

LivingWell



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Director's Corner

Maturity is sneaking up on me. I know this because this issue of our magazine features information about the enactment of the Older Americans Act in 1965. I also know this because a classmate sent me information about a high school reunion for the class of '65. Seems I was part of that, too! And it wasn't long ago there were stories about the Class of '65 turning 65. I'm beginning to understand why those youngsters have begun to make up things like "40 is the new 30!"

Clearly, several long-term, important community supports were put into place in 1965. The Older Americans Act, Medicare and Medicaid were all enacted by Congress that year. Think of the positive change each of those has brought to the lives of so many Americans. In 1900, men were

expected to live to age 46; women to 48. In 1965, the average man lived to age 66.8 and woman to 73.7. Life expectancy in 2010 was 76 years for men and nearly 81 for women.

Congress passed the OAA in 1965 in response to concerns from policymakers about a lack of community social services for older persons. Living longer brings a new set of needs; physical issues of aging, losing a spouse or friends, needing a caregiver, living alone, or limited financial resources. Medicare, a health insurance program for older people and Medicaid, a health insurance program for low-income persons have provided a secure health insurance program for all and a safety net for those who need it. Improved nutrition programs—like those Aging Partners provides to help people stay at home longer—and

better health care have made an enormous difference in the quality of our lives and of those around us.

Bennet Cerf said, "Middle age is when your old classmates are so gray and wrinkled and bald they don't recognize you." I'll let you know if that's true! **Lw**



June Pederson, Director



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On The Cover: Kit Boesch looks forward to experiencing the benefits and opportunities of active retirement. Photo by Zoe Olson

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

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Salute to 1965

A lot has changed in 50 years. In 1965, “Woolly Bully” by Sam The Sham and The Pharaohs was one of the most popular songs on the airwaves. “My Fair Lady” starring Audrey Hepburn and Rex Harrison dominated both the box office and the award scene. The Los Angeles Dodgers clinched their fourth World Series title and the Boston Celtics claimed their sixth consecutive NBA championship.

The dollar stretched further back then: Gas was \$0.31 per gallon, milk was \$0.95 per gallon, a dozen eggs were \$0.53 and a one-ounce Hershey bar was only a nickel.

Some say the world has changed for the worse since then.

In many ways, the opposite is true for older adults.

A Year Of Positive Change

1965 was an historic year for Americans 65 and older. President Lyndon B. Johnson’s war on poverty was coming to fruition, and, in a true domino effect, the Older Americans Act followed quickly after. Without these events, Medicare, Medicaid and Area Agencies on Aging would not exist today.

Simultaneously, Americans of all ages, older adults included, benefited from the notable civil rights achievements of that year, such as the Selma march and the passage of the Voting Rights Act. Because of these occurrences, America has made significant strides in improving equality for all citizens, regardless of race, gender, religion or sexual orientation.

According to Ronald Naugle, Nebraska Wesleyan University

professor emeritus of history and co-author of “History of Nebraska (Fourth Edition),” these events from 1965 have made 2015 the best year yet for older adults.

“The War on Poverty and Older Americans Act were extremely successful, and I think older adults here in Lincoln — and throughout the nation, really — would agree,” he said.

It Began With The War On Poverty

President Johnson’s war on poverty, launched in 1964, set the stage for 1965 — the year of change.

Naugle said erasing poverty had been a personal focus of Johnson’s for years, beginning when he was a senior legislator in the senate.

Some historians believe that, following President John F. Kennedy’s assassination in 1963, President Johnson read “The Other America” by Michael Harrington, because it was an important book to his predecessor. The book, which exposed how American poverty was worse than commonly assumed, struck a chord in his spirit that led him to action.

“Our aim is not only to relieve the symptoms of poverty, but to cure it and, above all, prevent it,” Johnson said during his 1964 State of the Union address.

The war on poverty centered on four pieces of legislation.

The first was the Food Stamp Act of 1964, which transformed the food stamp pilot into a permanent program.

Another piece of the puzzle was the Economic Opportunity

Act of 1964. This established the federal work-study program, Job Corps, the VISTA program and other initiatives. It also created the Office of Economic Opportunity (OEO), which implemented the war on poverty and created the Head Start program. However, the administration of President Richard Nixon dismantled the OEO and distributed its functions to other federal agencies before shutting it down for good in 1981, according to a Washington Post article.

The war on poverty facilitated the Elementary and Secondary Education Act, which established the Title 1 program that distributed impoverished students among local school districts.

Lastly, and arguably most important for older adults, the war on poverty led to the Social Security Amendments of 1965, which expanded Social Security benefits to retirees, widows, disabled persons and college-aged students. It also led to the creation of Medicare and Medicaid in 1965.

Both Medicare and Medicaid were viewed as successes of the Johnson administration and many continue to benefit from them today, Naugle said.

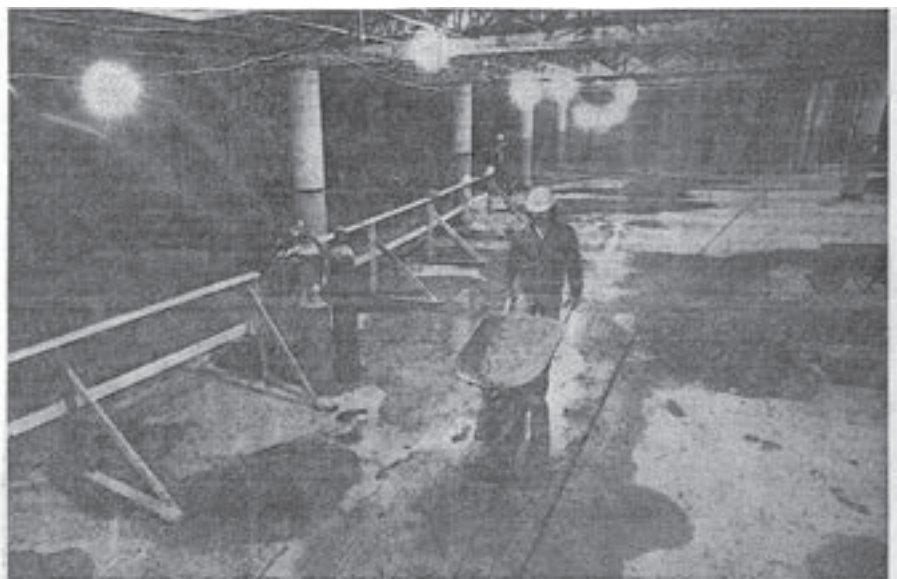
Medicare, a federally funded program that provides hospital and medical insurance for those 65 and older, enrolled 19 million people when it went into effect in 1966, according to a report by the History Channel.

“Medicare has transformed our society,” said Jan Gauger, former Lancaster County

commissioner. “For the most part, older adults are not going through bankruptcy because of medical bills like had been happening more frequently before. People my age — and I’m 86 — are better off today financially because of the creation of Medicare.”

Medicaid, a federally and state-funded program that offers health coverage to qualifying low-income individuals and families, is the largest source of funding for medical and health-related services for America’s poorest people, according to the U.S. Social Security Administration Office of Retirement and Disability Policy.

Although some researchers, such as those at The Heritage Foundation, believe President Johnson’s war on poverty efforts fell short, the statistics prove that the initiative made a positive impact.



Senior center work begins

After years of dreaming and many months of fund raising, actual work has begun on a new Downtown Senior Center at 1005 O St. Dan Bryder and other employees of Hampton Enterprises are at work in the basement of building, carving out pits for two elevators and other demolition work. Upstairs, workers — paid and volunteer — are removing at least 50 tons of concrete out of two floors and the ceiling to make way for a 20-by-40-foot atrium and skylight, foreman Ivan Kring said. Officials hope to open the center’s first floor and mezzanine areas by this summer.

Lincoln Journal newspaper clipping provided by Reba Schafer



A refreshing change of scenery awaits seniors at 1005 O St.

Gates Minnick, chairman of the Lincoln City Council, addresses part of the crowd that gathered at the new Lincoln Downtown Senior Center last week for the center’s ribbon-cutting ceremonies. The 17,000-square-foot first floor and mezzanine, home of the new Heritage Craft Shop, are four blocks west of the previous senior center at 1425 “O”. The new center has opened in the redesigned, refurbished

W.T. Grant Building at 1005 O St. The \$1.79 million cost of the center’s first phase includes a mix of public, private and in-kind contributions.

Phase II of the fund drive, expected to start next winter, involves refinishing 10,000 square feet on the lower level. One third of the \$225,000 needed to complete this floor already has been pledged.

Capital Times newspaper clipping provided by Reba Schafer

A study conducted by Columbia University economists found that, because of government intervention in the form of taxes and transfers, poverty decreased from 26 percent in 1967 to 16 percent in 2012. A Pew Research Center

article reported that the poverty rate among Americans 65 and older declined from 28.5 percent in 1966 to 9.1 percent in 2012. Despite the doubling of the total elderly population, 2012 had 1.2 million fewer poor older adults than in 1966. In 2012, the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, kept 4 million people out of poverty.

“The reason I believe Johnson’s war on poverty was a success is because many of its programs are still in place today, and they continue to impact the people in our community,” Naugle said.

The Birth of Aging Partners

The Older Americans Act is considered one of the most important contributions of aging legislation ever enacted by Congress. Signed into law July 14, 1965, the act established the Administration on Aging

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Salute to 1965

Continued from page 5

within the Department of Health, Education and Welfare, and called for the creation of state units on aging.

Lincoln was lucky enough to be one of 10 pilot sites for the Older Americans Act before the 1973 amendments, which established Area Agencies on Aging (AAA) across the country. Although most of the pilot locations were in larger cities such as New York and San Francisco, the federal government selected Lincoln because of its “rural” location, according to Chris Kelly, associate professor of the University of Nebraska–Omaha Department of Gerontology.

“Lincoln was one of the first sites in the country to offer congregate meal sites and Meals on Wheels as a part of this pilot program,” he said.

At that time, the pilot called the meal service Senior Dinners, according to Reba Schafer, former Aging Partners director. Meals were offered at seven locations across the city: Mahoney Manor, First United Methodist Church, Newman United Methodist Church, St. Paul United Methodist Church, St. James

“Lincoln was one of the first sites in the country to offer congregate meal sites and Meals on Wheels as a part of this pilot program.”

— *Chris Kelly*



Aging Partners employees Deb Peck, Connie Cross-LaFont, Reba Schafer and Bob Esquivel christen the Downtown Senior Center with a bottle of Perrier water in August 1989. Photo provided by Reba Schafer.

United Methodist Church, Trinity United Methodist Church and Plains Baptist Church

When the 1973 amendments were passed, they authorized grants to local community agencies for multipurpose senior centers for the newly established AAAs. Having already had a presence in the community for several years, Lincoln had a head start. The Downtown Senior Center came first and the Northeast Senior Center quickly followed.

Aging Partners, known back then as the Lincoln Lancaster Commission on Aging, has evolved since its humble beginnings.

The agency expanded from serving one county to serving eight beginning in 1977. This change prompted its name change to Lincoln Area Agency on Aging. Simultaneously, the number of Nebraska AAAs expanded from four to eight. The agency changed its name to Aging Partners in 2009.

In addition to providing congregate- and home-delivered meals, Aging Partners has expanded to offer information and

assistance, community outreach through care management and social work, financial counseling, volunteer programs and more.

“Aging Partners has done it all, whether you’re talking about health, diet, activities, stimulation or entertainment,” said Lily Hans, former assistant director of the Retired Senior Volunteer Program at Aging Partners.

Since their creation, AAAs such as Aging Partners have made a substantial impact on older adults throughout the country.

AAAs helped about 11 million older adults 60 and older stay as independent as possible, according to an AARP Public Policy Institute article on the Older American Act. In the 2010 fiscal year, about 3 million people received Older Americans Act Title III services: meals, family caregiver support and supportive services such as home care and transportation. Nearly 8 million received other Older Americans Act services on a less than regular basis that same year.

Nationwide, about 139 million home-delivered meals and 89 million congregate meals fed about 2.5 million people in 2011,

according to the same AARP Public Policy Institute article.

Without the Older Americans Act of 1965 and the creation of AAAs like Aging Partners, the life of America's older population wouldn't be nearly as well off as they are today, Naugle said.

Making Strides In Civil Rights

1965 was a landmark year for civil rights.

Despite the passage of the Civil Rights Act of 1964, which banned discrimination in voting on the basis of race, the majority of African Americans in the South were met with fierce resistance when they attempted to register. In protest, nearly 525 civil rights demonstrators organized March 7, 1965, to promote black voter registration by marching from Selma, Alabama, to Montgomery, the state capital. Minutes into the march, local police and state troopers descended upon the crowd in a bloody, vicious attack.

Dr. Martin Luther King Jr. rallied supporters — black, white and otherwise — to come to Selma and join them in another march. Nearly 3,200 people departed Selma and thousands more joined them once they reached Montgomery. The march was hailed the greatest demonstration in the history of the civil rights movement.

Because of their actions, Congress passed the Voting Rights Act in August, guaranteeing all African Americans the right to vote. The act banned literacy tests as a voting registration requirement, and it mandated federal oversight of voter registration in areas where tests had previously been used.

