

SPRING 2009

LivingWell

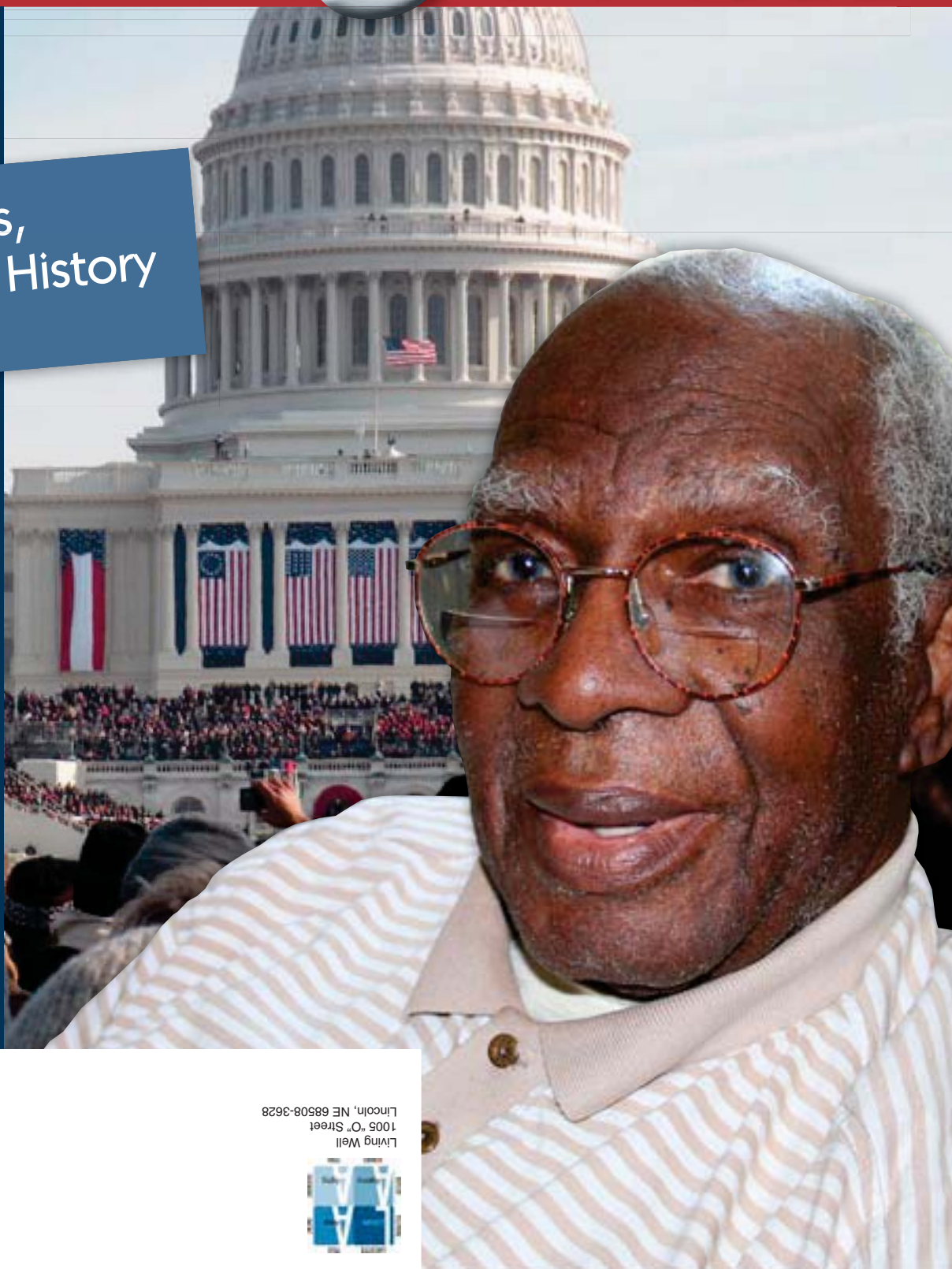
IN THIS ISSUE:

Paul Adams,
Witness to History
Pg. 16-17

Hospice
allows
freedom
Pg. 20

Calendar of
Events
Pgs. 8-11

Mind, Body
and Spirit
Day
Pg. 26



Living Well
1005 "O" Street
Lincoln, NE 68508-3628





the art of living well

A lifelong of learning teaches us wisdom, patience, trust and responsibility. When changing times suggest unpredictability, your confidence is true and your dedication to planning guides you to the right decision.

Eastmont Towers' exceptional health care, excellent location, first class service and outstanding amenities enhance your unique lifestyle and are combined with a financial strategy designed to help preserve your estate.

For the peace of mind you deserve and to schedule a personal tour call Eastmont Towers today, 402-489-6591.





Director's Corner

This message is about perspective and patience. I'm personally working on both.

Like most of us, my household has been bombarded with gloom and doom about the world's economic woes. The stock market is down, jobs are being cut, businesses are struggling and, if we aren't yet retired, we are considering pushing that horizon further into the future. Overwhelming would be an appropriate description.

Is it really that bad? Most would say that, yes, it's pretty bad. Can I do anything personally to make it better? Not much, I'm told.

Those of us with a television, or a daily newspaper, are aware that our access to media is so much different than it was when we were young adults. The three television stations you could watch concluded their day with the Star Spangled Banner, followed by snow on the screen until at least 6 a.m. the next morning.


Today the 76 stations you get with the least expensive cable package run 24/7, 365 days a year. We never have to be alone with our thoughts. And, in their competition for your eyes, we see words like braking news spread

across our screen as though they had a significant announcement to share. Generally, it is a repeat of the breaking news you heard 15 minutes ago.

News, sensational or gloomy, is like a virus. Repeated exposure can give us symptoms that gradually worsen until we are awake at night, turning on the television for another round of repeated stories.

So, I can control what I hear and what I read. This economic situation didn't develop overnight and it will not change quickly either. Patience.

I'm typing these words using only my left hand. My right hand is out of service until mid-April due to intentional surgery to address severe osteoarthritis in my thumbs. Current aging-brain literature recommends using your non-dominant hand to perform normal tasks to create new connections that keep you sharp-witted. I expect to be much smarter by mid-April.

I will recover and the pain in my right thumb will be gone. I'm fortunate that some wise medical professional devised this surgery. Perspective. 

June Pederson

June Pederson, Director, Lincoln Area Agency on Aging

On the Cover:

Paul Adams attended the Presidential Inauguration in Washington, D.C.



Living Well (ISSN 1556-9780, USPS 657-630) is published quarterly (January, April, July and October) by the Lincoln Area Agency on Aging and printed by News Link, 1845 S 11th Street, Lincoln, NE 68502. Last issue *Living Well* January 2009.

Periodical Postal Rates paid at Lincoln, NE Issues printed: 27,500.

POSTMASTER-Lincoln Area Agency on Aging Address Changes to:

Living Well Magazine
1005 "O" Street
Lincoln, NE 68508-3628
E-mail: livingwell@lincoln.ne.gov
Fax: 402-441-6524
Phone: 402-441-6146
(collect calls accepted)
Toll free: 1-800-247-0938 (NE only)

60+ Readership Level in LAAA's
8 county area: 34,320+ (60% of 60+)
Publisher, Editor & Advertising Valerie Crook, 441-6156
Mailing List & Accounts Deb Baines, 441-6146
Production Coordinators News Link, 475-6397

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.

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

QUALITY OF LIFE IS JOY, INDEPENDENCE AND SECURITY

Trained, insured and bonded, caregivers can help you with:

Companionship
Personal Care
Housekeeping
Locally Owned and Operated
24/7 Availability
Affordable Packages
Member AARP National employer Team

Introduce someone you **CARE** about to someone you **TRUST**. Contact us today at:



Right At Home
2120 South 56th Street
Suite 205
Lincoln, NE 68506
402-488-4421
www.lincoln.rightathome.net

Foster Grandparents help build community —

Foster Grandparents help build community in more than one sense of the word at St. Patrick's Elementary School in Lincoln's Havelock area.

For the seventh year, a model community of the Havelock neighborhood was designed and constructed at the school. It serves as a second-grade project, with first-graders helping. Betty Parra and Shirley Oliver, Foster Grandparents at the school, played key roles in assisting the students.

"The project ties the children to the community," said Cathy Swartz, St. Patrick's Second Grade Teacher. "They can't take pride in or take care of something they don't understand."

This year's project began in December and was completed before Catholic Schools Week, the last week of January, so parents and other students could view the model community during the school's open house. Teachers and Foster Grandparents prepare students for the project by taking them on a walking tour of the Havelock neighborhood. Parents are encouraged to take their children into the particular business their child will create a model of to get a better understanding of how they want to approach the project. About 60 people from the businesses and buildings featured in the model community attended a separate open house to view the finished product.

