct deposit is the fastest way to get both regular refunds and stimulus payments.

Basic Eligibility

The IRS will use the 2007 tax return to determine eligibility and calculate the basic amount of the payment. In most cases, the payment will equal the amount of tax liability on the return with a maximum amount of \$600 for individuals (\$1,200 for taxpayers who file a joint return) and a minimum of \$300 for individuals (\$600 for taxpayers who file a joint return).

Even those who have little or no tax liability may qualify for a minimum payment of \$300 (\$600 if filing a joint return) if their tax return reflects \$3,000 or more in qualifying income. For the purpose of the stimulus payments, qualifying income consists of earned income such as wages and net self-

employment income as well as Social Security or certain Railroad Retirement benefits and veterans' disability compensation, pension or survivors' benefits received from the Department of Veterans Affairs in 2007. However, Supplemental Security Income (SSI) does not count as qualifying income for the stimulus payment.

Notices

Most taxpayers will receive two notices from the IRS. The first general notice from the IRS will explain the stimulus payment program. The second notice will confirm the recipients' eligibility, the payment amount and the approximate time table for the payment. Taxpayers will need to save this notice to assist them when they prepare their 2008 tax return next year.

Anyone who moves after they have filed their 2007 tax return should notify the IRS by filing Form 8822, Change of Address, and also notify the Post Office.

Special Circumstances for Recipients of Social Security, Railroad Retirement and Certain Veterans Benefits

Individuals who receive Social Security benefits, Railroad Retirement benefits and certain veterans' benefits may have to follow special filing requirements in order to receive the basic amount:

- Those who have already filed a 2007 return reflecting qualifying income of \$3,000 or more do not have any additional filing requirements and do not need to do anything more to receive their payment.
- Those who have already filed a 2007 return showing less than \$3,000 in qualifying income and did not list their Social Security, Railroad Retirement or certain veterans benefits should file a Form

1040X to list those nontaxable benefits and qualify for a payment.

- Those who are not required to file a 2007 return but whose total qualifying income including Social Security, certain Railroad Retirement and certain Veterans benefits would equal or exceed \$3,000 should file a return reporting these benefits on Line 14a of Form 1040A or Line 20a of Form 1040 to establish their eligibility. Please note the form lines just mention Social Security, but use these lines even if your only benefits were Railroad Retirement or veterans' benefits.

Free Tax Help Available

Low- and moderate-income workers, including veterans, can get free tax help through the Volunteer Income Tax Assistance (VITA) program. Call 800-906-9887 to locate the nearest VITA site.

The Tax Counseling for the Elderly (TCE) Program provides free tax help to people age 60 and older. As part of the IRS-sponsored TCE Program, AARP offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season. To find an AARP Tax Aide site, call 1-888-227-7669 or visit the AARP Web site.

For Additional Information

The IRS.gov Web site is the best source for additional information and answers to questions regarding the stimulus payments. The site will soon have an on-line tool which will allow taxpayers to calculate the amount of their advance payment and to check on the status of their specific payment.

The LIFE office of the Lincoln Area Agency on Aging is developing an enrollment fit for its clients and caregivers, please call 441-7070 or, 800-247-0938 for more information.



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Creating a Moving Mural Message

If a picture is worth a thousand words, the dozen participants in an art class combine efforts to create the equivalent of a novel.

The “Off the Wall: Creating a Moving Mural Message!” project began March 7 and runs nine weeks through May 2 at the Downtown ActivAge Center, 1005 “O” St.

Students design their own personal section of the mural on a 2-foot by 2-foot segment during an hour and a half class each Friday with guidance from instructor Julia Noyes, award-winning Lincoln artist and owner of Noyes Art Gallery.

The segments then will be linked to create a mural entitled “Life in the ActivAge” that will be on display at several Lincoln locations during May.

Noyes asks the students to think about items that tell a little bit about them and what are the positive things they appreciate about older adulthood when creating their personal segments.

“I want the class to be a lot of fun,” Noyes said. “I think it’s going to be a beautiful exhibit.”

This project is funded in part by a grant from The Dillon Foundation, while students also pay \$20 for tuition. Previous Art Education grants, funded by the Johnson & Johnson Society for Arts in Healthcare, have proven the therapeutic value Art Education programs to older adult students.

Bob Esquivel, ActivAge Centers Coordinator, thinks there are benefits to be realized for health and mental well being.

“What a tremendous way for these participants to share what they do with the rest of the community,” Esquivel said. “I think it’s exciting for the community



Julia Noyes, Lincoln artist, leads an art class at the Downtown ActivAge Center.

and the participants.”

In addition to LAAA’s ActivAge Centers, The Lincoln City Parks & Recreation Department’s F Street center partners in this project.

“There are several more Senior Art classes in the works,” Esquivel added. “But one of the biggest undertakings will be the second annual ‘Fine Art of Experience,’ a juried Senior Art Competition and show scheduled for September 2008!”

For more information about upcoming educational opportunities in the Arts for older adults, contact LAAA’s ActivAge Centers at 402-441-7158 or the F Street Recreation Center at 402-441-7951.



Rose Amato examines a sample to get ideas for her section of a mural being created in the “Off the Wall: Creating a Moving Mural Message!” art class.



Mary Valencia, foreground, looks at an example for her project while Julia Noyes shows other examples.

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