The Voting Rights Act had an immediate effect on the South's

political landscape, according to www.amistadresource.org. In Southern states, the percentage of black adults registered to vote increased to more than 60 percent four years after the act was passed. By 1969, about 12,000 black officials across the country were elected to a political office, and about 30 percent were from the South.

Gauger and Hans said they knew a handful of Lincoln residents who traveled to Selma to join the marchers. Although the local public opinion on the subject was mixed, they both agreed that support for the civil rights movement, especially among the local churches, was strong. Naugle said the courageous, determined efforts of local African-American leaders Lela Shanks and Leola Bollock rallied additional

support for the civil rights movement in Lincoln.

He believes these events gave birth to equality movements for other minorities.

"Locally, the black civil rights movement was the foundation for the improved treatment of the local Native American and Hispanic communities," he said.

The fair treatment of minorities 65 and older continues to improve today because of the 1965 civil rights movement. **Lw**



Aging Partners has done it all."

— *Lily Hans*

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Rokeby's Memory Lives on through New Bus

When Helen Rokeby became involved with the Aging Partners Lake Street Senior Center more than 15 years ago, she was still able to drive herself around town.

As the years passed, she gave up driving, instead opting to take the Senior Center Transportation bus. As with many people who choose to stop driving, Rokeby didn't like the loss of independence. But she took the transition in stride, as she did with most things in life.

"Helen greeted each day with a smile," said Kelle Brandt, Lake Street Senior Center manager. "She was a positive woman and had a way of meeting adversity head on."

A regular volunteer and fierce supporter of the Lake Street Senior Center, Rokeby knew the value of the agency's programs, community involvement and, most importantly, transportation. She would regularly ride the bus with her friends, bringing laughter, singing and stories along for the trip. Each time she would step off the bus, she would say, "Kerchunk!"



June Pederson, Aging Partners director, addresses the crowd during the Jan. 2 ribbon-cutting ceremony and bus dedication.

"It became a standard Helen phrase for the bus," Brandt said. "The bus became a lifeline for her. Helen never missed an event; she always was the first person to sign up because she thought it was important."

Rokeby's involvement in the Senior Center continued until her death in November 2013. In honor of her memory and legacy, the Arkansas-based Schmieding Foundation donated almost \$50,000 to the Senior Center. The money was used to purchase a new bus, which arrived at the center last fall.

The ribbon-cutting ceremony and dedication of the bus was Jan. 2, with center employees and members, Rokeby's family and Lincoln Mayor Chris Beutler in attendance. Beutler spoke at the Lake Street facility prior to the ceremony.

"It's cold outside, but an act of generosity of this scale is a warm way to start the new year," he said. "The new bus will help others continue to lead happy, active and productive lives in the community. While this bus is only a small part of Helen's legacy, it's meaningful and much appreciated."

The idea to donate the bus began with a simple connection that brought together the two organizations.

Rokeby's son and daughter-in-law, Bob and Vicki Rokeby, have ties to the Schmieding Foundation. Vicki's uncle, Lincoln native Lawrence H. Schmieding, started the foundation to support his philanthropic efforts. About 10 years ago, Bob joined the board of directors. He knew of his mother's involvement with the Lake Street Senior Center and wanted to help.

"My mother enjoyed her time here," Bob said. "We decided we wanted to do something big



Max Mayeux, center, proudly cuts the ribbon during the bus dedication as, from left, Lincoln Mayor Chris Beutler, Bob Rokeby, Lucy Mayeux and Vicki Rokeby stand with him. Max and Lucy are Bob and Vicki's grandchildren.

— something physical to see — instead of just writing a check. Vicki talked to the center to see what they needed and came up with the idea to donate a bus."

The 2014 Ford E-450 bus will be used to transport active seniors to and from the Lake Street Senior Center. Twice a month, the bus service will take people to and from the grocery store and be used for special outings. As with the nine other vehicles in the Aging Partners Transportation fleet, the new bus can accommodate two wheelchairs and 10-12 other people.

June Pederson, Aging Partners director, appreciates the donation because transportation is one of the most important services the agency can provide for older adults.

"Most of our fleet was purchased in the early 2000s," she said. "Once the vehicles reach 100,000 miles, we see a lot of need for them to be in the shop for repairs. That's downtime for the service and an expense for us. To have this new, beautiful bus given to us by the Schmieding Foundation distinguished with our logos and a dedication to Helen on it is a wonderful gift. We are so grateful." 



From left, Larry Starr, Aging Partners Transportation dispatcher; Ken Carlson, bus route driver; Jim Anderson, bus route driver; Kelle Brandt, Lake Street Senior Center manager; Bob Rokeby, Schmieding Foundation board member.



Aging Partners honors Helen Rokeby and the Schmieding Foundation's nearly \$50,000 donation by adding this special message to the bus.



Aging Partners unveils the new bus during the ribbon-cutting ceremony.



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Presentation Provides Unique Caregiving Perspective

The Family Caregiver Alliance reports that 65.7 million people—29 percent of the U.S. population—provide care to someone who is ill, disabled or aged. As the aging population continues to grow, so will the number of caregivers and need for quality caregiving education.

Realizing this and noticing the lack of caregiving educational opportunities that include firsthand knowledge, Vicki Newman, owner and marketing director of Lincoln Family Funeral Care and Colonial Chapel, partnered with Rhonda Saunders, Hospice Community Care marketing director, to create *Caring for the Caregiver: The Journey Through Caregiving*.

Newman created this presentation by drawing upon her

experiences as a former caregiver and current care recipient. Having been diagnosed with amyotrophic lateral sclerosis—Lou Gehrig's Disease—three years ago, she understands both sides of the caregiving coin and thought people could benefit from her and her husband's trial-and-error caregiving process.

"Caregivers and care recipients have a longing to learn from people who know exactly how they feel," she said. "I understand how frustrating it can be—so frustrating that you stare out a window and cry because nothing is working. People get tired of someone talking to them who hasn't been in that same dark place. Sharing information from a care recipient's perspective is what sets this presentation apart."

Caring for the Caregiver outlines practical ways caregivers can recognize and dissipate stress before it takes over. Newman and Saunders explain the types of situations that can cause stress and give attendees the tools needed to prevent exhaustion, anger, resentment, accelerated conflicts and abuse.

Although created for professional full-time caregivers, the presentation has

become popular locally among families without training who are caring for someone in their homes.

The presentation has been offered at hospice care businesses, hospitals and Aging Partners. Newman said it also is perfect for churches, businesses and support groups. The class is certified for 1 CEU for registered nurses, licensed practical nurses, social workers and other staff in occupational environments.

The class is a public service offered free of charge, unless given as a CEU-certified class. It is offered in Lincoln and surrounding areas.

Reining in Stress

In the presentation, Newman and Saunders explain that the effects of stress are physical, mental and emotional. Stress is often caused by the physical and emotional components of care, the person's financial situation and a care receiver's behavior or attitude.

"Stress isn't always a bad thing," Newman said. "It's what gives you adrenaline. It becomes bad when we let it overwhelm us."

This leads to burnout, which she defines as the state of physical, emotional and mental exhaustion that may be accompanied by a change in attitude and behavior. This can affect both caregivers and care recipients.



Vicki Newman, owner and marketing director for Lincoln Family Funeral Care and Colonial Chapel presents Caring for the Caregiver: The Journey Through Caregiving to a packed house Feb. 10 at the Aging Partners Downtown Senior Center.

“Part of this class involves talking to caregivers and receivers about how they can let go of anger and prevent themselves from reaching that burnout point,” Newman said. “You can’t avoid anger, but you can learn how to release yourself from that emotion so that it doesn’t poison your relationship.”

To prevent stress, she recommends caregivers and care recipients do the following:


- Schedule a doctor’s visit to ensure physical health.

- Take personal time regularly.
- Eat healthy.
- Exercise.
- Ask for help when needed.
- Make lists and prioritize.
- Keep a sense of humor.
- Breathe.

More Information

No one ever expects they will need or become a caregiver, which is why Newman said everyone, no matter their walk of life, can benefit from attending the presentation.

“It has resonated with so many people, and that’s wonderful,” she said.

To book this presentation or inquire about an upcoming Caring for the Caregiver presentation, contact Newman at 402-464-6400. 



Stress isn’t always a bad thing. But it becomes bad when we let it overwhelm us.”

– Vicki Newman

This publication was supported in part by Grant No. 1-470491233-D8 under a subgrant from the Administration on Aging and the Nebraska Department of Health and Human Services.

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Cancer Rehab: Closing the Gap in Patient Care

By Tracy L. Bender, OTD, OTR/L, CLT

According to the American Cancer Society, more than a million people in the United States will receive a cancer diagnosis each year, and this number continues to grow. More than likely, you or someone you know will be diagnosed with cancer at some point during your lifetime.

Once a diagnosis has occurred, a patient is typically given a great deal of information about his or her options for cancer treatment and the likelihood of survival. An increasing number of treatment alternatives available to cancer patients means that more and more people are surviving the disease.

These advances in the field of medicine are accompanied by a dilemma, however: Nearly 95 percent of those who survive a cancer diagnosis and treatment will have at least one residual effect of that treatment. Such effects may be related to drug therapies, radiation and surgical intervention, and they may manifest as emotional, mental or psychosocial change, a physical disability, or a decline in the patient's ability to complete so-called "activities of daily living." As a result, cancer survivors often find themselves adjusting to a "new sense of normal."

Just as a course of rehabilitation typically follows an injury, joint replacement, an accident or a disease process, rehabilitation is often required in conjunction with treatment for cancer. Cancer rehabilitation can address such things as:

- Lymphedema (education, prevention, and treatment).

- Scar management.
- Physical decline or disability.
- Psychosocial/emotional changes.
- Pain management.
- Axillary web syndrome (cording).
- Energy conservation.
- Activity of daily living retraining.
- Adaptive equipment or strategies.
- Work re-entry.
- Compression garment fitting and education.
- Family/caregiver training.
- Restorative yoga/meditation.
- Individualized exercise programs.
- Neuropathy/sensation assessment.
- Identifying effects of drug therapy.
- Skin/wound management.


An expanding area of practice for therapists, cancer rehabilitation can include preoperative or pretreatment care, as well as care during or following treatment. As an example, preoperative or pretreatment care should include education concerning a patient's risk factors for developing lymphedema, a chronic and often debilitating swelling of the limbs and other parts of the body resulting from changes in the lymphatic system that can occur following surgery and radiation. Being educated about lymphedema is important because patients who go through cancer treatment are at greater risk of its development. Since lymphedema is easier to treat in its early stages, a patient's knowledge of what to look for in terms of the onset of the condition is vital in order for patients to receive the most effective care. There are also ways to prevent the onset of lymphedema in many cases, so this education is crucial. Cancer survivors need to know that they do

not "just have to live with" lymphedema when there is therapy available to help them.

By learning up front about services available and the possible ongoing effects of cancer treatment, a patient can be better prepared to identify symptoms as they arise. Pretreatment services allow a patient to have a plan and provider in place to address problems early in the process of cancer treatment.

Therapists who offer cancer rehabilitation services have expertise vital to planning an appropriate regimen for each patient. A cancer rehabilitation plan is individualized depending on what types of treatment and surgical interventions were needed to combat the cancer, as well as the deficits that are present after that treatment has occurred.

The advancement of cancer rehabilitation is helping to close the gaps in patient care following cancer treatment. As patients and health care providers come to understand the importance and value of rehabilitation following cancer treatment, we can eliminate or lessen many of the lasting effects of the disease.

To watch the March episode of Live & Learn, visit lincolne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live or on Live & Learn's YouTube channel at www.youtube.com/user/aginglivelearn?feature=mhee. 



Tracy L. Bender, OTD, OTR/L, CLT practices at Coddington Physical Therapy 402-423-0303 and Crete Physical Therapy 402-826-2255

Chamberlain Shines As New Rural Senior Centers Manager

Aging Partners proudly welcomed Paula Chamberlain Jan. 5 as its new rural senior centers manager.

Chamberlain manages the Firth Senior Center on Mondays, Hickman Senior Center on Wednesdays, Waverly Senior Center on Fridays and Bennet Senior Center on Tuesdays and Thursdays, all of which are open from 9 a.m. to 1 p.m.

Her primary duties are arranging and packaging home-delivery meals, serving hot meals to the senior center attendees and her favorite: organizing speakers, activities and other entertainment.

It is not only Chamberlain's nearly 18 years of retail management experience and eight years of sales management experience at assisted living facilities that make her the perfect fit for the role, but also her life experiences that help her identify with rural senior center participants' way of life.

Growing up on a farm in Newport, Nebraska, as the sixth of nine children, she learned a thing or two about rural living. Under the tutelage of her parents and grandparents, she was milking cows, cleaning chickens and feeding pigs at a young age.

"In the short time I've been in my role, I've had wonderful conversations with people, trading farm stories," she said. "Many of those who didn't grow up on a farm had grandparents or a best friend who did, and it's nice to share those memories with one another."

It is this sort of relationship-building and socialization that Chamberlain loves most about her job. Because talking is one of her favorite hobbies, she enjoys sharing and listening to the attendees. She has quickly become known for her jokes and quirky humor, which often have senior center participants chuckling with delight.

I think everyone enjoys the opportunity to reminisce, talk and have fun, and there's no shortage of that at our rural centers."