During the project, students also created a book highlighting proper manners to be used at the various buildings and businesses.

"Every year, the model community seems to get better," said Carol Whitehead, First Grade Teacher.

While replicating the Havelock community, students learned about various buildings, businesses and the people who work there.

The teachers said Foster Grandparents help make this and many other activities at the school successful.

The Lincoln Area Agency on Aging brought the Foster Grandparent Program to Lincoln and Lancaster County in 1997. The program was established on a national level in 1965 and is now part of the Senior Corps, along with RSVP and the Senior Companion Program.

Foster Grandparents serve as a role model, mentor and friend to students. Swartz said children learn to respect older adults by having people serve in this role at the school.


"The relationships these Foster Grandparents make with the children lasts a lifetime," Swartz said. "Not only does Grandma Betty help in the classroom. She goes

above and beyond. She takes care of cleaning up the lunchroom with student helpers and lunch for the next group, does the classroom filing and is always willing to change her schedule when necessary. She is a true blessing."

Parra, "Grandma Betty," has been a Foster Grandparent eight years, including seven at St. Patrick's, and said she also receives benefits from her involvement.

"I think it makes a person younger," she said. "You are around young people and activities. You get more involved with the community and what's going on. It's a lot of fun."

Oliver, known by students and faculty at the school as "Grandma Shirley," has been a Foster Grandparent six years and agrees with Grandma Betty.

"I enjoy being a Foster Grandparent and don't know what I'd do if I didn't have something to do every day," Oliver said. 



Foster Grandparents Betty Parra, front left, and Shirley Oliver work with first- and second-grade students at St. Patrick's Elementary School to build a model of the Havelock community.



Shirley Oliver, Foster Grandparent, shows a drawing made by a first-grade student for her after Oliver's friend died last year. Oliver's best friend was fond of frogs.


Students leap into action to support Foster Grandparent

Relationships and caring for one another often goes beyond the classroom setting for students and Foster Grandparents.

A story shared by Shirley Oliver, Foster Grandparent at St. Patrick's Elementary School in Lincoln, serves as a perfect example.

When her best friend, Janice, died in January 2007, the children showed their support for the woman they have come to know as "Grandma Shirley." Knowing Grandma Shirley's friend liked frogs, children in first- and second-grade made her sympathy cards with pictures of frogs on them.

One first-grade student, Jade, drew a picture of frogs and put it in a large glass frame for Grandma Shirley.

"It was so nice of her to do such a nice thing," Oliver said. "I sure wish my friend could see it." 

LAAA team performs lifesaving action

A routine stop by a Lincoln Area Agency on Aging Community Activities Services Transportation Driver turned into what many are calling heroic actions by the LAAA team.

When Bill Hill arrived to pick up Mae Hoffer, a regular rider, to transport her to the Downtown ActivAge Center, he gave his usual short beeps of the horn.

"Mae is a person who just loved to go to the ActivAge Center and was ready to go without fail every day as soon as he pulled up," said Carol Meyerhoff, CAS Transportation Coordinator.

However, this day, Hill did not get a response. Knowing Hoffer calls Larry Starr, LAAA dispatcher, anytime she will not be going to the center or needs a ride, the lack of response was somewhat alarming to Hill. Instead of going on, he went to the door. When he had no response and could not see Hoffer through windows, he called Starr to call Hoffer's emergency contact.

Within a short time, the emergency contact came and LAAA learned Hoffer did need emergency


assistance. She was transported to a hospital.

The LAAA dispatch office provided the hospital a timeline of events, which included the last contact by Lanita Nelson, a LAAA ActivAge employee and driver who talked with Hoffer the night before.

Hoffer has recovered, thanks in part to a caring and concerned LAAA staff.

"If Bill wouldn't have gone to the house, I am certain the situation would not have turned out so well," said Karla Masters, Hoffer's daughter. "I don't know if anyone else would have realized something had happened to her. They did save her life and I can't fully express what that means to me."

Meyerhoff applauds her staff.

"It was a great team effort," she said. "Our drivers are caring and compassionate people. They often go beyond expectations to make sure our riders are safe and connected." 



Bill Hill, CAS driver, receives a hug from Karla Masters, daughter of Mae Hoffer, for his actions during her mom's medical incident. Hoffer looks on in the background.



Mae Hoffer, sitting, is surrounded by family and friends from LAAA who helped her after a medical incident. Pictured with Hoffer, from left, include: Lanita Nelson, LAAA ActivAge employee and Community Activities Services Driver; Bill Hill, CAS Driver; Larry Starr, LAAA Dispatcher; and Karla Masters, Hoffer's daughter.

Helping county programs be efficient, effective

Martha Hakenkamp stands ready to serve. As LAAA Program Monitor for the Coordination and Technical Services Division, she considers being available for county program managers among her chief duties and responsibilities.

Whether providing technical assistance such as updating computer software, explaining how best to use the technology or understanding current regulations, Hakenkamp is one to whom these program managers can turn for assistance.

"There are dedicated program managers working in the counties and we want to help them make their programs strong and vibrant in their communities," Hakenkamp said.

She joined LAAA in October 2004 and managed the Foster Grandparent and Senior Companion programs until December 27, 2007, when she took on her current assignment.

"The county program managers have big dreams," she said. "It is fun for me to help them realize their dreams of enhancing services to the older adults in their communities."


At their invitation, Hakenkamp helps county program managers organize informational sessions with local community leaders. They work together to plan and develop local programs to meet the needs of older adults in each community.

Hakenkamp and others at LAAA also work with county program managers through quarterly training sessions. Meetings help managers become more efficient in the delivery of information




Martha Hakenkamp serves as LAAA Program Monitor For Coordination and Technical Services. She works with the rural county program managers.

and services to older adults in each county. Training might include computer labs on how to use updated software to move from handwritten budgets to maintaining records online.

"These program managers have been adaptable to everything," Hakenkamp said. "I want to continue to help them make the most of their incredibly valuable time and expertise. The work they do in their counties is critical to helping older adults live independently. I get tremendous satisfaction in helping them." 

We can help you stay independent...

Daily tasks such as laundry, bathing, personal care,
Or meal preparation may not be as easy for you
As they used to be...we can help.

Caregivers are screened, insured,
Capable and compassionate. 
And the care you receive is tailored the way you like it.

Flexible, affordable, trusted care for 1 to 24 hours.

Care Consultants for the Aging

A client-directed Home Health Care Registry

Since 1991



4535 Normal Blvd., Suite 275
Lincoln, NE 68506

(402) 488-3771

www.careconsultants.com

LifeLong Living Festival

The KFOR LifeLong Living Festival, the area's largest and longest-running information and product show for older adults and their families, is scheduled for Saturday, May 16, from 8 a.m. to 2 p.m. in Agricultural Hall at Lincoln's State Fair Park.

For the 15th year, the festival will offer more than 100 presentation booths from area businesses and organizations, providing information, products and services for older adults.

Vicki Marker, KFOR Events Coordinator, said this year's festival also will offer a health fair, complete with health screenings.

"We're doing new things to make the festival bigger and better every year," she said.

The festival will feature live music and broadcasts by KFOR radio throughout the event. 



Saturday
**May
16th**

LifeLong LIVING FESTIVAL

KFOR Radio
www.kfor1240.com
(402) 466-1234

"Living Well, Starting NOW!"

**State Fair Park in the Ag Hall
8:00 am to 2:00 pm • "Free Parking"**



Lincoln's *Only* Continuing Care Retirement Community
6315 "O" Street • Lincoln, NE • (402) 489-6591



11420 Blondo St., Ste 102 • Omaha • 800-347-1678
Humana MarketPOINT

**HEALTH SCREENING
CENTER OPENS AT
7:30 a.m.**



6811 "O" Street • Lincoln • (402) 464-1150

**FREE HEALTH SCREENINGS
AT THE SHOW.**
(NOTE: 8-12 hour fasting for
cholesterol testing)



Lincoln Area Agency on Aging News and Events

Start Electronically Receiving Your Copy of Living Well Magazine Today!

When you receive *Living Well* magazine by e-mail, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertisers website, and with some you can e-mail questions about the provider services.



There are wonderful stories in all the issues of *Living Well* and by visiting the Lincoln Area Agency on Aging website, you will find current and past issues. Feel free to print out the whole magazine or just the pages you're interested in. Call Deb Baines at 402-441-6146 or e-mail her at dbaines@lincoln.ne.gov to sign up now.

ActivAge Centers

April Is "Spring Into The Center Month!"