— Paula Chamberlain



Paula Chamberlain, rural senior centers manager


"I think everyone enjoys the opportunity to reminisce, talk and have fun, and there's no shortage of that at our rural centers," she said.

Chamberlain is just as passionate about the meal services as she is the entertainment and conversations. As a farm girl, she is used to eating home-cooked meals made from scratch. She said Aging Partners meals do not disappoint.

"They're nutritious and taste amazing," she said. "I usually eat the meals with our diners and give feedback to our central kitchen staff. I'd like to see more people take advantage of this program, whether it's coming in for a meal or signing up for our home-delivery service."

Outside of work, Chamberlain enjoys reading, shopping, listening to music and interior decorating. She moved to Lincoln from Norfolk with her husband two years ago to be closer to her two adult children, who both live in town. Although she enjoys city life, she loves escaping to the rural communities with her new job.

"I enjoy the small-town feel at these senior centers," she said. "They're delightful communities full of genuine, caring folks."

For more information about the Aging Partners Lancaster County rural senior centers and their services, call Chamberlain at 402-441-0423. 

New Classes Soothe Parkinson's Symptoms With Dance

Dance for Parkinson's has taken the Lincoln community by storm since Ruth Davidson Hahn, president and artistic director of Ruth Davidson Hahn & Company, partnered with Rhea Gill of Lincoln's Pure Movement Dance Institute to launch the program last fall.

The class, created for people with the neurodegenerative disorder and their loved ones or caregivers, is a judgment-free environment in which people with Parkinson's can abandon the "patient" and "sick" labels and enjoy a social environment that teaches them how to dance in several forms, including ballet, modern dance, tap, folk and social dance.

"Dance connects mind to body," Hahn said. "Dance fits Parkinson's disease like a glove without needing to think of itself as therapy. It's a backdoor approach that gives the student a time and place to be somewhere where they aren't being viewed as a patient and they don't have to think about their Parkinson's for the next hour and a half. As soon as they enter the dance studio, they are dancers and artists."

"The classes promote emotional, cognitive, physical and social integration and help people feel more connected to the human experience. I focus on aesthetics as well as functional goals. People tell me the classes help them regain feelings of confidence, beauty and grace. When you have Parkinson's, discovering these qualities again in yourself is a welcome and empowering achievement."

The Birth of Dance for Parkinson's

Hahn's class is modeled after Dance for PD, a dance program created in 2001 in New York City by the Brooklyn Parkinson Group and Mark Morris Dance Group. Their mission was to create a highly social and joyful activity for people with Parkinson's unrelated to therapy—away from clinics, hospitals and therapists' office.

The program was an instant success.

As its popularity grew exponentially, the Mark Morris Dance Group developed a training program so that dance teachers could bring this new format to their local communities.

Dance for Parkinson's classes now are offered in more than 100 communities in 10 countries.

Bringing the New Format to Lincoln

Hahn, a Mark Morris Dance Group founding member, left the company in 2001 to move to Lincoln, the year Dance for PD started.

"When I heard about the program, I followed its growth from the start," Hahn said. "In 2013, a light went off in my head after seeing the huge billboard on Cornhusker Highway that stated Nebraska may have the highest number per capita of people with Parkinson's in the world. I immediately thought that I should bring Dance for PD to the Lincoln community."

Hahn applied for the Stanley J. Wertheimer Fellowship Program, which provides in-depth training to teachers interested in offering



Dance for Parkinson's instructor Ruth Davidson Hahn assists a dancer with proper posture and form.

high-quality dance classes for people with Parkinson's disease modeled after the Dance for PD classes. She was accepted to the fellowship program and completed her Introductory Training and two Professional Development Workshops in 2013 and 2014.

Hahn offered three Dance for Parkinson's pilot classes in Lincoln last spring. Her first full-fledged Dance for Parkinson's session, which kicked off Labor Day week, was so popular that she had to add a second weekly class. Each class averaged 20 participants.

"The pilot classes received such wonderful media attention, and I started getting calls for the fall session," she said.

Hahn also offered two classes a week for a 10-week winter session beginning in February. The next summer session will begin in May.

Fun-Filled Dance Classes

Each 90-minute Dance for Parkinson's class is at the Pure

Movement Dance Institute at 2100 Fletcher Ave. in Lincoln.

Classes begin with a 45-minute seated warmup. Hahn leads the class in slowly warming up the feet, hands, arms and rest of the body. For the second half of the class, participants stand up and move their chairs, if able and willing, so they can use their full bodies to dance.

In Dance for Parkinson's, she focuses on movement as a way for participants to explore their imaginations, develop their physical skills as a dancer, build a community and enrich their lives.

Hahn teaches dances that tell a story. In one example, she shows them a famous painting and helps them create a dance representing the painting's underlying story.

"The use of imagery and storytelling in dance accesses movement in a way that stimulates the mind and body connection, and, along with dancing to music, people can achieve a state of fluidity and mobility they may not find in other movement forms," she said.

Other times, Hahn choreographs a dance based off a famous icon.

"One that everyone loved was the Tarzan dance," she said. "The men especially loved it. Their dance moves were things like chopping through the jungle with a machete, grabbing vines and beating on their chest while doing the Tarzan yell. We have fun."

Music is an integral part of dance training. It energizes and empowers the movement. Hahn varies the music she uses in class to include tunes people know from their youth such as "Yankee Doodle Dandy," "When the Saints Go Marching In" and other familiar tunes, including classical music.

She includes creative and improvisational games in her classes that challenge the memory such as elocution exercises, vocalizations and brain teasers.

Hahn's classes conclude with the circle reverence dance, a favorite of many class participants.


Classes are \$5 per session and caregivers, spouses or partners are free. The participant limit for each class is 25, so sign up now to secure a spot.



Dance for Parkinson's participants saunter across the dance floor during the "Across the Floor Blues" exercise.

The Dance for Parkinson's program is sponsored by the Lincoln Arts Council, American Parkinson's Disease Association and Lincoln Community Foundation.

For more information or to sign up for the next class, contact Ruth Davidson Hahn call 402-540-1242 or ruth@rdhdance.org. View the Dance for Parkinson's current flier and testimonials on her website www.rdhdance.org.

To watch the April episode of Live & Learn, visit lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live or on Live & Learn's YouTube channel at www.youtube.com/user/aginglivelearn?feature=mhee. 

What Participants Are Saying

“It is wonderful to be part of the class. The instructor makes it fun, encouraging and supportive, and works with us on our flexibility, range of movement, memory and balance. It's nice to have a dance class that helps me forget about having Parkinson's for an hour and a half.”
— Jane Firestone

“The class is paced to include all members and help them dance to the best of their abilities. You leave the class tired, but smiling.”
— Larry Forsberg

“Dancing in Ruth Davidson Hahn's class reminds me and my husband, Paul, of the youth in our hearts. We enjoy our weekly 'dates' when we share music, movement and friendship. This class has changed our focus from aging and disease to an adventure where 'we CAN.'”
— Carol Glancy

“The class is amazing the way it keeps you active and moving. It helps tone the muscles.”
— Wanda Milton

“As a retired cellist who loves music, I have a deep appreciation for the level of artistry that Ruth Davidson Hahn brings to our expanding awareness. Her 100 percent commitment and love of dance and life inspires us all. I highly recommend participating.”
— Cecilia Rossiter

Aging Partners Benefits from Kuznetsov's Skills

During her four-monthlong internship with the Aging Partners Health & Fitness Program last fall, Nebraska Wesleyan University social work student Marina Kuznetsov's ability to connect with Russian-speaking older adults made her an invaluable asset to the team.

As a result, she was invited to join the Aging Partners staff Jan. 1 as a part-time program assistant.

Kuznetsov's history with Aging Partners began long before her 2014 internship. She moved from Kyrgyzstan to Lincoln in 1993 and began working with Aging Partners in 2000, assisting case managers by providing Russian interpretation for their Russian-speaking clients.

"I quickly fell in love with what they were doing—helping older adults stay independent and live at home," she said. "I felt I should be a part of it."

Knowing she needed proper education before she could fully embrace her professional dream, Kuznetsov enrolled in NWU's social work program, where she became valedictorian.

During the last semester of her undergraduate schooling, she completed her practicum at the Aging Partners Health & Fitness Program by helping with community outreach, teaching evidence-based programs such as Stepping On and Living Well: Take control of your health, giving cultural presentations on Russian culture and history at local senior centers and living



Aging Partners Program Assistant Marina Kuznetsov addresses a small class of UNL nursing students during her USSR presentation Feb. 25.

communities, and translating as needed. Additionally, she assisted the Senior Health Promotion Clinic, where she greeted clients, helped them fill out their intake forms and simply talked with people while they waited.

Since joining Aging Partners as a part-time staff member, most of Kuznetsov's duties remain the same, except that she now splits some of her time helping Russian-speaking clients with Medicaid waiver forms.


"Marina is a wonderful asset to the Health & Fitness Program," said Peggy Apthorpe, Aging Partners Health & Fitness coordinator and supervisor. "She is self-motivated, responsible, intelligent and creative. She takes on projects and makes them better. We're lucky to have her."

In June, Kuznetsov will leave

to pursue her master's degree in social work at the University of Nebraska at Omaha or University of Nebraska at Kearney. Until then, she plans to expand Aging Partners outreach into Lincoln's diverse population—Russian-speaking older adults and beyond.

"I'd like to see us begin to offer evidence-based programs and lectures in Spanish, Burmese and other languages," she said.

Although Kuznetsov looks forward to continuing her education, it will be hard to leave Aging Partners. What she will most miss are her clients and fellow staff members.

"I've met so many kind and wonderful people here," she said. "I can only hope that the work I do before I leave makes difference in empowering people to have a better life." 

Spring Cleaning Our Eating Habits

"April showers bring May flowers" is a common quote about this time of year. So what food habits do we have that remind us of this time of year? Maybe getting the vegetable garden ready? How about "spring cleaning?" Why not spring clean our eating habits? Some favorite springtime goodies include strawberries, spinach, rhubarb and asparagus.

Just like clutter in the closet, extra weight can creep up on us during the winter. Now that spring has arrived, it's the perfect time to clean up our diet. To help shed unwanted pounds and jump-start a new and improved you, let's look at food themes dedicated to the months of spring: a rebirth of your diet.

April: National Pecan Month

Unless one has a nut allergy, pecans and other nuts are an excellent snack to add to your new and improved healthy diet. Pecans have many health benefits to consider.

Eating about a handful of pecans each day may play a role in protecting the nervous system. Vitamin E, a natural antioxidant found in pecans, may provide a key element to neurological protection. Antioxidants are nutrients found in foods that help protect against cell damage. Studies have shown they can help fight diseases such as Alzheimer's, Parkinson's, cancer and heart disease. The vitamin E found in pecans may help

inhibit unwanted oxidation of blood lipids, thus helping prevent coronary heart disease.

Pecans also are considered to be a heart-healthy food. They are a good source of healthy fats called monounsaturated and polyunsaturated fats. Nearly 60 percent of the fats in pecans are monounsaturated and another 30 percent are polyunsaturated, leaving little saturated fat. Pecans also play a role in lowering cholesterol. They contain plant sterols, which are known for their cholesterol-lowering ability.

Pecans also contain more than 19 vitamins and minerals. One ounce of pecans provides 10 percent of the recommended daily value for fiber. They also are a natural, high-quality source of protein that contain few carbohydrates and no cholesterol. They are naturally sodium free, making them an excellent choice for those on a salt- or sodium-restricted diet. Who knew so much goodness could be packed into one little nut?

What else is going on in April?

- Fresh Florida Tomato Month
- National Grilled Cheese Month
- National Soft Pretzel Month
- National Soyfoods Month

May: National Egg Month

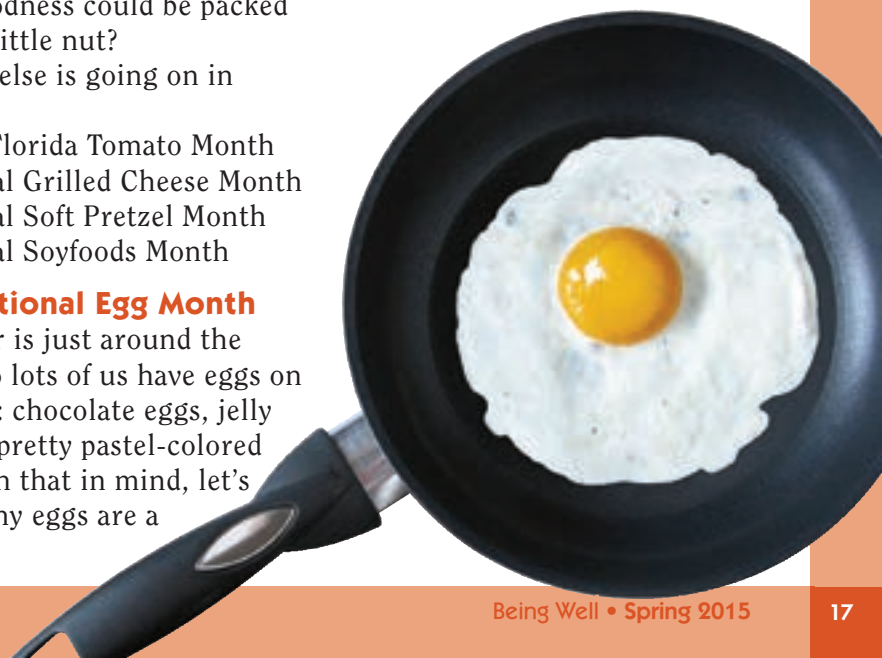
Easter is just around the corner, so lots of us have eggs on our mind: chocolate eggs, jelly eggs and pretty pastel-colored eggs. With that in mind, let's look at why eggs are a

delicious and nutritious addition to your diet.