Throughout the month of April, if it's your first visit, you can ride free to the ActivAge Center of your choice! And while you're there, if you're new to the center, your first lunch is free! If you're already a regular at a center, invite a First Time Guest and your van ride will be free too! Remember to call in your reservation two days in advance. Call 402-441-7158 for information about the center of your choice.

SATURDAYS at the Downtown Center!

It was a great success last year, so we're doing it again! The Downtown ActivAge Center will be open on selected Saturdays from April through September. Join us for Entertainment, Bingo, shuttles to the Farmers' Market (beginning in May) to use those Farmers' Market coupons, and of course the best Value Meal in town! Saturdays, April 18, May 9, June 20, July 18, August 22, Downtown's 20th anniversary, and September 19. Call 402-441-7154 two days in advance for reservations.

Broadway Bill Is Back!

The Broadway Bill Show faithfully re-creates the music of Frank Sinatra, Dean Martin and Sammy Davis, Jr. Join singer Bill Lord as he takes you for a musical stroll down memory lane!

- Northeast ActivAge Center,
6310 Platte Ave.
Friday April 17, 2009, 10:30 a.m.

ActivAge Day Tripper Tours 2009

- Sandhill Cranes & Archway Monument
April 2, 2009 - \$85 per person
Join your fellow ActivAge Day-Trippers for a swing across Nebraska to see the Great Platte River Road Archway Monument and the Sandhill Cranes migration. It's an exciting venture into the past when you visit the Arch as it traces the Oregon Trail, California Trail and Mormon Trail and how they all converged to link America from coast to coast.

Next, witness Nebraska's Central Platte River Valley as it comes alive with the spectacular sights and

sounds of thousands of migrating Sandhill Cranes. Your guide will not only enrich you in the habitats of the cranes, but you'll also view a video presentation before seeing them perform their antics in the fields. This evening, enjoy a delicious dinner at USA Steak Buffet. Call 441-7158 to register.

Ashfall Fossil Beds & Elkhorn Valley Museum

May 21, 2009 - \$110 per person

You'll travel north today and your first stop will be the Elkhorn Valley Museum in Norfolk, home of the interactive exhibit featuring Johnny Carson and the "The Tonight Show," as well as other fascinating exhibits. After lunch at a local restaurant, it's off to the Ashfall Fossil Bed State Historical Park. The fossils were discovered in 1971 when heavy rains uncovered the fossil of an elephant jaw in Melvin Colson's cornfield. A later dig discovered a whole herd of rhinos that perished very suddenly when Nebraska was a sub-tropical grassland where camels, rhinos and other animals roamed. A volcanic eruption spewed ash hundreds of feet thick over the area, these animals were perfectly preserved in their natural state. Finally, take a taste of the vine at the Cuthills Vineyards before heading home.

Call 402-441-7158 to register.

The Lofte Theatre, "Crazy For You"

July 26, 2009, \$81 per person
Join your friends for a fun-filled summer afternoon, as you travel to the Lofte Theatre in Manley, Nebraska. It's laughter and suspense as you're entertained by a vibrant



performance of "Crazy for You," the story of Bobby Child, a well-to-do 1930's playboy whose dream in life is to dance. Despite the serious efforts of his mother and soon-to-be ex-fiancée, Bobby achieves his dream! Memorable tunes include "Bidin' my Time," "I Got Rhythm," "They Can't Take That Away From Me," "Nice Work if You Can Get It," "Embraceable You," and "Someone To Watch Over Me." It's high-energy comedy that includes mistaken identities, fabulous dance numbers and classic music. Following the performance, enjoy dinner before heading home. Call 402-441-7158 to register.

Bridges of Madison County & John Wayne Birthplace

September 22, 2009 - \$95 per person

Discover the magic and romance of Winterset, Iowa, home to the novel "The Bridges of Madison County" by James Waller. Some of the oldest covered bridges in the nation are still in use here. Visit many of the sites that Clint Eastwood and Meryl Streep brought to life in the movie version.

Your first stop will be the John Wayne Birthplace, built in the 1800's. This four-room house has been restored to its 1907 appearance, the actor's birth year. Then, after lunch at the Northside Café (one of the film's locations), your local guide will take you on a storybook tour of Madison County to include some of the movie's covered bridges, as well as enrich you with the history of the area. Also, visit Howells Greenhouse and Floral and see the process of drying flowers and the creation of beautiful arrangements.

Sights and Sounds of Christmas at Dana College

December 5, 2009 - \$69 per person

Each year since 1973, Dana College comes alive with the joy and spirit of the Christmas season. Come spend the day ushering in the holidays with an emphasis on the customs and foods of Scandinavia. Enjoy various musical groups, folk dancers, ornament demonstrations, the marketplace, and a drama. And what would a Scandinavian festival be without a plentiful Danish smorgasbord? Top off the day with a performance of the Dana College Concert Band and Chorale.

Leisure Events

Milestone Gallery Older Americans Art Show, May 2009

In celebration of National Older Americans Month, the Milestone Gallery, located in the Downtown ActivAge Center, 1005 "O" Street, will feature the work of artists 60 and over from LAAA's eight-county service area. The show will hang from May 1 - 29, 2009. All artists 60 years of age or older can submit one to three pieces for display. All pieces must have been completed after the artist's 60th birthday. Interested artists should call 402-441-7158 for specific show guidelines and details.

Dinner And A Show Series Is Back!

Sponsored with HUMANA, these events offer entertainment and a delicious meal for under \$10. Call: 402-441-7158 for reservations and information.

- April 9 - Nashville's Terry Smith, "A Songwriter With A Different Touch"

- May 21 - Jimmy Mack, "My Favorite Love Songs"

- June 18 - Charlie Glasgow "The Chaz Singer"

Over 55 - \$7, Under 55 - \$8

Cotner Center Condominiums

1540 N. Cotner (66th at Holdrege)

Dinner 5:30 p.m.

Showtime 6:30 p.m.

ActivAge Centers' All-City Picnic, Thursday, May 14th

All the fun of those big family picnics is back with outdoor games, terrific musical entertainment and of course, hot dogs fresh off the grill! Sign up for all the fun at your nearest ActivAge Center. We'll be getting things started at the Master Tables Picnic Area just across from Auld Pavilion in Antelope Park at 10 a.m. The Shrine Band will be playing your favorite polkas, patriotic tunes and some Dixieland thrown in for good measure, starting at 10:30 a.m. Lunch is at 11:30 a.m. and outdoor games will be going on throughout. If it rains, we'll move the fun indoors to the Auld Center right across the road. Sign up by Noon, Tuesday, May 12 at your center.

Educational

Bob Ross Joy of Painting Class

with Don Belik

"Frozen Beauty" - Join instructor Donald R. Belik for this day-long workshop where participants, using the Bob Ross paint-along technique, will capture the beauty of an old cabin overlooking a landscaped frozen lake. Participants will take home a completed 16x20 painting. There will be a short lunch break.

Continued on Pages 10-11

Lincoln Area Agency on Aging News and Events

Continued from Page 9

Educational *Continued . . .*

Sack lunches and beverages are welcome. Wear clothing appropriate for painting. All materials are provided. Pre-registration required. Class size limited. Tuition \$40. Call 402-441-7158.

- Northeast ActivAge Center
6310 Platte Ave.
Saturday, May 2
9 a.m. to 3:30 p.m.
- Lake Street ActivAge Center
2400 S. 11th Street
Saturday, June 20
9 a.m. to 3:30 p.m.

Bob Ross Joy of Painting Class

“Forest Edge” with Don Belik

Join instructor Donald R. Belik for this day-long workshop where participants, using the Bob Ross paint-along technique, will capture the beauty of a large oak tree cradled in the morning glow of a forest opening. Participants will take home a completed 16x20 painting. There will be a short lunch break. Sack lunches and beverages are welcome. Wear clothing appropriate for painting. All materials are provided. Pre-registration required. Class size limited. Tuition \$40. Call 402-441-7158.

- Northeast ActivAge Center
6310 Platte Ave.
Saturday, June 13, 2009
9 a.m. to 3:30 p.m.

Remembering When: A Fire and Fall Prevention for Older Adults

Learn how to reduce your risk of injury from a fire or fall. During this 45-minute program representatives from the State Fire Marshal's Office and LAAA's Lifetime Health Program

will share 16 practical fire and fall prevention tips that can save lives. You will also have the opportunity to view a short video At Our Age: Seniors Preventing Fires and Falls, featuring Tom Bosley from Happy Days.

FREE Computer Assistance & Instruction, with Catherine Ward

Get the answers you need about: How to use the computer, How to use the Internet. How to use E-mail, How to get the most out of the computer you have, or advice on how to choose a new one.

- Downtown ActivAge Center
1005 “O” Street
Tuesdays, 10 a.m. - noon
Call 402-441-7158 for more information or an appointment.

Income Tax Assistance

Downtown ActivAge Center
1005 “O” Street
Monday through Thursday
10 a.m. to 3 p.m.
Call for appointment, 402-441-7158, walk-ins accepted.

Health Promotion Events

Lifetime Health Senior Health Promotion Center

Free services include comprehensive foot and ear care, bone density testing, blood pressure checks, blood glucose checks, and health education.
Call 402-441-7575 at the Downtown ActivAge Center, 1005 “O” Street, 9:30 a.m. to 2:30 p.m.
Tuesdays and Thursdays
April: 2, 7, 9, 28, 30
May: 12, 26, 28
Donations accepted

Forever Strong Health Club

Open weekdays from 8 a.m. to 4 p.m. at the Downtown ActivAge Center, 1005 “O” Street. Certified Personal Trainers are available by appointment. Suggested contribution is \$10 per month.

Lifetime Health, Body / Mind / Spirit Day, May 1, 2009

This great event gives you the opportunity to relax, refresh, and renew your spirit! Many fascinating topics. Learn in a comfortable environment. Sponsored by LAAA Lifetime Health Program, in collaboration with SCC-Lincoln and Roper & Sons Funeral Services.


SCC Continuing Education Center,
310 South 68th Street Place
May 1, 9 a.m. - 3:30 p.m.
Registration fee \$25 (includes lunch)

- “Forgiveness and the Fullness of Time”
Fred Wilson, Von Maur Shooting Survivor
- Intentional Believing
Drs. Jerry Bockoven and Todd Fleischer
- Synchronicity
Tracie Foreman, Lifetime Health
- Acupuncture
Kevin J. Coughlin, MD - American Academy of Medical Acupuncture
- Enrichment Through Placement
Pat Flodman, Feng Shui Practitioner
- Keys to Your Success:
Self-Empowerment
Kris Thaller - Lincoln Life Coaching Center
- Angels, What are they and do they exist?
- Dr. Sandra Monroe



Join The "Let's Move Together" Walk, May 16, 2009. Raise money for arthritis research. Contact Tracie Foreman, Lifetime Health Program staff at 402-441-7575 for more information.

Call Lifetime Health at 441-7575 for more information or if you would like to schedule a Fire and Fall Prevention for Older Adults program for your group. Programs are currently scheduled as listed below.

- Monday, May 4, 11:15 a.m.
Lake Street ActivAge Center
2400 S. 11th
- Monday, May 18, 12:30 p.m.
Firth ActivAge Center
Firth Community Center
311 Nemaha, Firth
- Friday, May 22, 12:20 p.m.
Waverly ActivAge Center
First United Methodist Church
14410 Folkestone 

Home Handyman Program

Our handymen have been tuning up equipment, sharpening tools, and getting ready to work on your spring and summer "To Do" list. The Home Handyman Program makes minor home repairs, including plumbing, electrical, carpentry, and painting projects to help you remain in your home as long as you choose. We specialize in those small projects for which it is difficult to hire a contractor. Springtime calls start pouring in for yard clean ups, trimming shrubs and hedges, cleaning gutters, setting out patio furniture, mowing and trimming, and many more general handyman projects. An easy to complete application will get you started if you are not a current program participant. Work is based on an hourly rate with a sliding fee scale based on your income. Contact Home Handyman at 402-441-7030.

HELPING HANDS

Helping people during times of transition

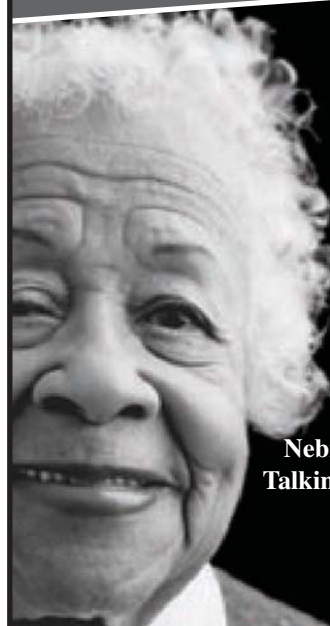
We assist you with the overwhelming tasks of:

Spring cleaning
Deep cleaning
Downsizing
Organizing
Packing and moving

Karen Braaten
8000 East Avon Ln
Lincoln, NE 68505
Phone: 402-310-8318



A Good Book is Worth Sharing



Talking books is a **free service for anyone who has difficulty holding a book, turning a page, or seeing regular print.** The high-quality recordings and playback equipment are loaned and returned through the mail free of charge.

Nebraska Library Commission
Talking Book and Braille Service
402.471.4038
800.742.7691
talkingbook@nlc.state.ne.us
www.nlc.state.ne.us/tbbs

SENIOR BENEFIT STRATEGIES

Long-Term Care Insurance to protect *your family!*

Let's discuss how LTCI can help them to supervise
your care rather than be forced to provide it.

489-9171



Long Term Care Insurance,
Annuities, Medicare Part D
Rx Cards, Medicare
Supplement and Medicare
Advantage Plans, Life and
Health Insurance



7412 Karl Drive
Lincoln, NE 68516
Fax: (419) 821-1953
www.seniorbenefitstrategies.com

Bob Grundman
Certified Senior Advisor



Orchard Park

Assisted Living Retirement community

"Care That Promotes Maximum Independence and Dignity"

- 24-hour Staff Supervision
- 3 Excellent Meals Daily
- Emergency Call Services
- Religious Services
- Medicaid Approved
- Organized Activities
- Personal Laundry Service
- Private Rooms
- Rooms for Couples
- Quiet • Comfortable • Peaceful • Friendly

488-8191

Registered Nurse Supervision
3110 South 48th St. • Lincoln, NE 68506 • Ideal Location Near Van Dorn Shopping Center.

Don't worry about the weather, the yard & garden, home repairs, laundry...

*Tour Haven Manor, get answers, & find
out how to leave your worries behind.*

Ask how others have found
huge savings over other care options!

- Private rooms & apartments **PLUS+** a broad range of personal assistance & medical supervision
- **Free** consultation, tour & needs assessment for long-term residency **PLUS+** short-stays also available

"Mom really enjoyed being at Haven Manor-the people, the food, the caregivers-this was the Haven Manor way. The people care about each other."
Barbara, daughter



Haven Manor

Independent &
Assisted Living...**PLUS+**

730 Larkspur Dr. • Hickman
Lincoln: 4800 & 4900 S 48th St. • 6330 Platte Ave.
(402) 434-2680 havenmanor.com



*Isn't it time
you started
thinking about
enjoying a
carefree lifestyle
with fun and
friendly people?*

**APARTMENTS ARE
GOING FAST!
Call now for lunch
and a tour.**

Resident Bernice Trauthsen

CLARK JEARY

RETIREMENT COMMUNITY

Independent & Assisted Living
8401 So. 33rd St., Lincoln, NE 68516 • www.clarkjeary.com
Call Carla at 489-0331

Antique roadshows offer something for everyone

For the better part of 30 years, Tom Bassett has traveled throughout the region to examine people's treasures. He is an appraiser at local antiques roadshows, as well as host of a bi-weekly call-in radio show called "Problems and Solutions" every other Monday at 9:10 a.m. on KFOR 1240 AM.

"The roadshows are always a fun event and people bring some very interesting things," Bassett said. "People learn something not only about their own items, but I also try to give them a crash course on antiques and why things are worth what they are."

Bassett's knowledge comes from extensive research of items ranging from coins to oil paintings. Just by examining an item, he can generally determine what country it came from, the company that made it, its relative scarcity and its potential value.

In April, he will offer his expertise at two area roadshows, in Butler County April 18 and York County April 25.

The shows are informal

and guests are free to come and go as they please. They feature anything from jewelry to china and offer participants the chance to share a piece of their own family history with every item.

"These are wonderful community events," said Martha Hakenkamp, Lincoln Area Agency on Aging Program Monitor for the Coordination and Technical Services division. "There have been people of all ages, both men and women. They enjoy sharing and hearing the stories behind the items."

In fact, Hakenkamp said those stories are often the biggest draws to the shows.

"These antiques roadshows are a celebration of a community's history in many ways," she said. "They are educational and build community involvement. It's passing down information to the younger generation and there really is an appreciation for personal history."

Recent shows in the area were held in Seward County last September and in Fillmore County in October. Anyone who would like to have up to two items appraised at the York County roadshow can purchase tickets from Lori Byers, York County Aging Services Director, for \$13 before April 1 or at the door for \$15. Audience tickets will be available in advance and at the door for \$3. Roadshow tickets for the Butler County event can be purchased by contacting Linda Vandenberg, Butler County Senior Services Director at 367-6131.