An egg a day may prevent eye problems that include macular degeneration and cataracts. One egg contains about 6.3 grams of high-quality protein and all nine essential amino acids, our body's building blocks for muscles and tissues. One egg yolk has about 300 micrograms of choline, a nutrient that helps regulate the brain, nervous system and cardiovascular system.

Despite the hoopla of eggs being high in fat, it is the right kind of fat. One egg contains 5 grams of fat, only 1.5 grams of which is saturated. New research shows that moderate consumption of eggs does not have a negative impact on cholesterol. In fact, recent studies have shown that regular consumption of four eggs per week does not affect a person's lipid profile and may, in fact,

Continued on page 18



Spring Cleaning Our Eating Habits

Continued from page 17

improve it by upping our HDL, or good cholesterol. Eating four egg yolks or fewer on a weekly basis hasn't been found to increase risk of heart disease.

When deciding whether to include eggs in your diet, consider the recommended daily limits on cholesterol in your food. If you are healthy, it's recommended that you limit your dietary cholesterol to less than 300 milligrams a day. If you have cardiovascular disease, diabetes or a high low-density lipoprotein, or bad blood cholesterol level, you should limit your dietary cholesterol to less than 200 mg a day.

One large egg has about 186 mg of cholesterol—all of which is found in the yolk. Therefore, if you eat an egg on a given day, it's important to limit other sources of cholesterol for the rest of that day. Consider substituting servings of vegetables for servings of

meat, or avoid high-fat dairy products for that day.

If you like eggs but don't want the extra cholesterol, use only the egg whites, which contain no cholesterol. The egg white contains about 3.6 grams of protein, and the yolk about 2.7 grams of protein. You also may use cholesterol-free egg substitutes, which are made with egg whites. But don't think of the yolk as bad. It has some good stuff the white does not have, such as folate, choline and healthy fatty acids, and it has more calcium than the white.

One trick I like to use is having one whole egg, then add

in 2 egg whites for my morning breakfast omelet. This gives me about 13 grams of protein, which is almost one-third of my needed daily protein. Each meal should have about 20 grams of protein.

Other May celebrations:

- National Asparagus Month
- National Barbecue Month
- National Chocolate Custard Month
- National Hamburger Month
- National Salad Month
- National Salsa Month
- National Strawberry Month

June: National Dairy Month

From calcium to potassium, dairy products such as milk contain

Nutritional Information

Amount per serving

- Calories: 404
- Fat: 41g
- Saturated fat: 6g
- Protein: 4g
- Carbohydrate: 10g
- Fiber: 4g
- Cholesterol: 3mg
- Sodium: 653mg

Spinach Salad with Strawberries and Pecans

Ingredients

- 1/2 cup chopped pecans
- 4 cups baby spinach
- 6 ounces strawberries, hulled and quartered (about 1 cup)
- 1/4 cup thinly sliced red onion
- 1 ounce goat cheese, crumbled

Vinaigrette:

- 3 tablespoons balsamic vinegar
- 2 tablespoons fresh lemon juice
- 1/2 cup extra-virgin olive oil
- Salt and pepper

Preparation:

Preheat oven to 325° F. Place pecans on a rimmed baking sheet and bake until golden and fragrant, about five to seven minutes, stirring halfway through. Transfer to a bowl and set aside to cool.

Mix spinach, strawberries, onion and goat cheese in a large bowl. In a separate bowl, whisk together balsamic vinegar and lemon juice. Add oil in a steady stream, whisking constantly, until combined. Season with salt and pepper. Toss salad with dressing, top with pecans and serve.



many essential nutrients that may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether protein to help build and repair the muscle or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy—and not just in June.

The 2010 Dietary Guidelines for Americans recommend three servings low-fat and fat-free of dairy for adults daily.

Foods in the dairy group supply approximately 75 percent of the calcium we consume. In addition, they provide protein, phosphorus, potassium, and vitamins A, D, B12 and riboflavin. Although milk, yogurt and cheese offer significant amounts of calcium and other key nutrients, most people eat only half the recommended daily servings from this group. That means many people may not get enough calcium and other nutrients essential to staying healthy.

Certainly, foods from other groups contain calcium, but foods outside this group generally contain less, and the body may not absorb it as well. Eating the right amount of dairy can make your body stronger and help prevent illnesses. Let's begin by taking a look at calcium and vitamin D, which are both provided by dairy products.

It is well known that calcium plays a big role in maintaining good

health by keeping bones healthy and strong and helping prevent high blood pressure, but the calcium in dairy products also may make it easier to lose weight. Calcium helps your blood to clot and keeps your muscles and nerves working properly. If your body doesn't get enough calcium from food, it steals calcium from your bones to help keep a steady amount in your blood. This bone leaching must be avoided at all costs—especially in older adults who naturally lose bone density over time.

Vitamin D is an essential nutrient for building and maintaining strong bones and teeth along with calcium. It is a unique vitamin—your body can make its own vitamin D when sunlight makes contact with your skin. To get enough, it only takes a few minutes of sun exposure, three times a week, on your hands, arms, or face (without sunscreen). However, if you live in Northern climates or don't get outdoors much, especially in the winter, you should not rely on sunshine. Also, as you age, your body may not be as efficient at making vitamin D, so food sources become even more important.

Your most reliable source of vitamin D is milk.


What if you don't like milk? Not a problem! There are other dairy products available, including cheese, yogurt, pudding and ice cream, as well as lactose-free versions of these foods listed. Still not satisfied?



Why not try soy or rice milk? These also are fortified with calcium and vitamin D. With milk on the brain, keep in mind that July was declared by President Ronald Reagan as National Ice Cream Month!

What other foods are celebrated in June?

- California Avocado Month
- National Candy Month
- National Dairy Month
- National Fresh Fruit and Vegetables Month
- National Hunger Awareness Month
- National Iced Tea Month
- National Papaya Month
- National Soul Food Month
- Turkey Lovers' Month

There you have it. We just reviewed multiple reasons why to make this spring the time to take your health into your own hands by choosing healthier food options. Healthy food choices can taste great, too. Be adventurous and try something new today. 

Fun, Festive Time Had at Annual Fundraiser

People of all ages ate, sang and danced for a good cause at the Downtown Senior Center's annual fundraiser, Paddywhack in Concert.


The Irish-themed party, held at Auld Pavilion March 14 from 5 to 7 p.m., included a delicious, authentic St. Patrick's Day meal of corned beef and cabbage. Many attendees donned their green in celebration of the fundraiser's theme.

Festivities also include a special performance by Paddywhack, who played traditional music from Ireland and the British Isles. Musicians Chris Sayre, Terry Keefe and David Marsh offered a variety of musical styles with their three-part vocal harmonies and more than 20 instruments, including guitar, fiddle, mandolin, banjo, piano, English concertina, Northumbrian bagpipes and accordions. The dance tunes that entertained the audience were inspired by the ancient Celts, Scottish kilts, English coal miners and Irish leprechauns.

By the smiles, laughter and conversation among guests, it was clear everyone enjoyed themselves, said Downtown Senior Center Manager Denise Howe.

"On behalf of the senior center, I thank everyone who showed their support by attending this wonderful event," she said. "By donating to the center, people help us provide the programming that gives our patrons the stimulating, educational and entertaining programs that makes this place tick."

Aging Partners thanks the fundraiser's sponsors.

"Their help makes events like this possible," Howe said. 

Sponsors

Gold:

- Right at Home In-Home Care and Assistance

Silver:

- Homestead Rehabilitation Center
- Savannah Pines Retirement Community
- The Waterford Communities Assisted Living and Memory Care



Paddywhack



From left, Joy Larsen, The Waterford Communities Assisted Living and Memory Care marketing director; Pam Carlson, The Waterford Communities Assisted Living and Memory Care administrator; Bob Esquivel, Senior Centers manager; and Angie Varela, Savannah Pines Retirement Community marketing director



Bob Esquivel, Senior Centers manager, and Anne Deterding, owner of Right at Home In-Home Care and Assistance, the fundraiser's gold sponsor



Fundraiser attendees enjoy a delicious meal and conversation before the concert begins.



A Pioneering Area Agency on Aging

ANNUAL REPORT

October 1, 2013 - September 30, 2014

OUR MISSION

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

"My caseworker is a very caring person. She is very concerned that everything is going well. She never acts as though she has to be here. She comes as a friend even though she is very busy, she never acts 'n a hurry." ~ From an Aging Partners Client

*AND IN THE END,
IT'S NOT THE YEARS IN YOUR
LIFE THAT COUNT.*

*IT'S THE LIFE IN
YOUR YEARS.*

~ABRAHAM LINCOLN

PROUDLY SERVING

Aging Partners staff is proud to serve the people of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

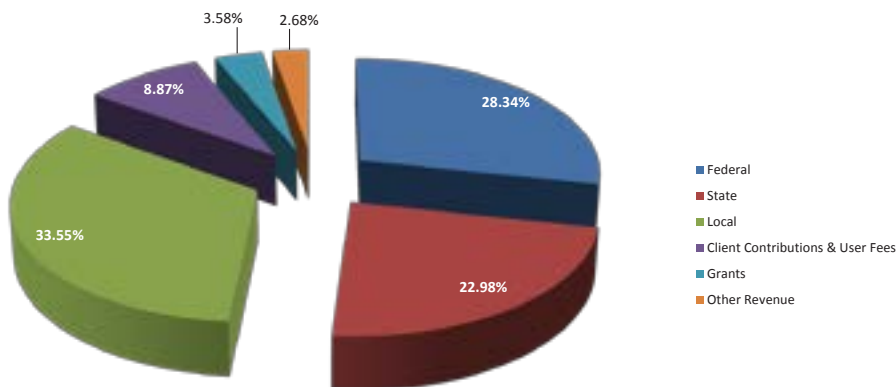




Where is the source of Aging Partners revenue?

Aging Partners receives funding from a number of sources primarily Federal, State and Local governments. Additionally, the agency receives revenue from client contributions and user fees, grants as well as other revenue sources such as fundraising and support from several foundations.

FUNDING SOURCES: OCTOBER 1, 2013 - SEPTEMBER 30, 2014



REVENUE

Oct. 1, 2013 - Sept. 30, 2014

Federal	\$ 2,639,797
State	\$ 2,140,272
Local	\$ 3,124,346
Cont/Fees	\$ 825,931
Grants	\$ 333,764
Other	\$ 249,395

TOTAL REVENUE \$ 9,313,505

"I rebuilt this mobile home to my satisfaction, but due to rent raises and utilities, I was afraid I'd have to move into one of those 'cell block' apartments. Thanks to my caseworker and her ingenuity and experience, I can continue to live in my last home." ~ From an Aging Partners Client

Our Financial Summary



How does Aging Partners use the revenue it receives?

Aging Partners uses the revenue we receive to serve people. We are people caring for and helping people. Our largest expenditure is service delivery — the people who serve our clients — expert, trained and caring staff. Building space, communications and utilities, raw food for Lincoln's Central Kitchen, printing and supplies, travel and equipment are additional expenses. Insurance and data processing are other expenses we incur in service to our clients.

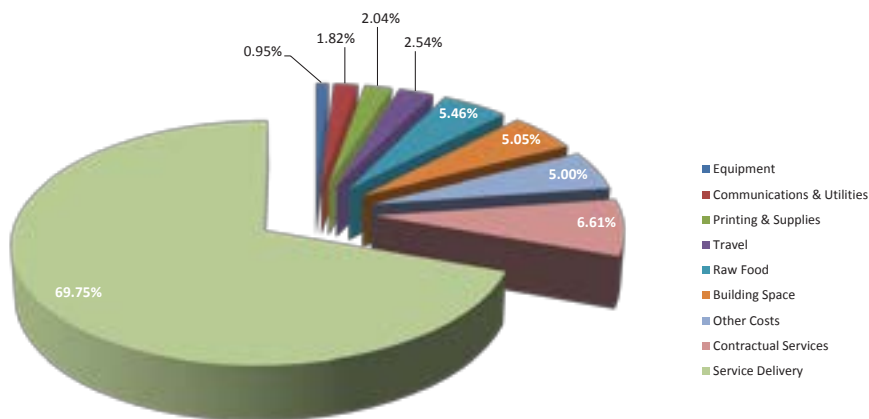
EXPENDITURES

Oct. 1, 2013 - Sept. 30, 2014

Equipment	\$ 85,701
Comm & Util	\$ 165,162
Print & Supp	\$ 184,680
Travel	\$ 230,318
Raw Food	\$ 450,084
Building Space	\$ 469,923
Other Costs	\$ 472,992
Contract Serv	\$ 694,677
Service Delivery	\$ 6,304,533

TOTAL EXPENDITURES \$ 9,058,070

EXPENSES BY TYPE: OCTOBER 1, 2013 - SEPTEMBER 30, 2014



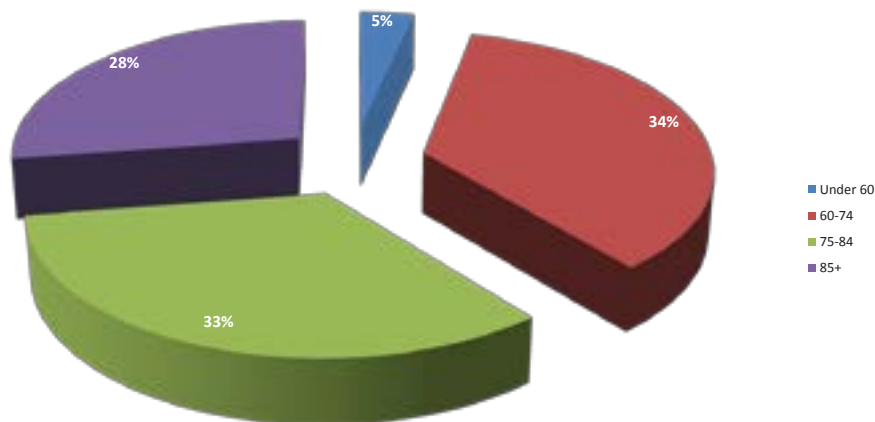
<http://aging.lincoln.ne.gov> • 402-441-7000



What population does Aging Partners serve?