The York County show also will feature lunch and snacks, as well as a first-time-ever silent



Tom Bassett

auction, including a quilt up for bid.

"We thought it would be a good thing for people to be able to walk around and bid on different items as well as the appraisal itself," Byers said. "We hope to get people from all over and have something for everyone to do."

The show is also an opportunity for York County Aging Services to raise much-needed funds. The department hopes to raise money to continue to expand its services, including low-income meal services throughout the county. 





Lincoln Area Agency on

LINCOLN AREA AGENCY ON AGING

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

www.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 website.

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 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 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. Six 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

CAREGIVING

402-441-7070 or 800-247-0938

- **ElderCare Connection** - Caregivers receive information, support and assistance. 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 counties 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

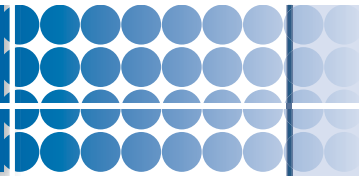
- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and home equity loans.
- **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid Program.

HEALTH & FITNESS

402-441-7575

- **Lifetime Health Program**
- **Forever Strong Health Club** - Fitness equipment and consultations with certified personal trainers.

Aging Services



- **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
www.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
- **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 or 800-247-0938
www.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
www.lincoln.ne.gov, keyword: aging

VOLUNTEER!

- **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
- **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
- 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 Deb Baines of Lincoln Area Agency on Aging at 402-441-6146 or e-mail dbaines@lincoln.ne.gov

Witness to History

Lt. Col. Paul Adams made history as a Tuskegee Airman when he flew during World War II as one of the first black aviators in the all-black fighter pilot group. He will be remembered in Lincoln as the namesake of Adams Elementary School.

Another brush with history came to Paul when he was personally invited to attend the January 20 inauguration ceremonies for the President and Vice President of the United States in Washington, D.C., as an honored guest. The historical inauguration of the 44th President of the United States marked the

beginning for the country's first black president.

Paul traveled with his son, Dr. Michael Adams, a dentist in Oklahoma, to be among the more than 200 other Tuskegee Airmen and guests to have an up-close seat on the stage where the president and vice president were sworn into office. Paul and his son sat within 100 feet of the president during the ceremony, while more than a million other people watched in person and millions more watched on television.

"It was wonderful," he said. "I enjoyed every bit of it."

Paul's son shared similar sentiments. "I was amongst heroes," Michael said about being on stage with the Tuskegee Airmen. "It was awesome to be able to witness history like that. I know my dad was definitely excited and smiling from ear to ear."

The Adams men flew on a commercial flight from Omaha to Washington, D.C., the day before. They had breakfast with other Tuskegee Airmen and guests at Bolling Air Base and shared memories with friends. They then were loaded onto 12 buses to make their way to the inauguration ceremony.

Paul and his son returned the day after the inauguration with souvenirs, pictures and memories they will carry with them for the rest of their lives.

Michael said there have been many times when people have talked to him about the great impact his father made on their lives because of his actions as a Tuskegee Airman. For instance, Michael was on a golf course in Nashville, Tenn., when a gentleman who served as a bomber pilot during World War II told Michael he was alive due in part to Lt. Col. Adams and other Tuskegee Airmen. In Washington, D.C., during the inauguration ceremony, people saw the word "Tuskegee" on Paul's hat and came up to thank him for his service.

To see his father and the Tuskegee Airmen honored at such an important stage as the Presidential Inauguration was almost overwhelming, Michael said.

"I've always been proud of my father," he said, noting his father and mother, Alda, have been great role models and wonderful parents for himself and his two sisters.

The older Adams thanks everyone who helped finance the trip for him and his son.

*See our Winter 2006 issue featuring Paul Adams at www.lincoln.ne.gov
Keyword: aging. Scroll to the bottom of the page and click on Living Well magazine for all past issues.*



The Journey There

The journey to a front seat at this historical inauguration was paved with some rough patches in Lt. Col. Adams life.

Born in Greenville, S.C., in 1920, Adams was one of 11 children. He grew up in the midst of segregation, racism and even lynchings of black people. Flying an airplane seemed a remote possibility for a black man at the time.

“A black person flying an airplane?,” he said. “I wasn’t even allowed on the air field at that time, much less fly a plane. I didn’t think I would ever fly an airplane.”

However, he was determined and received support from several people to make the dream a reality.

Adams graduated from South Carolina State A&M College. He taught school for one year before joining the Tuskegee Airmen when he received a yellow telegram from President Franklin Roosevelt stating that Adams was to report to Tuskegee

in Alabama for the flying training program.

He said Eleanor Roosevelt, who he affectionately refers to as “Little Eleanor,” played a key role when she came to Tuskegee and insisted she take a flight in a plane with a black pilot at the controls.

Adams began fighter pilot training in 1942 as a cadet. In 1943, he received his commission as a Second Lieutenant assigned to fly the P40 Warthog in the 332nd fighter group, an African-American unit later known as “Red Tail” for their distinctive aircraft paint scheme.


In 1943, Adams and the other Tuskegee Airmen were sent on missions in Europe and North Africa. They established an unprecedented record of flying more than 1,500 missions. Adams’ military career included nine major campaigns. He received the Commendation Medal with three Oak Leaf clusters and other service awards including the Congressional Bronze Medal for his

contribution as a “guardian angel” in World War II. The name “Guardian Angel” was a term of respect given by the white airmen who were escorted by the black pilots.

After the Military

Adams did not stop making history when his military career ended.

He continued to help desegregation efforts when he lived in Lincoln after his Air Force service and was one of only three black teachers in the school district in 1964. He began his teaching career at Lincoln High School and taught industrial arts until his retirement in 1982.

Adams also served the community as a member of the Capital City Kiwanis. He is a former president of the Lincoln NAACP and an associate of the Retired Officers Association. 





Financial problems on rise for many

Economic hardship has no age limit. Houston Doan and Neal Sandoz have seen that up close as insurance and financial counselors.

Doan said times have changed from when he began working for LAAA nine years ago. More older adults are applying for credit cards and the fastest growing segment of online users for credit card purchases is people aged 65 or older.

Increased Credit Card Debt

Increased credit card usage leads to financial woes for some, including foreclosures and bankruptcy.

"In the past few years, debt problems have skyrocketed," Doan said. "Because of desperate financial situations, some of these people are grasping at straws and making decisions they would never before have contemplated. These decisions have sometimes led to additional financial stress."

Doan personally receives about a dozen calls each week relating to advice on dealing with credit card debt. When he began at LAAA, credit

card problems were generally the result of a family situation when cards were used to assist someone through a difficult time in their life. Now, the dynamics of credit card usage has changed.

People are having to use their credit cards to pay doctor bills before a doctor can see them again. Prescription drug costs have also risen. If people do not meet income requirements for assistance, they may be left with few perceived options, Doan said.

"We actually can make people's lives better if we confront problems and come up with a plan, so they don't have to worry about money every day," Doan said. "Our job is to let them know each option and let them know what the ramifications might be."

Where to Find Help

By calling the LIFE Office at LAAA, 402-441-7070, people can schedule a meeting with Doan or Sandoz. They will first help a person realize where every dollar in their budget is going. They examine costs

for housing, cable, medicine, and other items. Doan and Sandoz then help them determine if they are eligible for government assistance in any category of their life. Tough choices might have to be considered. For instance, they might have to consider ways to eliminate high family pet veterinarian bills, cable television and other entertainment costs.


Doan said people can review credit reports on reputable sites such as freecreditreport.com, but discourages people from going through credit card consolidation programs without doing the necessary research to confirm the organization is legitimate and not out to steal a person's identity or take money for "registration fees" without doing any actual work for the person.

Homestead Exemption

Doan ensures that each person he meets with has filed for possible relief such as the Homestead Exemption. The Nebraska Homestead Exemption is a property tax relief program for homeowners who are age 65 or older, certain disabled individuals and certain 100 percent disabled veterans and their widow or widower. There are income requirements for eligibility.

If eligible, people can adjust their income and subtract items such as health care premiums, dental costs or long-term care insurance. Doan reminds people they have to file for this exemption every year, even if they don't file income tax forms.

Doan and Sandoz strive to help people gain a better understanding of their situation.

"Knowledge is power and to put your head in the sand and ignore the problem only makes it worse," Doan said. 



Independent and carefree senior living...

Carriage Glen

Lincoln's Premier Independent Living Community For People 62+

Two Bedrooms Available

Call (402) 484-5113
7005 Shamrock Road
E-Mail: carriageglen@neb.rr.com
www.carriageglenoflincoln.com

"The Funeral Home Family & Friends Recommend."

Butherus, & Maser & Love

Funeral Home

4040 A Street
Lincoln, NE 68510

488-0934

Hickman Location
211 E. 1st. Street
Hickman, NE 68372
402-792-2470

Visit Us Online:
bmlfh.com

- Offering:**
- Funeral, memorial, & cremation services for all faiths & price ranges
 - On-site cremation facilities
 - On-site reception facilities with kitchen
 - Pre-planning consultation with payment options
 - On-site Chapel with video screen
 - Accepting pre-arrangement transfers from other funeral homes
 - Personalized video tributes
 - Monuments & markers
 - After services out-reach
 - Centrally located

**Locally Owned &
Operated Since 1883**



Owners / Directors



Jim Love



Pat McCashland
Son-in-law of the
late LeRoy Butherus



The LEXINGTON

Assisted Living Center

- Medicaid Waiver Approved
- Warm and Spacious Common Area
- Outdoor Courtyard with Fountain
 - Wellness Center
- Emergency Call System
- Three Meals Daily
- Weekly Housekeeping & Laundry Service
- Medication & Personal Care Assistance
 - Full Activity Program
 - Beauty & Barbershop
- No Point System and No Hidden Fees
 - In-House Physician Services
- Transportation to Physician Appointments Provided



*Candy Herzog, Administrator, invites you
to a free lunch and tour of our facility.*



5550 Pioneers Blvd. • Lincoln, NE • (402) 486-4400

Hospice allows nurse freedom to be daughter

Brenda Wagner is a nurse and a daughter. When her 64-year-old father, Dwain, told her he had been having headaches, she feared the lung cancer he had been diagnosed with months earlier had spread. She was right; it had spread to his brain.

"The doctor told us that with treatment he had a few months to live," Brenda said. "Without treatment, he had a few weeks."

Research Your Options

She and her family began researching options, including hospice. After enduring months of chemotherapy and radiation that made him weak, overwhelmed with side effects, and bound to a wheelchair, Dwain chose to quit treatment.

"We couldn't figure out why his doctor wasn't talking to him about hospice at that point," Brenda said. "As a nurse, I didn't want to have to be the one to bring it up. But nobody else was offering it as an option."

Brenda contrasted the experience with her father to how we make major purchases in our lives.

"A car salesman, for example, goes through every last detail before we buy a car," she said. "But when it comes to life, no one explains that this is what you can expect or these are your options. Hospice is one of those details, but it doesn't always get discussed."

Dignity, Respect and Help

The family contacted a local hospice provider, who came to Brenda's parents' house to meet with them. The

hospice then let Dwain's physician know that the family and Dwain were ready for hospice.

Hospice allowed Brenda to be the daughter, not the nurse. With emotions running high, the hospice team was able to reinforce information that had already been discussed as a family.

The hospice nurse provided medication to manage Dwain's headaches. The social worker walked the family through advance directive paperwork, allowing Brenda's father to make his end-of-life wishes known. The bath aide helped Dwain regularly, sometimes providing other help like making lunch. Supplies such as oxygen, a wheelchair and a raised toilet seat were provided.

"Those who work in the medical profession are accustomed to the physical changes that take place with a dying person," Brenda said. "But others are not. The hospice nurse did a good job of explaining things to my family."

Before hospice, Dwain's time was spent going from one doctor's appointment to another.

"I think he would have enjoyed life more had he not had to spend so much time in appointments," Brenda said. "With hospice, he didn't have those anymore. I wish he would have had hospice longer. I'm not for treatment or against treatment. I just want to let others know that the biggest thing



Hospice recipient Dwain John enjoys time with his daughters, Jolene, left, Brenda and Lindy.

about hospice is it respects the wishes of the terminally ill."

Dwain died less than two months after beginning hospice care.

Brenda wants to share her family's story because, she says, education is important.


"Families may be too intimidated to ask questions because they don't know what to ask or they aren't a medical professional," Brenda said.

She stresses the importance of knowing the options for a loved one, and what a "good experience" hospice was for her family.

Cherish the Memories

Brenda and her family are grieving, remembering the proud father of three girls who loved horses, remodeling and playing cards every weekend. Nearly a year after Dwain's death, Brenda, her sisters and her mother, Janet, take advantage of another benefit of hospice: bereavement counseling.

"It was nice to be able to sit down — all of us — and talk with the counselor," Brenda said.

To learn more about hospice or to find a hospice in your area, go to nehospice.org. 



Dwain John

Farmers' Market Coupons available

The Farmers' Market Coupon Program again will offer Lincoln-area older adults a chance to purchase fresh, locally grown produce at one of the many Farmers' Markets this summer.

The program will distribute coupons worth \$3 each to qualifying older adults to be spent at the markets. Each household is eligible to receive a set of 16 coupons.

"The coupons are provided to low-income seniors older than 60," said Janae Mueller, one of the newest additions to the Farmers' Market Coupon Program. "Last year, we distributed about 500 coupons. We requested additional coupons this year because they were so popular and because of the state of the economy."

Healthy Options

The program was designed to offer older adults a chance to enjoy healthier eating options without the higher cost.


"With the high cost of fresh vegetables in grocery stores and the vital nutritional nature of these products, this program enables at-risk older adults the opportunity to eat better and support local growers," said Bob Esquivel, Lincoln Area Agency on Aging.

Older adults are taking advantage of the opportunity.

"It's had a big impact," Mueller said. "They love the coupons and we're helping these people make healthy choices. With these coupons, they're able to get some of the food choices that they love."

The Farmers' Market is scheduled for every weekend from May to October. There are several larger locations throughout the area and coupons also are accepted at many of the smaller vendors. Signs will be

posted at many of the vendors where coupons are accepted.

Unlike last year, the program will hold its sign-up and distribution at the same time in May. The exact date will be determined once the schedule is announced. Flyers for the sign-up will be posted. The program also hopes to run advertisements in the newspaper and on the radio. 

Photos courtesy of Lincoln Haymarket Development Corporation



**If you are a
smoker or
ex-smoker
you may be
eligible to
participate
in a
research
study...**

Somnos Clinical Research is conducting a research study to determine the safety and effectiveness of an investigational medication for COPD, or Chronic Obstructive Pulmonary Disease. You may be eligible to participate if you:

- have chronic lung disease,
- have previously been diagnosed with COPD, chronic bronchitis or emphysema,
- or, if you are on supplemental oxygen in the home for chronic lung disease.

Qualified participants will receive all study related physical exams, laboratory and lung function testing, and study medication at no charge. Financial compensation for your time and travel is provided.

To learn more call: **486-3430**

Somnos Clinical Research/John Trapp, MD
1101 South 70th Street, Suite 102
Lincoln, Nebraska



Tabitha Home Care & Hospice Helps You Live Each Moment to the Fullest

Home Health Aide | Hospice
Nursing | Vitals Monitoring
Homemaker | Companion
Personal Care | Social Work



Southeast Nebraska | 800.418.9335 | Tabitha.org

freedom to enjoy life

Comfort, security, a friendly community, and convenience in the place you can call home.

- No Entrance Fee
- Month-to-Month Rent
- Resort-Style Dining
- 150-Seat Theatre
- Fitness Center
- 24/7 Professionally Staffed

RLC
RESORT LIFESTYLE
COMMUNITIES

Savannah Pines
40th & Pine Lake Rd.
Lincoln, NE
402-420-9900

Maple Ridge
168th & Maple
Omaha, NE
402-614-3160

Walnut Grove
153rd & Q
Omaha, NE
402-861-1611



**Models Open
Tour Today!**



Visit us online at www.RLCommunities.com

This is not a scooter.



It is independence. It offers a chance for mobility and the freedom to live your life on your terms.

It is backed by professionals who know you are making an investment, not just buying a product.



Call us at **402-441-7871**
or visit **www.mobility-options.com** to learn
more about our full line of mobility products.

mobilityoptions

Knowledge. Innovation. Independence.



Legacy Living

Voted KFOR's Best of Lincoln since 1997.

Experience the warm, friendly environment of Legacy Retirement Communities and discover just how comfortable and affordable life can be.

Legacy Retirement Communities provide the very best in retirement living—beautiful surroundings, fine dining, active lifestyles, and the ability to live

as independently and worry-free as possible. With three distinct communities, you're sure to find a location and price range that's right for you.

For more information about Independent and Assisted Living options, contact one of our three locations or visit www.LegacyRetirement.com.



LEGACY
RETIREMENT COMMUNITIES
Simply Elegant, yet Surprisingly Affordable.