Aging Partners serves persons ages 60+ in an eight-county area in Southeast Nebraska comprised of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in accordance with the policies established under the Older Americans Act. Aging Partners also provides services to persons under age 60 on a fee-for-service basis.

CLIENTS SERVED BY AGE: OCTOBER 1, 2013 - SEPTEMBER 30, 2014



*AGE IS AN ISSUE
OF MIND OVER
MATTER. IF YOU
DON'T MIND, IT
DOESN'T MATTER.*

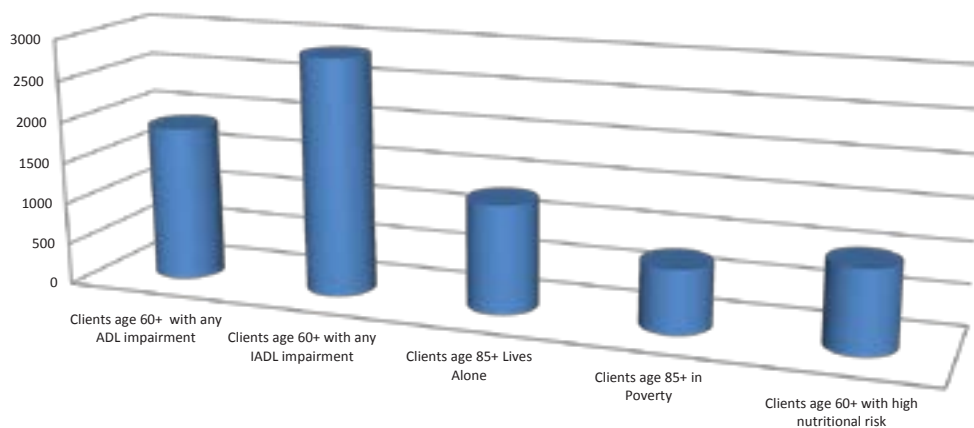
~ MARK TWAIN

Our Impact

OLD AGE IS NOT A DISEASE - IT IS STRENGTH AND SURVIVORSHIP, TRIUMPH OVER ALL KINDS OF VICISSITUDES AND DISAPPOINTMENTS, TRIALS AND ILLNESSES.

~ MAGGIE KUHN

HIGH-RISK POPULATION SERVED: OCTOBER 1, 2013 - SEPTEMBER 30, 2014



High-Risk Criteria

ADL = Activities of Daily Living (i.e., Bathing, Dressing/Grooming, Eating, Mobility, Continence, Toileting, Transferring)

IADL = Instrumental Activities of Daily Living (i.e., Cooking, Cleaning, Laundry, Transportation, Managing Finances, Running Errands)

"My caseworker has been a helping hand, a positive 'thinking out of the box' problem solver, and an encouragement to me. It gets overwhelming at times living alone as a widow and with health issues. If she does not know the answer, she will find it and get back to me. I do not know where I would be without her expertise." ~ From an Aging Partners Client

070 • Toll-free in Nebraska 800-247-0938



How does one make an Annual Financial Report interesting? I'd like to think that by illustrating what is accomplished using your tax dollars (federal, state, county and city) and the contributions made by those who use our services (which make up almost 9% of our total revenue,) we can make you want to take the time.

Lincoln was identified as thirteenth of the top 20 Small Metros in the 2014 Best Cities for Successful Aging by the Milken Institute. We moved up from sixteenth last year. Plains states did well in this review of 259 small metros across the country. Iowa City ranked first.

Aging Partners continues to exceed our goals as we serve at-risk older adults who live alone, have incomes at or below the poverty level (\$11,770 annually for one person), are at high risk for proper nutrition, need home delivered meals and exceed national responses for persons who believe our services have significantly improved their lives.

Aging Partners Medicaid Waiver program served 644 individuals in the month of January 2015. Each is very low-income and has health issues that make them eligible for nursing home care. This program allows these individuals to continue to live at home where they are more content and their services cost less. Statewide, the average annual Medicaid Waiver cost per client is \$19,968. The average annual nursing home cost per client is \$69,072. Nebraska's Medicaid Waiver program saves state and federal Medicaid an annual average cost of \$49,104 per individual. Statewide, the estimated annual Medicaid Waiver cost savings is \$141M over supporting these older adults in nursing homes.

We are pleased to provide this report and information about our services. Please feel free to call and inquire about how we can help with your questions or issues related to aging. To those of you who have offered your support through contributions, donations and service, know that we are grateful.

June Pederson, Director
Aging Partners Area Agency on Aging

Care Management Survey Questions and Results

1. Does your care manager explain your services in a way you understand?
2. Has your situation improved because of the services your care manager arranges?
3. Do the services you receive help you to continue to live in your own home?
4. Does your care manager treat you with respect?
5. How would you rate the care management services you have received?

Aging Partners Client Received Responses by Percentage rounded to the nearest whole number

Question 1	98% Yes
Question 2	96% Yes
Question 3	96% Yes
Question 4	99% Yes
Question 5	
1 Excellent	79%
2 Very Good	18%
3 Good	2%
4 Fair	1%
5 Poor	0%

AGID* National Survey of OAA Participants Received Responses by Percentage rounded to the nearest whole number

Question 1	91% Yes
Question 2	84% Yes
Question 3	95% Yes
Question 4	100% Yes
Question 5	
1 Excellent	42%
2 Very Good	37%
3 Good	14%
4 Fair	6%
5 Poor	2%

*The AGing Integrated Database (AGID) is an on-line query system based on Older Americans Act-related data files and surveys.

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



The wall of coaches, many of whom are nationally-ranked great visitors to LFC. Photo by Zoe Olson.

To Retirement, Kit Boesch Says, “En Garde. Etes-vous Prêts? Allez!”

By Zoe Olson, Aging Partners Director of Marketing and Public Relations

On Dec. 22, 2014, Kit Boesch officially retired after more than 30 years of working to improve the lives of women and children in Lancaster County. She is more than ready for the opportunities and adventures retirement brings to her life.

“I think it’s important to keep priorities in one’s life. Mine are God, family, fencing and the Green Bay Packers,” she says with a smile. “I decided to retire at the end of December because that immediately

gave me family time. We have a new grandson, and then we went to Hawaii in January. Linda, my partner of 27 years, retired five years ago and we went to Alaska for two weeks. The deal was that when I retired, we would go to Hawaii, and so we did.”

A Wisconsin native, Boesch earned a Bachelor of Science in health and physical education from the University of Wisconsin-LaCrosse, where she was a member of the field hockey and fencing teams. She taught high school

health, physical education and speech and then obtained a Master of Arts in adaptive physical education from the Ohio State University, where she became an instructor and head coach of women’s cross country, track and field, and fencing teams.

“Back then, you would coach more than one sport,” she said. “It eventually

became too much as the sports seasons became longer and started to overlap, eventually becoming year-round. I decided to continue to coach fencing and focused on that.”

Boesch credits her cousin, Michael, and her college field hockey coach for her introduction to fencing.

“Michael was a Marine and loved fencing, and he said I would love it, too. Years later, my field hockey coach asked what I did when I didn’t play hockey—I said ‘nothing’ and that evidently was the wrong answer,” she laughs. “She said I had the temperament for fencing. We all bring something different to the sport—for me it was probably a short temper and a bit of tenacity. I joined the fencing program and was hooked.”

Boesch brought her love of fencing to Lincoln, where she helped establish the Lincoln Fencing Club (LFC) — what she referred to as “my baby” in 1980. Over the years, the club has moved many times, but is now located at 2645 O Street.

“We’ve been in every basement throughout the city,” she laughs. “Thanks to Marilyn Long, who is the most gracious landlord, we have affordable rent at one of the busiest intersections in the city.”

Continued on page 26



Kit Boesch demonstrates target practice form at LFC. Photo by Zoe Olson.

Boesch serves as the club's President Emeritus, resident mom, housekeeper, and cheerleader who also coaches and teaches classes.

"Back in the '80s when I got here, I went out to the schools to teach fencing — all the high schools and then to the middle schools," she said. "I had a core group of kids — 12 or 13 years old — who really liked fencing. They were an interesting, eclectic group of kids; some were artistic, some loved computers, some just liked to talk and some didn't want to talk at all. They were from all different schools but they would come to fencing and they were comfortable. They grew up! All nine of our coaches are outstanding fencers and outstanding people and, for the most part, came through the club.

"We are probably one of the most unique clubs in the country. We don't pay coaches, but most every other club in the country does. Our club is like family — you're welcome at any time and you're welcomed back at any time. You're encouraged to do the very best you can.

"We have members who joined as youngsters and never left. Now they are coaching, competing and ranking at the top, nationally and internationally."

The walls of LFC are lined with photos and names of the highly ranked members — several are nationally ranked.

“Our club is like family — you're welcome at any time and you're welcomed back at any time. You're encouraged to do the very best you can.

— Kit Boesch



Greta Phillips, left, receives fencing instruction from Kit Boesch at LFC. Photo by Zoe Olson.

Boesch made the 2010 U.S. Team but had to have back surgery rather than train for a competition in Croatia. She reflected on how life has changed for herself and the other coaches who have grown up at LFC.

"Life has happened, getting married and having children has meant priorities, and commitments change with families and jobs and school," she said. "So sometimes, someone can't make it to a competition — someone who went to every competition before."

Boesch noted how family life changed her travel with fencing as well.

"The coaches are committed, talented individuals," she said. "We have a club filled with coaches who care about the club and collectively, we make it work."

Boesch points out that fencing is a sport that can be enjoyed by people of all ages and throughout all seasons of the year. LFC has a membership of approximately 100 people.

"We have people in the club from 8 to 80 and beyond," she said.

"A person can take up fencing at absolutely any age. Obviously, the expectations are different depending on your age.

"Sometimes kids come into fencing because the parents find they can't focus and can't sit still — they have trouble succeeding in school. Fencing helps develop focus. We have parents who will attest to its value. Several of our club members have gone on to fence in college and some have even been offered college scholarships for fencing. I'm very proud of them."

LFC is now home to the Joba Chamberlain Wheelchair Fencing Program — the only wheelchair fencing program in the Midwest.

"We have four trained coaches including myself," she said. "Right now we have two wheelchair fencers, and if we can afford a regulation chair, we will send them to Milwaukee in April to compete."

Boesch has had a long and interesting professional history of working to improve the lives of children. She taught and coached on both the high school and college levels, and designed

the first passive-solar child development center in the country and co-authored the \$500,000 construction grant to build it. Through progressive management and grant writing, she has helped increase funding and support for local and national organizations. Her leadership at Lincoln's Indian Center, the Mayor's Commission on the Status of Women and as the Human Services Administrator/Justice Council Coordinator for Lincoln and Lancaster County has served our community for over 30 years.

One of her greatest accomplishments was helping the juvenile justice system develop graduated sanctions as an alternative to jail.

"In the past, if a kid was detained, they were taken to the juvenile detention center," she said. "It filled up really fast and we were looking at building another one with 120 beds. I said, 'If you build it, they will come — maybe we should look at something better.'"

"Graduated sanctions meant that instead of a straight road to detention, there are levels of sanctions based upon the infraction; whether or not the youth has been arrested in the past; and whether or not their parents are involved and aware of what is happening with their child. There are levels of reporting and supervision. It is more cost-effective for the county, but most

importantly, it is better for the youth and their family.

"Kids should only be in detention when they are a danger to themselves or others. The nonprofits and agencies in Lincoln stepped up and took responsibility for helping kids.

"The cost of building a 120-bed facility was enormous. Instead, we built an 80-bed facility for much less money. When I retired one pod, was empty and another pod housed kids from other counties — and by the way, those counties pay us. Bottom line, we're taking better care of our kids as the juvenile justice system has evolved."

What's on the horizon as Boesch takes on retirement? When she is not on the golf course, she continues board training and grant writing for the Omaha Nation and the Karen community in Lincoln; teaching juvenile justice at Nebraska Wesleyan University; developing a new course for NWU in the organizational leadership program; and of course, LFC activities, which may include a return to competition and will include teaching day classes — a new endeavor for LFC.