The Legacy
5600 Pioneers Blvd. • Lincoln, Nebraska
402-436-3000

Legacy Terrace
5700 Fremont St. • Lincoln, Nebraska
402-464-5700

Legacy Estates
7200 Van Dorn • Lincoln, Nebraska
402-484-8888



St. Jane de Chantal is more than just a long term care facility to our residents...it's home.



St. Jane de Chantal

Long Term Care Services

St. Jane de Chantal

Long Term Care Services

- 50 years experience in long term care
- Offering a full continuum of care including individualized rehabilitation services
- Highest staff to resident ratio in the greater Lincoln area with an all-inclusive rate
- Specialty services, including Alzheimer's memory care program and an outpatient Adult Day Services program with staff trained in the "Best Friends" approach
- Focus on activities and outings

Call us TODAY for a personal tour.

2200 So. 52nd Street
Lincoln, NE 68506
www.Madonna.org
402.483.9602

LINCOLN PAINT-A-THON

**NEED YOUR
HOUSE PAINTED?
AT NO COST!**

You could have your home painted at absolutely no cost by volunteers from area businesses, congregations and service clubs.

If you are 60 or over, or are permanently disabled, live in the City of Lincoln and meet financial guidelines, you could qualify.

You can pick up an application at any U.S. Bank or contact The LINCOLN ACTION PROGRAM at:

471-4515

Application Deadline is June 6, 2009

Happy with YOUR Medicare Supplement Rate?

You could be with a Medicare supplement insurance policy from Mutual of Omaha Insurance Company.

Compare and save! Our superior service and affordable premiums equal a great value for you.

Medicare Supplement Monthly Premium*

Nebraska ZIP Codes Beginning With	Plan J	
	Female	Male
683-684	\$75.93	\$87.27
685	\$83.63	\$96.13

*Age 65; nontobacco-user rates, tobacco user rates may be higher; rates are subject to change and vary by ZIP code; additional rates on next page



Medicare supplement insurance is underwritten by Mutual of Omaha Insurance Company, Mutual of Omaha Plaza, Omaha, NE 68175. Neither Mutual of Omaha Insurance Company, nor its Medicare supplement insurance policies are connected with or endorsed by the U.S. government or the federal Medicare program. Policy forms M181, M182, M183, M278, M374 or state equivalent. These policies have exclusions, limitations and reductions. An outline of coverage is available upon request.

This is a solicitation of insurance and an insurance agent will contact you.



Medicare Supplement Monthly Premium*

*Nebraska ZIP Codes Beginning With
683-684 and 686-693*

AGE	PLAN J	
	Female	Male
65-66	\$75.93	\$87.27
67	79.18	91.01
68	82.70	95.06
69	86.36	99.26
70	90.00	103.45
71	93.65	107.64
72	97.31	111.85
73	100.97	116.06
74	102.83	118.20
75	104.68	120.32
76	106.54	122.46
77	108.39	124.58
78	110.23	126.70
79	112.25	129.02
80 & Over	120.56	138.57

*Nebraska ZIP Codes Beginning With
685 and Some Beginning With 680*

AGE	PLAN J	
	Female	Male
65-66	\$83.63	\$96.13
67	87.21	100.24
68	91.09	104.70
69	95.12	109.33
70	99.13	113.95
71	106.15	118.56
72	107.19	123.20
73	111.22	127.84
74	113.27	130.19
75	115.30	132.53
76	117.34	134.88
77	119.38	137.22
78	121.41	139.55
79	123.64	142.11
80 & Over	132.79	152.63

**Nontobacco-user rates, tobacco user rates may be higher;
rates are subject to change and vary by ZIP code*

For a free competitive rate quote, contact:
Jim Schueth • Independent Insurance Agent • 402-432-4174



Mind, Body and Spirit Day

The Lincoln Area Agency on Aging, Roper & Sons Funeral Services and Southeast Community College teamed to offer Mind, Body, Spirit Day 2009, a day to relax, refresh and renew.

Eight professionals will make their way May 1 from 9 a.m. to 3:30 p.m. to the SCC Continuing Education Center, 301 S. 68 Street Place, to educate and empower.

"In recent years, there has been a growing interest in all aspects of wellness and self-responsibility for health," said Peggy Apthorpe, LAAA Lifetime Health Program Coordinator. "People recognize that to be truly healthy, we must maintain a balance between the physical, spiritual, emotional and social components of our lives."

Adults of all ages are eager

to learn about alternative and complementary treatments. The event gives participants a chance to explore options in a relaxing and non-threatening environment.

Fred Wilson, a survivor of Omaha Von Maur shooting, is one speaker whose presentation will focus on the power of forgiveness and the value of living life in the moment.


"We make plans and live in advance," Wilson said. "But, there is no guarantee that we will be around to live out those plans. If you have been carrying around anger, hatred or animosity, that forgiveness needs to come today so people can lighten their journey immensely."

During a press conference after the shooting, Wilson forgave Robert Hawkins, the shooter. Wilson said he will never forget the incident, but that


forgiveness allowed him to live his life more free and light.

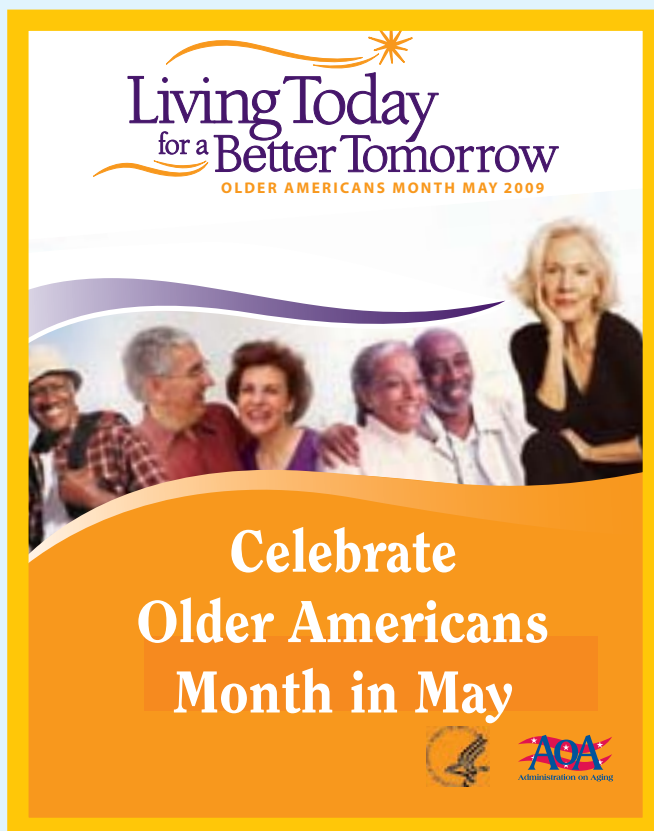
"We must live our lives as completely as possible," Wilson said. "Anything that needs to be done in our lives needs to be done today. Take care of business on a daily basis and don't put it off. That's what living is all about."

Other speakers will touch on topics including intentional believing, synchronicity, science of acupuncture, feng shui, personal success and angels in our lives.

Lunch will be provided. Pre-registration, including a \$25 fee, is due April 24. For more information or to register, contact Nancy Holman at Southeast Community College, 402-437-2712 or 800-828-0072, ext. 2712 or nholman@southeast.edu. 

Batten leaves mark at LAAA

All of us at LAAA wish to acknowledge and thank Deb Batten, founding editor of *Living Well* magazine, for her years of service to the Agency's marketing and public relations program. Deb made a decision to try something new with the Lincoln Public Schools and we wish her well. She created "Live & Learn" our 5-City TV Show, LAAA's current logo, designed our highly utilized city website and so much more. We are grateful and wish Deb and her husband Brian the very best. 



The poster features the title "Living Today for a Better Tomorrow" in a stylized font, with "OLDER AMERICANS MONTH MAY 2009" below it. A photograph of a diverse group of smiling older adults is centered. At the bottom, the text "Celebrate Older Americans Month in May" is displayed in large, bold letters. The LAAA logo is in the bottom right corner.

ENT NEBRASKA

Allergies
Hearing Aids
Balance/Dizziness

ENTNEBRASKA.COM

"Can you hear the ocean, Grandpa?"

You will be able to enjoy those around you and your lifestyle more completely with the ultimate in hearing aid comfort. Our audiologists will custom fit your 100% digital hearing aid and we always offer a 30-day, 100% money back trial period on any purchase of new hearing aids. Ask an audiologist about our payment options.

575 South 70th, Suite 440
402.484.5500 or 1.866.492.5500



Thomas J. Tegt, MD
Otolaryngology

Drs. Tegt and Nissen are part of our comprehensive team of physicians and audiologists who offer you a full line of services including allergy testing; balance issues for both children and adults; and, hearing aids all in one convenient location!