Most importantly, she will try to keep her priorities in place and figure out where she wants to spend her time.

"Right now I know my schedule is full, but that's what retirement is all about — picking and choosing what you want to do and then doing it," she said.

Allez! 

Lincoln Fencing Club

Kit recommends you check out fencing at Lincoln Fencing Club.

"I have always wanted to do that."

How many times have you said that? Well now is your chance: a beginning fencing class for adults. Learn the art of foil, sabre, and epee fencing. It is safe, fun and great exercise. All equipment is provided. Located at one of the finest clubs in the Midwest—the Lincoln Fencing Club. Guaranteed to have you fencing by the first class!

- July 7- July 30. Tuesday and Thursday from 10 - 11:30 a.m.
- Aug 4 – Aug 27. Tuesday and Thursday from 10 - 11:30 a.m.

Wear closed toe shoes and comfortable clothing. Tuition \$60. Call Southeast Community college Continuing Education at 402-437-2700 and register over the phone or online at <http://www.southeast.edu/continuing>.

Lincoln Fencing Club (LFC) is located at 2645 O Street, Suite 2.

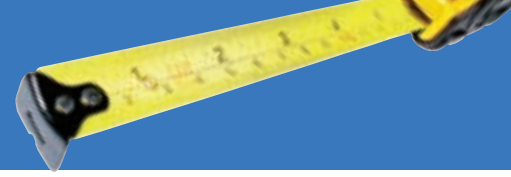
Friday Nights: Want to work on your strength, flexibility, balance, and mental focus? Come to Friday-night conditioning! Every Friday at 7:00 p.m., LFC will be hosting different yoga and fitness instructors to help us cross-train and find a little balance in our lives. See you all there!

LFC competes in tournaments almost all year round throughout the United States. They also sponsor three tournaments a year in Lincoln for children and adult athletes from many skill levels.

Upcoming Tournament: LFC's Capitol City Youth Classic RYC, April 25-26, 2015. Register at https://askfred.net/Events/moreInfo.php?tournament_id=28295

For more information about LFC, call 402-420-7688 or check out their website <http://www.lincolnfencing.com/>.





Home Handyman Supports Independent Living

By Mary Carol Bond, Aging Partners Handyman Program Specialist

As the Older Americans Act celebrates 50 years this year, Handyman Program celebrates with Aging Partners the wonderful opportunities this legislation provides. Handyman Program has been around 43 of those 50 years, assisting seniors in remaining independent at home by providing quality, dependable minor home repair and maintenance.

In the spirit of the 50th anniversary, Home Handyman Corner takes this opportunity to highlight some recent compliments from seniors we have assisted in the past year and feature five essential services we provide with our small but mighty army of handy people.

These are the typical comments we receive from pleased recipients of our Home Handyman service:

- Rose H. sends us a picture of where Del D. installed a newspaper tube near her front door. She no longer needs to go up and down her steps to retrieve the paper. "I smile every morning when I reach for my paper."
- After Jack F. cut down sunflowers and cleaned out a flower garden, Gerald O. wrote

to say, "Thank you! We are so lucky to have people like you to help us."

- Kay D. wrote several notes to thank Larry J. for his great care of her yard as she cares for her ailing family member. "I really appreciate your services."
- Marge W. went so far as to give our number to several friends, saying, "I really appreciate having the help from your program. LeRoy R. has assisted with several of my plumbing and electrical issues."
- Larry J. took down a falling wooden fence for Sandy S., who wrote, "I was really impressed with the job Larry did. He was very professional and made good suggestions."
- Opal W. thanks Linda and Mary in the office for answering her questions and taking time to "...find such caring folks to solve her little problems."
- Paul D. lubricated a garage door and adjusted a storm door for Virginia O. She wrote, "I can't thank you enough for this wonderful service. It means that I can stay in my home, for which I am so thankful."

Home Handyman Program exists for exactly the reasons these clients expressed in their notes and calls of appreciation. We strive to be this helpful and supportive to every client in helping to keep them living independently in a safe and well-maintained home.

Five services to support independence and safe home living environment:

1. Reduce risk of falls and maintain health and independent lifestyle. Install grab bars, safety rails, or hallway or entrance handrails. These safety applications are especially important on stairways, home entrances, along hallways and in areas of the home that may be wet and slick, such as bathrooms.
2. Save the pinch on the wallet and help the environment! If you flush your toilet and continue to hear water running after it should be full or it stops and then you hear water running intermittently, you need to pay attention. Water bills can rise rapidly in these types of situations. Most adjustments or part replacements are inexpensive compared to



I smile every morning when I reach for my paper."

— Rose H.




ongoing, costly water bills and generally, an easy fix.

3. Light switches and outlets do wear out. If you need to jiggle or wiggle a switch to get a light to turn on or off or a plug for a light or electric appliance to work, it's time to replace it. There will be a time when the jiggle and wiggle just won't work anymore. Good lighting helps prevent falls, and bad outlets or switches can become fire risks.
4. High heat combined with high humidity and a medical condition can lead to negative consequences especially when doing vigorous work. Let us help with mowing, edging and trimming. Gutter cleaning and window washing also could be



areas you need a little help completing. Seek help in the spring to prevent weed-filled, overgrown lawns that can attract unwanted pests causing additional work and expense.

5. Protect your home and health by seeking support from the "Safe Homes for Seniors" project. Specially trained handymen work in conjunction with the Health Department to conduct a "free" home assessment of potential hazardous products. The program also can sort products; if unable to transport these items to a Community Hazardous Waste Collection, we can do that for you, too. Items that have been stored for years are particularly important to remove from your home. Open containers or those that have rusted through can be detrimental to your health and can become fire or explosive risks. "Safe Homes" also can install smoke/fire alarms and carbon monoxide detectors or change the batteries. 



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Celebrate Older Americans Month

In honor of the upcoming 50th anniversary of the Older Americans Act, the theme for Older Americans Month 2015 is “Get into the Act.”

In 1965, Congress passed the OAA to address the lack of community social services for adults age 60 and older. The legislation authorized the federal government to make grants available to states for community planning and social services, research and development projects, and personnel training. It also established the U.S. Administration on Aging to oversee the newly created grant programs and serve as the primary federal agency on issues concerning older adults.

Since its inception in 1980, every president has issued a formal

proclamation in or before May to ask the country to celebrate Older Americans Month. Aging Partners will host several activities and events throughout the monthlong celebration, and we invite you to celebrate with us.

Aging Partners presents Older Americans Month Activities May — Lincoln Seniors Got Talent

During May, Live & Learn on 5 CITY-TV will feature talented performances on a special episode “Lincoln Seniors Got Talent” for the third straight year. The show will tape April 17 at Bethany Christian Church, and talented seniors are encouraged to sign up in order to participate. More information can be found on page 31. You can watch the performances on

Time Warner Cable’s 5 CITY-TV channel, online thorough video on demand at <http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/index.htm#live>, or on Live & Learn’s YouTube channel at https://www.youtube.com/results?search_query=aginglivelearn — click on the May 2015 episode.

May 2 — Senior Technology Day

Boy Scouts from Troop 159 and Troop 49 will be available at the Northeast Senior Center, 6310 Platte Avenue, 8 a.m.-4 p.m. to answer questions and provide training on your mobile electronic devices. Bring in your tablet, laptop and/or cell phone and these technology-savvy youngsters will answer all your questions and provide one-on-one assistance. Why not plan to stay for

lunch? Call 402-441-7151 to make your lunch reservation by April 29. (\$4 meal suggested contribution for people age 60 and older; \$8 meal fee for people younger than 60). If you’d like to reserve a specific time during the day for a one-on-one technology training session, please send an email with your request to SeniorTechDay@krisguy.com. Sessions will last no more than 30 minutes.

May 13 — Day Trip Tour

Join us for a reasonably priced day trip as we travel back in time on the “York Wessels Farm Adventure.” More information is available on page 42, or you can call 402-441-7158.

May 14 — Dinner And A Show

You’ll enjoy a wonderful evening of dining and musical entertainment at Cotner Center Condominiums when you sign up for “I Love a Beautiful Song” featuring Michael Lyon. More information is available on page 42.

May 15 — Age Strong! Live Long! Walk On!

The third annual 1-mile walk will begin at 9 a.m. on the Union College campus. Sign up by April 15 to receive a free t-shirt at the walk. More information can be found at left.

May 15 — That’s Amore!

An evening of Italian cuisine and music at our Downtown Senior Center from 5-7 p.m. More information is located to the right of this article.

May 19 — Melodrama Madness

Beginning with dinner at the Northeast Senior Center and continuing to Eugene T. Mahoney State Park, you can cheer the hero, boo the villain and throw popcorn at the family-friendly melodrama “Menace at Midnight.” For more information, see pages 42-43.

May 20 — Dine Out 4 Senior Centers

A percentage of sales will be donated by participating restaurants

3rd Annual
Age Strong! Live Long! Walk On!
Taking Strides to Better Health!
Friday, May 15, 2015
9:00 a.m.
Union College Campus,
3800 S. 48 St., Lincoln
Registration forms online at: aging.lincoln.ne.gov
or call (402) 441-6156 for more information.
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Lancaster Rehabilitation Center, Tabitha Health Care Services,
Colonial Chapel Funeral Home, Gentiva Home Health,
Summer Place Skilled Nursing & Rehabilitation, Bridge to Better Living,
Hootsen Hospice, Changing Spaces SRS, Homestead Rehabilitation Center,
Community Home Care, Community Health Endowment of Lincoln,
Gateway Vista, Lincoln Memorial Funeral Home & Cemetery,
Bob Girardman - Senior Benefit Strategies, Capitol View Tower Apartments,
Southlake Village Rehabilitation and Care Center, Russ's Market
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to support local senior center activities. Be sure to tell you servers, "Thank you for supporting our senior centers!" See information at the bottom of this page.


May 20 — "Be A FAN of Seniors"

The Coalition of Older Adult Health Promotion is sponsoring the third-annual "Be a FAN of Seniors" donation drive. In addition to collecting fans to help keep seniors cool during the hot summer months, COAHP will collect personal care products for seniors. Donations will be given to Aging Partners for distribution to older adults in Lincoln and the surrounding areas. Drop off donations at the Piedmont Shopping Center, 1265 S. Cotner St., from 3-5 p.m. For more information, contact Larry Gadeken at 402-474-4000 or larry@guardian-angels.us. For more information about Lincoln COAHP, visit www.lincolngoahp.com.

May 27 — Thrive!

The Lincoln Journal Star and Aging Partners have joined forces to bring you Thrive! Focusing on ways to stay active and adventurous before and during retirement along with nutrition, health, wellness, housing, education, advocacy and much more, this daylong event is for those 55 and older and their families to discover firsthand about products and services available to us as we age. There will be expo booths for people to visit during the day that provide goods and services to you between educational classes provided by Aging Partners. Noon lunch will consist of a meal and a speaker with a focus on successful aging. In the evening there will be a dinner with a keynote speaker and a volunteer recognition ceremony. Watch for more details from Aging Partners and the Lincoln Journal Star.

May 28 — All-Center Picnic

This fun, festive picnic will be held at the Antelope Park Picnic Grounds (rain location: Auld Pavilion) from 10 a.m. to 1 p.m. During the event, musical guest Hillbilly Hal Cotrell will perform. For more information, see page 43. 

May is Older Americans Month

Wednesday, May 20, 2015

DINE OUT 4

These restaurants graciously support the work of Aging Partners. A percentage of sales will be donated to support your local senior centers.

SENIOR CENTERS

Raise your fork & raise funds for Aging Partners Senior Centers

Participating Restaurants:

- Golden Corral Buffet & Grill, 3940 N. 26th St.
- Lee's Chicken, 1940 W. Van Dorn St.
- Engine House Cafe, 6028 Harlock Ave.
- Fireworks Restaurant, 5750 S. 86th
- Stautler's Cafe & Pie Shoppe, 5600 S. 48th St.
- Texas Roadhouse, 6301 Apple's Way

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OLDER AMERICANS MONTH
MAY 2015

That's Amore!

The Italian - American Crooner Invasion of the 1950s

Friday, May 15, 5 - 7 p.m.

Aging Partners
Downtown Senior Center
1005 "O" Street



Johnny Ray Gomez





Join us for an evening of music from the heyday of Frank Sinatra, Tony Bennett, Dean Martin, Perry Como, Al Martino, Louis Prima, Eddie Fisher, Julius LaRosa and many more. This special evening of Italian food and music is in celebration of Older Americans Month. Festivities include a catered lasagna dinner and music by the talented Johnny Ray Gomez. Call 402-441-6135 by Tuesday, May 12 to reserve your spot!

\$8 suggested contribution for persons age 60+
\$9 fee for persons under age 60
\$4 suggested transportation contribution for persons age 60+

1005 "O" Street, Lincoln, NE 68508 • aginglincoln.org • 402-441-7070 A Planning Area Agency on Aging

The Lincoln Journal Star & Aging Partners bring you

thrive!

Live well. Live bold.

Wednesday, May 27, 2015

NIC Conference Center
2021 Transformation Drive
Lincoln, NE 68508

Thrive! focuses on ways to stay active and adventurous before and during retirement along with wellness, housing, education, advocacy, and much more!

Watch for more details from Aging Partners & the Lincoln Journal Star.

Interested in having a booth at this event?
Contact Jamanda Wolfe at 402.473.7161 jwolfe@journalstar.com

Lincoln Seniors Got Talent

GET INTO THE ACT
OLDER AMERICANS MONTH
MAY 2015

Do you dance?
Juggle much?
Can you sing?
Got a magic act?

Aging Partners is hosting a talent show featuring local seniors in honor of Older Americans Month on Live & Learn, SCITY-TV during the month of May.

The show will tape 9 a.m. - noon on Friday, April 17 at Bethany Christian Church (in the Fellowship Hall)
1645 N Cotner Blvd., Lincoln

To sign up your act, contact Zoe Olson at (402) 441-6156 or email: zolson@lincoln.ne.gov

Aging Partners Financial Team Is Here to Help

Making decisions regarding Medicare part D, Homestead Tax Exemptions, life insurance policies, personal budgets and other financial issues can be scary or confusing for some, but older adults in the eight-county area needn't worry.

Aging Partners' financial counselors are here to help people navigate these tricky waters by providing unbiased, accurate information about a range of financial issues.

Last year alone, each Aging Partners financial counselor helped nearly 10 people per day answer their financial questions.

"These conversations happen over the phone or face to face in our downtown office," said Houston Doan, Aging Partners financial counselor. "Our sole focus is to answer people's questions and give them the information needed to make an informed decision on whatever financial issue they're facing."

About Aging Partners' Financial Services

Anyone 60 and older is welcome to call or schedule an appointment to talk about any financial topic they wish. Concerned family members may also contact the counselors.

Although financial counselors help with various issues, the three most common are spousal division, prescription affordability and explaining Medicare.

When it comes to Medicare questions, counselors are prepared to walk people through the ins and outs of the Medicare Program, including Medicare Part D, Medicare supplements and Medicare Advantage plans.

"People will often ask, 'If I have Medicare, will it cover X, Y and Z?'" Doan said. "Other Medicare questions we get are about how they will pay for their wife's or husband's nursing home care."

The financial counselors receive calls about Medicare Part D during open enrollment between Oct. 15 and Dec. 7. Each year they have helped many of local older adults save hundreds of dollars.

If someone's Medicare claim has been denied, Aging Partners can help people with the appeal

“ Basically, if you have any financial question, we can help you find the answer.”

— Houston Doan



Aging Partners new financial counselors are, from left, Pat Williams and Houston Doan.

process by explaining where to file the appeal and what information they will need.

Aging Partners also walks people through long-term care insurance information, another common topic. Some are looking to buy the product. Others have the product and wonder if it is still a viable option for their situation. Whether answering generic questions or explaining the fine print of people's policies, the financial counselors are here to help.

During Homestead Tax exemption season, financial counselors help people fill out the necessary forms and provide information that helps them determine whether they are eligible for this program. They also can provide HUD-certified reverse mortgage counseling, which is required for those who plan to get a reverse mortgage.

For those who need budget advice, Aging Partners financial counselors can provide suggestions on how they can get out of debt and manage their finances wisely.

"Basically, if you have any financial question, we can help you find the answer," Doan said. "The benefit of coming to Aging Partners with your questions is that we're a one-stop shop for financial information."

New Staff Joins the Financial Team

As Baby Boomers began entering the older population in 2011, Aging Partners expected this increase will affect Lincoln and the surrounding areas soon.

Assuming that the need for financial information will follow suit, Aging Partners was proactive by hiring a new part-time financial counselor in January: Pat Williams.


Doan and Williams take calls from the public and make appointments to review people's specific financial questions. They also work as a team with care managers to solve clients' financial concerns.

Williams brings a wealth of knowledge and experience to her new role. She has bachelor's, master's and law degrees and spent more than 30 years as an in-house counsel for a life insurance company.

"I have experience in mediating customer disputes, and I think those skills will help me assist in resolving people's financial issues on a win-win basis," Williams said.

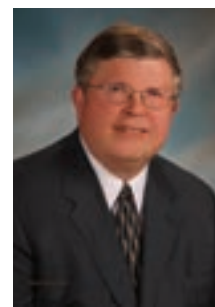
Having come from a business background, she looks forward to using her technical skills in a service capacity. Williams plans to help spread community awareness about Aging Partners and the financial services it offers so that they can help more older adults.

"Ultimately, it's about serving people and expanding the number of people we help," Doan said.

For questions and more information about Aging Partners financial services, call 402-441-7070 or 800-247-0938. 

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Rural Transit Keeps Older Adults Connected

This year, Waverly resident Betty Celesky celebrates her 15-year anniversary riding the Lancaster County Public Rural Transit.

Nearly two decades ago when her husband became ill and could no longer drive, Celesky wasn't sure how she would make it to her appointments in Lincoln. Although she still drove at the time, she never felt comfortable making the trek into Lincoln. Although she had children who could help, they had busy schedules, and she didn't want to inconvenience them.

Celesky learned about Rural Transit from her elderly neighbor. Some mornings while eating breakfast, she would look out her kitchen window and watch as the Rural Transit bus stopped outside her neighbor's house. After approaching her neighbor for feedback on the service, her rave review convinced her to try it.

Now 82, she has never looked back.

"I don't know what I'd do without Rural Transit," Celesky said. "I've enjoyed using it, and I recommend it to everybody. It's a wonderful service."

The Rural Transit Advantage

Celesky is one of about 67 people who ride Rural Transit, a door-to-door transportation service provided for the general public, including older adults and those with disabilities. The service connects riders from Lincoln to rural destinations and those from rural communities and residences into Lincoln.

Rural Transit operates its northern route Mondays and Wednesdays and its southern route Tuesdays and Thursdays. Last year, the service expanded to offer alternate northern and southern routes on Fridays.

"Eventually, we hope to expand the transit service to a full five-day-a-week schedule for the entire county," said Carol Meyerhoff, Aging Partners program coordinator.

For a \$2 fare, riders enjoy a one-way trip to the destination of their choice.

Like many riders, Celesky uses the service for her doctor appointments and grocery shopping. However, many use the service to take them to a job, social engagement or club event.



Betty Celesky arrives at her doctor's appointment Feb. 9 safely and on time, thanks to the help of Lancaster County Public Rural Transit Driver Lanita Nelson.

Riders choose rural transit for many reasons. Some have no other means of transportation. Others feel comfortable driving in their small community, but would rather avoid Lincoln's traffic congestion. It also is an option for those who want to make friends with other riders like themselves.

"You build relationships with the other riders, and we talk about all sorts of things," Celesky said.

The Best Drivers in Town

Rural Transit is known for its safe and courteous drivers.

“Our drivers are attentive to the rider’s needs,” Meyerhoff said. “If you need help carrying groceries to your door or disembarking the bus, they are happy to help if you express the need.”

Rural Transit added two drivers to its team at the end of last year: Lanita Nelson and Mike Wenz. Kendall Carlson, along with Nelson and Wenz, are the three primary drivers during normal operating hours, with backup drivers, such as Bonnie Clough, available when the need arises. Adolph Roesler drives for many of the special trips scheduled outside normal operating hours.

Come Ride With Us

Scheduling a trip is easy. Simply call the Transit Dispatch Office Monday through Friday between 8 a.m. and 4:30 p.m. A minimum of one business day advance notice is required, but it does not guarantee a ride. Riders can schedule trips up to one month in advance.

Transit Fares*

Normal operating hours:

- One-way fare – \$2
- Round trip – \$4
- Additional stop – \$2
- 10-punch rider card – \$20

Outside normal operating hours**:

- One-way fare – \$5
- Round trip – \$10
- Additional stop – \$5


** Each rider will be charged an additional \$5 boarding fare for a trip exceeding 100 miles or six hours in duration.*


*** A five-rider minimum is required for trips scheduled outside normal operating hours.*



Trips are scheduled in the order they are received and accepted until vehicle capacity or driver availability is reached.

Vehicles operate Monday through Friday from 7:30 a.m. to 5:30 p.m. Typically, pick-ups are scheduled early- to mid-morning. Unfortunately, reaching a destination in Lincoln before 10:30 a.m. is not guaranteed due to changing routes and rider volume, so participants are asked to schedule their appointments accordingly. Riders return home mid-afternoon.

For more information or to schedule a ride, call 402-441-7031. 

 **Our drivers are attentive to the rider’s needs. If you need help carrying groceries to your door or disembarking the bus, they are happy to help if you express the need.”**

– Carol Meyerhoff



Orchard Park

Assisted Living Retirement community

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

Don't Let Scams Happen to You

Scammers can target anyone at any time. Rich or poor. Young or old. High functioning and those with disabilities.

Aging Partners Coordinator Joanne Farrell, who serves as liaison between the agency and the Lincoln Police Department, believes everyone should be on the lookout for scams. No one should assume they are unsusceptible.

"Everybody is a target," she said. "We should all be on the lookout, especially older adults. As people age, they become trusting, and they don't think people are trying to hurt them. The truth is, scammers are evil human beings. They don't care about the emotional trauma they'll inflict on the victim or how the loss of money will affect them. You have to be on your guard at all times."

How Scams Happen

Scams can be easy to fall for because scam artists are brilliant at what they do, Farrell said. They are experts in persuasive relationship and engaging people's emotions.

"These relationships can occur by phone, over the computer or via snail mail," she said.

Once a person engages in the relationship, no matter the method, they become a target. The scam artist then puts that person on a scamming list of sorts that has them receiving endless solicitations.

Over time, as the scammer builds a trusting relationship with the potential victim, they typically ask the person to wire them a small sum of money. They claim to need the funds for an emergency, for business investments, to care for a sick family member, to purchase tickets to come and visit the victim, and more. The requests for money increase over time, as does the sum in most cases.

What the victim doesn't realize is that this money often goes overseas to fund terrorist efforts, Farrell said.

Before long, some victims wire so much money that they lose their entire life's savings.

"These cases are tragic," Farrell said. "People have worked hard for their money all their lives and then it suddenly disappears — all because they were too trusting or didn't take the time to research the situation."

Be On Guard

For some, identifying what is and is not a scam can be difficult.

"The key to avoiding scams is to educate yourselves and your loved ones," Farrell said.

The Federal Bureau of Investigation identifies several warning signs:

- An offer that sounds too good to be true.
- A seller who uses high-pressure sales tactics.
- An unsolicited investment offer.
- Someone who asks for information considered personal (social security number, credit card information) over the Internet or phone.

When it's time to talk, we can help.



The only thing more uncomfortable than having the conversation about retirement living, is not having the conversation about retirement living. Fortunately, we're here to help with information and advice that can make a potentially awkward situation—just a little bit easier.

Now is the perfect time to give us a call at **402-420-9355** or visit ImmanuelCommunities.com. Together, we will help you find a place that's uniquely your own.

Williamsburg Village
The Landing
an Immanuel community



ImmanuelCommunities.com 402-420-9355

Affiliated with the Nebraska Synod, Evangelical Lutheran Church in America

If someone suspects they have encountered a scammer, take time to research the offer or company. Turn to the Better Business Bureau to determine if complaints have been filed against the company. Most importantly, never assume someone is who they claim to be.

If you believe a crime has been committed because of a scam, report it to the local police department.


Advice For Caregivers

Farrell recommends that caregivers of scam victims call Aging Partners for advice. In some cases, they can assign a care manager to assess the individual's situation and help them cope.

"There was one instance recently where a woman who had previously fallen victim to a scam suddenly began receiving 13 people's mail," Farrell said. "I just happened to be checking in on her at the time, and her husband described the situation to me. Apparently she was getting mail that included people's social security information, tax documents and credit cards. The scammer was calling her every day, asking her to give them the information, which was being used to further the scams. We reported it to the postal inspector, and he took possession of the mail."

Farrell also suggests family members schedule a neuropsychiatric evaluation of their loved one to determine their level of cognitive function. Their test results can help determine whether or not a person is likely to fall victim to a scam again.

"They may be well-dressed, independent, intelligent individuals, but their brain may not be functioning properly," Farrell said. "I've seen it over and over again where families of a scam victim refuse to have their loved one tested and insist that mom or dad will never do it again. Unfortunately, caregivers have called back even a year later saying they wish they had listened to us because their parent did it again."

To watch this episode of Live & Learn, visit lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live or on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 





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AGING PARTNERS

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

Key for Services: ▲ = Lancaster only

MISSION

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

Being Well

NUTRITION

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

HEALTH & FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5 and 10 Health, Channel 10. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938.

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services**
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Harvest Project** - Mental health and substance abuse services for older adults.
- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting, and broken light fixtures and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.
- **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid programs.

SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit <http://www.seniorsfoundation.org>.

Staying Involved

VOLUNTEER!

- **Foster Grandparent Program**
▲ 402-441-7026

SENIOR CENTERS

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

▲ 402-441-7158

Other Services

INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.

Call 402-441-7070 or 800-247-0938.

TRANSPORTATION

- **Ride within Lincoln to the Centers**
▲ 402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.
▲ 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070

LIVING WELL MAGAZINE

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call Zoe Olson at 402-441-6156 or email zolson@lincoln.ne.gov. To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email delrod@lincoln.ne.gov.