Alan J. Nissen, MD, FACS
Otolaryngology/Neuro-otology

Jean Baumeister, MS, CCC-A
Clinical/Vestibular Audiologist

Donna Taylor, MA, CCC-A
Clinical/Vestibular Audiologist

Angela Grasse, AuD, CCC-A
Clinical/Vestibular Audiologist

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

The Physician Network

Financing available
*Restrictions may apply.





Senior Companion Program benefits everyone

If you share a desire to help other adults maintain their independence, the Senior Companion Program may be a perfect fit.

One Senior Companion said, “I feel like being a Companion was what was missing in my life.”

The Senior Companion Program was introduced by the Lincoln Area Agency on Aging in 1989 to the eight-county region the agency serves. The program mission is to promote independence, freedom, understanding and support for adults with special needs through peer-to-peer friendship in the place they call home. This relationship enables connection to community through friendship and companionship.

By becoming a Companion to an isolated person, you can help that person stay in their own home. Senior Companions also provide family caregivers much needed time off for respite or running errands. Senior Companions can assist with daily living tasks, such as grocery shopping and bill paying, provide transportation, meal preparation, and alert doctors

and family members to potential problems.

Senior Companions receive the benefit of knowing they are helping someone with special needs live with dignity, hope and self-respect. They also receive ongoing training and education as part of a group committed to making a difference, pre-service orientation, meals while on duty, mileage reimbursement or bus pass, supplemental accident and liability insurance while on duty. Those who meet certain income guidelines, receive a small stipend with vacation, sick leave, personal days and holidays. The stipend paid to Companions living on a limited income does not count as income when determining eligibility for any program including reduced housing, food stamps or Medicaid.

To Become a Senior Companion

If you are age 60 or older, able to serve 15 hours or more per week and want to develop friendships with adults with special needs, contact a Senior Companion Program representative in your area.

- Butler County.....402-367-6131
- Fillmore County.....402-759-4921
- Lancaster County.....402-441-7026
- Polk County.....402-764-8227
- Saline County.....402-821-3330
- Saunders County.....402-443-4896
- Seward County.....402-761-3593
- York County.....402-362-7626
- Asian Community


Center.....402-326-0371

Representatives will provide an overview of the program and enrollment forms.

Program Future

The Senior Companion Program currently is being expanded to match individuals with Senior Companions over the age of 21.

A diverse population of providers have expressed an interest in becoming a “station” for the program. More than 10 organizations have committed to the initial review process. The next step will be to secure signed agreements and begin volunteer training.

Local churches are being asked to share information about the program in hopes of identifying new Senior Companions and those who could benefit from the service. 

ARE YOU 65-80?

Earn up to **\$800** in your spare time

- Healthy Men & Women
- Non-smokers
- Variety of schedules
- Assist medical research

Ask about our referral program!



CALL TODAY at 1-800-609-7297

621 Rose Street, Lincoln • www.mdsparticipants.com



Pharma Services

Together we're making lives better.



It's the
Little
Things

No matter what the little things in your life may be, you owe it to yourself to see how Humana can help safeguard your health.

Humana has been serving people just like you with Medicare for over 20 years, and currently provides coverage to more than 3.5 million people with Medicare across the country.

If you or someone you know is turning 65, call us to learn more about our Medicare Advantage plans.

Call: 1-800-336-6764

TTY 1-877-833-4486

8 a.m. to 8 p.m., seven days a week

HUMANA
Guidance when you need it most

Medicare approved HMO, PPO, and PFFS plans available to anyone enrolled in both Part A and Part B of Medicare through age or disability. Enrollment period restrictions apply, call Humana for details.


M0006_GH24149_2

NE 04/09

Wahoo Senior Resource and Health Fair

Wahoo will host a Senior Resource and Health Fair April 14 at the Wahoo Civic Center.

Organized by Lincoln Area Agency on Aging and Saunders County Senior Enrichment Coalition, there will be health screenings and information for older adults and families.

For more information, call Friendly Visitor Coordinator Jeannette Sabatka at 402-443-4883. 



Wahoo Senior Resource and Health Fair

Tuesday, April 14, 2009

Wahoo Civic Center

310 North Linden

10 a.m. - 2 p.m.

Free Health Screenings & Information for Older Adults and Families

Sponsored by Lincoln Area Agency on Aging and Saunders County Senior Enrichment Coalition




Guardian Angels Homecare
Professional caregivers assisting seniors and their families





— Meal Preparation	— Housekeeping
— Laundry	— Companionship
— Overnight Care	— Errands
— Bath Assistance	— Medication Assistance


(402) 474-4000
3200 "O" St., Suite 6
Lincoln, NE 68510
www.guardian-angels.us

Four Star Drug






Experience The Award-Winning Care and Service at Four Star Drug



James Plucknett and Monty Scheels of Four Star Drug Receiving the Regional Pharmacy Of The Year Award from Diane Walters of McKesson Drug

- Named 2008 Regional Pharmacy of the Year, by McKesson Drug company, a world leader in health care.
- Named Top Locally Owned and Operated Pharmacy and No. 2 Overall Pharmacy, in 2008 KFOR Best Of Lincoln Survey.
- Pharmacy care is important! More than 18 million people each year go to the emergency room because they took their medication incorrectly.
- Your health is too important. Don't settle for less.
- Experience for yourself Four Star Drug's award winning pharmacy care.
- For nearly 50 years, Four Star Drug has been providing extraordinary value and unmatched pharmacy care.


Experience the pharmacy care Lincoln has trusted for more than 45 years!
FREE Delivery City Wide from Four Star's own delivery fleet.



FREE \$20
Four Star Gift Certificate*
to use on anything in the store upon filling your first prescription.

*Gift Certificate offer valid for any customer that has not purchased a prescription within the past 120 days at Four Star
Welcome Offers expire 10/31/2009

Transfer prescriptions easily, just call or stop in.




1340 N. 66th Lincoln, NE 68505 402-434-7701	1265 S. Cotner Lincoln, NE 68510 402-434-7730	Waverly Plaza Waverly, NE 402-786-2222
---	---	--

LivingWell gets makeover

If you have made it to this article, chances are you have noticed some changes to this magazine's format.

These changes have been made to make it easier to read and navigate. As always, we strive to bring you stories and features relevant to your needs at this stage of life. In our efforts to continuously improve *Living Well*, we ask for your help in recognizing those who have made a difference in the lives of older adults throughout the area. Whether it's someone who has re-invented their career in retirement, helped save on living

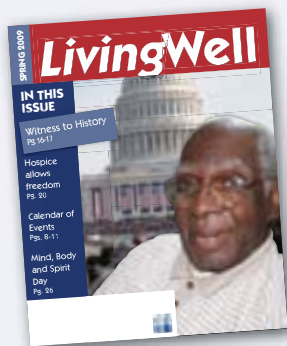
expenses or health care, impacted their neighborhood or community, we want to hear those stories. Feel free to let us know what issues are most important to you.

Our goal is to help you have the most independent life possible, whether you live in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward or York counties. Lincoln Area Agency on Aging provides many services and activities, which are highlighted throughout this magazine. We hope you find this a valuable resource in your search for answers to continue on your journey of "living well." 



Valerie Crook

Please send your letters, comments and story requests to:
Valerie Crook, Marketing and Public Relations Specialist
Lincoln Area Agency on Aging
1005 "O" Street
Lincoln, NE 68508-3628
livingwell@lincoln.ne.gov or 402-441-6156



LivingWell ...

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

Investing in today's and tomorrow's Older Adults

Join the circle of readers enjoying the No. 1 resource in living independent and full lives as they celebrate life with your contribution.

Suggested Contribution Levels:

\$12 _____ \$25 _____ \$50 _____ Other _____

And receive,

- Four print issues of *Living Well*, includes online editions
- At your request, a note of acknowledgment will be sent to those receiving your gift in their honor or memory.

_____ Check or money order payable to *Living Well* enclosed.
Sorry we do not accept credit cards

Name: (Mr., Mrs., Miss., Ms.) *Please print*

Street: _____

City _____

State _____ ZIP _____

E-mail address required to receive *Living Well* online:

"When you provide a check as payment, you authorize us either to use the information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution."



The power of one.

At Time Warner Cable, we're innovating to keep you in touch with your world. Our fiber optic technology delivers **digital cable**, **high speed Internet**, and **digital phone service** – so you can stay connected to what's most important in your life. Enjoy products and services for your business and your home, and **save each month with our Price Lock Guarantee packages**.

One company. One bill. One call.

Call 421-0300
or visit www.timewarnercable.com

 **TIME WARNER CABLE**
THE POWER OF YOU™

CABLE + HIGH-SPEED ONLINE + DIGITAL PHONE