LIVE & LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at <http://lincoln.ne.gov/>. View on CITY-TV Channel 5 or online at: <http://lincoln.ne.gov/city/mayor/cic/5citytv/>

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

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

MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**
Linda Vandenberg, 402-367-6131
- **Fillmore County Senior Services**
Brenda Motis, 402-759-4922
- **Polk County Senior Services**
Jan Noyd, 402-764-8227
- **Saline County Aging Services**
Amy Hansen, 402-821-3330

- **Seward County Aging Services**
Kathy Ruzicka, 402-761-3593
- **York County Aging Services**
Lori Byers, 402-362-7626

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator
Joyce Kubicek

- **Butler County**
Becky Romshek, 402-367-4537
- **Fillmore County**
Rhonda Stokebrand, 402-759-4922
- **Polk County**
Amy Theis, 402-747-5731
- **Saline County**
Trudy Kubicek, 402-826-2463
- **Saunders County**
Mary Dailey, 800-247-0938
- **Seward County: 800-247-0938**
- **York County, Jerri Merklinger**
402-362-7626

SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

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

402-441-7070

In Nebraska **800-247-0938**

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



Aging Partners News and Events

Start Electronically Receiving Your Copy of *Living Well* Magazine Today!

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print the whole magazine or just the pages that interest you. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Wellness

**Aging Partners
Health & Fitness Center**
233 S. 10th St., Suite 101
Monday through Friday
8 a.m. - 4 p.m.

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. - 2 p.m., or by appointment. \$10 monthly suggested contribution for age 60+. \$15 fee for under age 60.

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

For most Health & Fitness classes there is a \$3 suggested contribution per class for people age 60+ or a \$4 fee per class for people under age 60. Punch cards are available. Pre-registration is required.

Yoga and Stress Management

Wednesdays, 10 - 11 a.m. (Ongoing)
233 S. 10th St., Suite 101

This class is designed for caregivers and others looking for ways to manage stress. Standing and balance poses use chairs for support. This class is suitable for beginners and experienced students wishing to reinforce the basics.

Chair Tai Chi

Tuesdays, 9:45 - 10:30 a.m.
March 24 - May 19
233 S. 10th St., Suite 101

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

Contemporary Yoga

Auld Recreation Center
3140 Sumner St.

This renewing practice uses body postures, breath and relaxation to bring about a sound and healthy body. Movements consist of several positions and poses that have strengthening and restorative benefits.

- Tuesdays, 11 a.m. - Noon
March 24 - May 19
- Fridays, 11 a.m. - Noon
March 20 - May 8

Traditional Tai Chi-24 Form

Auld Recreation Center
3140 Sumner St.

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

- Tuesdays, 9:30 - 10:30 a.m.
March 24 - May 19
- Fridays, 9 - 10 a.m.
March 20 - May 8

Advanced Tai Chi-24 Form

Auld Recreation Center
3140 Sumner St.

This class is suggested for those who have completed the 24 Form instructional classes.

- Fridays, 10:15 - 10:45 a.m.
March 20 - May 8

Beginners Tai Chi for Balance and Fall Prevention Class Basic 8 Form

Auld Recreation Center
3140 Sumner St

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

- Thursdays, 9:30 - 10:30 a.m.
March 26 - May 21

Line Dance Class

Whether your goal is weight loss, balance improvement or just plain fun, line dancing is a great option. Pre-registration is required.

- Auld Recreation Center
3140 Sumner St.
Wednesdays, 2 - 3 p.m.
March 18 - May 6
- Cotner Center
1540 N. Cotner Blvd.
(Use the Cotner Blvd. entrance.)
Mondays, 5:30 - 6:30 p.m.
March 23 - May 11



Stepping On – Building Confidence and Reducing Falls

Stepping On is a community-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Classes meet for two hours one time per week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises, along with the roles vision, medication, safe walking outside and footwear play in fall prevention.

- Gateway Vista
225 N. 56th St.
Tuesdays, 9:30 - 11:30 a.m.
April 7 - May 19

Living Well – Take Charge of Your Health

Most of us will experience two or more chronic conditions during our lifetime. This six-week series provides valuable tools that enable participants to live healthier lives. Each participant receives an easy-to-follow book that outlines day-to-day management techniques and positive approaches to difficult changes along with a relaxation CD. Caregivers of persons with chronic illnesses can benefit from taking the course as well. Pre-registration required.

- Burke Plaza Apartments
6721 L St.
Wednesdays, 1:30 - 3:30 p.m.
May 6 - June 10

Aging Partners Fitness Center Marathon

233 S. 10th St., Suite 101

This year's Lincoln Marathon is Sunday, May 3. Aging Partners Fitness Center invites you to join us in the First Annual Aging Partners Marathon. Completers of our full marathon will receive a t-shirt and be eligible

for a prize drawing on June 1. Half marathon completers will receive a t-shirt or a water bottle. Participants who attend Aging Partner's Walk Strong Event in May will receive credit for two visits. Drawing prizes include four \$50 gift certificates to Misty's Restaurant and two \$25 gift certificates to the Deer Springs Winery. To register, call 402-441-7575.

\$3 registration fee.

- Half Marathon: 13 visits to the Fitness Center between April 6 - May 29
- Full Marathon: 26 visits to the Fitness Center between April 6 - May 29

Senior Health Promotion Center

1005 O St., lower level

Services available to people 60 years and older include comprehensive foot care, ear care, blood pressure, glucose, cholesterol, Sahara bone density checks and health education.

\$15 suggested contribution will enable these services to continue.

- Wednesdays, 10:30 a.m. - 1:30 p.m.
April 1, 8, 15, 22 & 29
- Thursdays, 9:30 a.m. - 1:30 p.m.
April 2, 9, 16, 23 & 30

Summer Schedule – Comprehensive foot care only.

- Thursdays, 9:30 a.m. - 1:30 p.m.
May 7 & 21
June 11 & 25

Remembering When – Fire and Fall Prevention for Older Adults

Wednesday, May 6, 10 a.m.

Lake Senior Center

(Located in St. James United Methodist Church)

2400 S. 11th St.

Learn what you can do to reduce your risk of injury from fire or a fall. During this 45 minute program you

will learn sixteen practical fire and fall prevention tips that can save lives. Lincoln Fire and Rescue will be on hand to answer questions and give you important information about the different types of fire alarms that are available.

Educational

Lincoln History Lunch Series featuring Jim McKee & Ed Zimmer

Gere Branch Library

2400 S. 56th St.

Noon

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

\$4 suggested contribution per box lunch for people age 60+. \$8 fee for people under age 60.

- "Gems of the Near South Neighborhood" with Ed Zimmer
Wednesday, April 15
- "University Place and Nebraska Wesleyan University" with Jim McKee
Wednesday, May 20
- Sheridan Boulevard and its Environs" with Ed Zimmer
Wednesday, June 17
- "An Architectural History of Lincoln's Churches" with Ed Zimmer
Wednesday, July 15

Continued on page 42

Aging Partners News and Events

Continued from page 41

- “Historic Havelock” with Jim McKee
Wednesday, Aug. 19
- “College View and Normal
Neighborhoods” with Jim McKee
Wednesday, Sept. 16

Day Trip Tours

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

- “Kearney Archway Adventure”
Wednesday, April 29
Departure: 8 a.m., Northeast Center
Return: Approximately 5 p.m.
Cost: \$60
Reservation and payment are due by Wednesday, April 22.
- “York Wessels Farm Adventure”
Wednesday, May 13
Departure: 9 a.m., Northeast Center
Return: Approximately 4:30 p.m.
Cost: \$40
Reservations and payment are due by Wednesday, May 6.
- “Egyptian Adventure” at Omaha’s Durham Museum
Wednesday, June 10
Departure: 9 a.m., Northeast Center
Return: Approximately 4:30 p.m.
Cost: \$55
Reservations and payment are due by Wednesday, June 3.

AARP Safe Driver Class

Tuesday, May 12, Noon - 4 p.m.
Northeast Center, 6310 Platte Ave.

Cars have changed and so have the traffic rules, driving conditions and the roads we drive on every day. The AARP Driver Safety Program is the nation’s largest classroom

course designed for drivers age 50 and older. Course completion helps older drivers refine existing skills and develop safe driving strategies in today’s challenging driving environment. There are no tests required. To enroll, call 402-441-7151.

Cost: AARP members \$15, non-members \$20.

Bob Ross Oil Painting Class

Saturday, June 27, 9:30 a.m. - 3:30 p.m.
Lake Street Center, 2400 S. 11th St.

“Indian Summer” — Reddish golden tones are captured in this forest scene. Paint along with certified instructor Donald R. Belik in this one-day painting class. Start, complete and take home a finished oil painting. No experience required. All materials and supplies are provided. To enroll, call 402-441-7158. Cost: \$50

Entertainment

Dinner & A Show 2015

Cotner Center Condominiums
1540 N. Cotner Blvd.

Dinner: 5:30 p.m., Show 6:30 p.m.

Van transportation: \$4 round trip

Dinner & Show: \$10

Show only ticket: \$5

Pre-registration required.

Reservations, payments and cancellations are due by noon the Tuesday before the show. No refunds. Send payment to: Aging Partners, Dinner & A Show, 1005 O St., Lincoln, NE 68508. Sponsored by Butherus Maser & Love in cooperation with Cotner Center Condominiums.

- “A Songwriter with a Different Touch”
featuring Terry Smith
Thursday, April 9

- “I Love a Beautiful Song”
featuring Michael Lyon
Thursday, May 14
- “Songs from a Lifetime”
featuring Spotted Horse
Thursday, June 11

Saturday BINGO

Northeast Senior Center
6310 Platte Ave.

Doors open at 9 a.m.

\$4 suggested lunch contribution for people age 60+.

\$8 for people under age 60.

April 18, May 16, June 20, July 18,
Aug. 15, Sept. 19, Oct. 17

Join us for bingo at 10 a.m., followed by a delicious hot lunch at 11:30 a.m. Please remember to bring a prize for the winner’s table. Reservations must be made before 3 p.m. the Wednesday before each event. For details or reservations, call 402-441-7151.

That’s Amore!

The Italian - American Crooner Invasion of the 1950s

featuring Johnny Ray Gomez

Friday, May 15, 5 - 7 p.m.

Downtown Senior Center, 1005 O St.
\$8 suggested meal contribution for people age 60+.

\$9 fee for people under age 60.

\$4 suggested transportation contribution for people age 60+.

Pre-registration required.

Reservation and payment due by Tuesday, May 12.

Call 402-441-7158.

Melodrama Madness “Menace at Midnight”

Tuesday, May 19

Dinner: 5 p.m., Aging Partners
Northeast Center

Show: 7:30 p.m., Eugene T.
Mahoney State Park



Dinner, show and transportation cost: \$25
Reservation and payment due by 4 p.m. Wednesday, May 13.
Call 402-441-7151.

Cheer the hero, boo the villain and throw popcorn at the hysterically, family friendly melodrama "Menace at Midnight." Dinner menu: fried chicken breast, baked potato, carrots, mixed cut fruit, Kings Hawaiian roll and milk. Send payment to: Aging Partners, Northeast Center, 6310 Platte Ave., Lincoln, NE 68507. No refunds after Fri., May 15.

Dine Out 4 Senior Centers "Raise your forks & raise some funds"

Fundraiser for Aging Partners Senior Centers

Wednesday, May 20

If you choose to dine out only once in May, make it Wednesday, May 20. On that day, several Lincoln restaurants will proudly donate a percentage of their sales in support of the work of Aging Partners Senior Centers. Enjoy a meal at one of these fine dining establishments: Lee's Chicken, Golden Corral, Engine House Café, FireWorks, Stauffer's Café & Pie Shoppe and Texas Roadhouse. When you order, tell your server "Thank you for supporting our Senior Centers!"

All-Center Picnic Songs from the Golden Age of Country featuring Hillbilly Hal Cotrell

Thursday, May 28, 10 a.m. - 1 p.m.
Antelope Park Picnic Grounds
(Rain location Auld Pavilion)
\$4 suggested contribution for people age 60+.

\$8 fee for people under age 60.

It will be a beautiful spring morning, grilled hot dogs with all the fixin's and live music provided by Hillbilly Hal Cotrell — a combination you can't turn down. This event is always a big hit, so don't miss it! Sign up at your nearest Aging Partners senior center or call 402-441-7158. 

LivingWell ♦♦♦

Investing in today's and tomorrow's older adults

Suggested Contribution Levels:

\$12 ___ \$25 ___ \$50 ___ Other ___

And receive,

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

Please mail to: Living Well, 1005 O St.
Lincoln, NE 68508-3628

"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."

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.

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

___ Check or money order payable to *Living Well* enclosed.
Sorry, we don't accept credit cards.

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

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Phone: _____ Spouse's name: _____

Date of birth: ___/___/___ Last 4 digits of SSN: _____

Spouse DOB: ___/___/___ Last 4 digits of SSN: _____

Email address required to receive *Living Well* online:



Welcome home!

This spring, we invite you to open the door to a unique lifestyle at Eastmont.

We offer more options than any other community, and we understand your goals for the future are distinctive and personal. We strive to always exceed your expectations.

Enjoy an independent lifestyle in a convenient location with diverse opportunities for fellowship, entertainment and enrichment.

Come see what's happening on O Street. There's just **something different** about Eastmont!



6315 O Street | Lincoln, NE 68510
402.489.6591 | www.EastmontTowers.com

independent living • assisted living • long term care