

WINTER 2010  
Volume 6 Issue 1

# LivingWell

Anne Burkholder:

*Daughter of the Prairie,  
World-Class Visionary*

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# Peace of mind is a gift of love.



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## Call 441-7070 for aging answers.

## On the Cover:

*Anne Burkholder,  
Photograph by  
John Nollendorfs*



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

Periodical Postal Rates paid at Lincoln, NE Issues printed: 20,220.

POSTMASTER-Aging Partners Address Changes to:

*Living Well* Magazine

1005 O Street

Lincoln, NE 68508-3628

E-mail: [livingwell@lincoln.ne.gov](mailto:livingwell@lincoln.ne.gov)

Fax: 402-441-6524

Phone: 402-441-6146

(collect calls accepted)

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

60+ Readership Level in Aging Partners'

Eight-county area: 34,320+ (60% of 60+)

Publisher, Editor & Advertising Valerie Crook, 441-6156

Mailing List & Accounts Deb Baines, 441-6146

Production Coordinators News Link, 475-6397

*Living Well* is a service of Aging Partners. A voluntary suggested annual subscription of \$12 or any amount is welcome. This magazine is for the 57,200 citizens, 60 years of age and older, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

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

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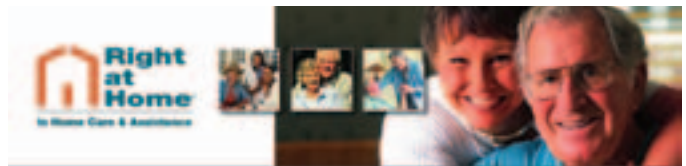
# Director's Corner



It's the time of the year when we set new goals and plan for the new, unmarked canvas the next twelve months offer. Aging Partners is in the process of renewal and reinventing how we serve our communities. Response to the new name has been positive and we are pleased.

We continue the theme of reinvention with the lead story in this issue. I've regularly enjoyed the opportunity to visit the Burkholder Project in Lincoln's Historic Haymarket to see the latest show or take a class from one of the artists. It is an honor to have Anne Burkholder, the founder of this wonderful center of creativity, on the cover of this issue. Her story of reinvention is fascinating and I hope it brightens your new year as much as it has mine.

June Pederson, Director, Aging Partners



## QUALITY OF LIFE IS JOY, INDEPENDENCE AND SECURITY

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## Fitting Fitness In

If you're up to the challenge, a program is being offered at the Aging Partners Health and Fitness Club, 233 S. 10th Street.

The "Fitting Fitness In" challenge lasts for eight weeks from Jan. 25 through March 21. There is a \$2 registration fee.

The goal is to work out at the club for 30 minutes or more 24 times during the eight-week period to earn a T-shirt and be eligible for a March 31 prize drawing. Prizes include four \$25 Wal-Mart gift certificates,

Marcus Theater movie passes and more.

City bus passes or parking validation is available. Pick up your punch card at the Health and Fitness Club, 233 S. 10th Street. Open weekdays: 8 a.m. - 4 p.m. Certified personal trainers available at no cost on Tuesdays and Thursdays or call for an appointment.

Suggested contributions: \$10 per month for those 60 and older; \$15 per month for those younger than 60.

Call 441-7575 for more information.



Aging Partners Health and Fitness Club offers a variety of equipment to help keep people healthy and physically fit.



*Evelyn Caha, sitting, thanks Esther Hernandez for saving her life by using the Heimlich Maneuver.*

## How to save a life

A choking victim requires immediate help to remove the airway obstruction before it leads to unconsciousness. To perform the Heimlich Maneuver on a conscious adult, follow these steps:

1. Stay safe! Remember that victims may panic and inadvertently strike out.
2. Establish that the victim is actually choking. Victims cannot speak, cough, or breathe.
3. Stand behind the victim.
4. Wrap your hands around the victim as if to give a hug.
5. Make a fist with your right hand and place it just above the victim's belly button.
6. Grab your fist with your left hand and thrust inwards and upwards forcefully.
7. Repeat thrusts until the victim is able to breathe again, or until the victim becomes unconscious.
8. If the victim becomes unconscious, begin CPR.

Do not slap the victim on the back. Dislodging the airway obstruction while the victim is upright could result in a deeper obstruction, since gravity will pull it down.

Various organizations, including the American Red Cross, offer first aid training, including courses on the Heimlich Maneuver and other life-saving techniques. 



## Lifesaving action makes two Friends Forever

**E**velyn Caha sits down to play beautiful music on the piano at the Downtown Senior Center. She turns and says the music plays on thanks to heroic actions of her “friend forever” who saved her life when she was choking.

Caha recalls the Oct. 3 incident at the center when she was eating lunch and started to choke on a carrot. Sitting by herself, she tried to cough, but was struggling to breathe.

At an adjacent table also eating lunch, Esther Hernandez, Aging Partners volunteer front desk receptionist, noticed what was happening and jumped into action.

“To me, she came out of nowhere,” Caha said. “I just felt the arms around me.”


Hernandez performed the Heimlich Maneuver and dislodged the carrot.

### Remembering Valuable Lesson

Hernandez received CPR/First Aid training about 20 years ago and recalled what she had learned. She is grateful to be able to help.

“I was scared, but knew I had to do something at that moment,” she said. “Every day I think about the fact I was able to save someone’s life.”

And, every day Caha comes in and reminds her and anyone nearby of that fact and talks about her eternal gratitude for Hernandez.

“If she wasn’t there, I probably would have died,” Caha said. “She saved my life and she’ll be my friend forever. I respect life more now.” 



# SentryCare/Lifeline offers help immediately

**H**elp in a medical emergency can easily be within reach at all times with SentryCare/Lifeline.

## What is SentryCare/Lifeline?

SentryCare/Lifeline is a collaborative effort of Aging Partners and Saint Elizabeth Regional Medical Center and serves as Lancaster County's personal emergency response program. It helps people live independently in their home, knowing they can summon help

24/7 with a push of a button.

Specialized equipment can easily be installed on an existing telephone line. In an emergency, they simply press a pendant or wrist button they wear to summon help.

## How it Works

With the push of a button, it signals a response to Saint Elizabeth Regional Medical Center and establishes two-way voice communication. Within seconds, a medical professional will check the

person's personal plan and quickly assess the situation.

If help is needed, the designated responder — neighbor, friend or family member — will be contacted and the most appropriate assistance will be sent.

For more information or to set up a personal visit to have a SentryCare/Lifeline unit installed, call Aging Partners at 402-441-7070 or 1-800-247-0938. **Lw**



*SentryCare/Lifeline device can be worn like a pendant on a necklace or like a watch.*



## Care Consultants for the Aging

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## Income tax preparation available

**A**ging Partners, in coordination with AARP volunteers, offers free income tax preparation starting Feb. 1 and going through April 14 at the Downtown Senior Center.

This service is available to those with low and middle income, with special attention to those 60 and older.

Appointments can be made in February by calling 402-441-7158. It is important to call early and set an appointment.

The volunteers are trained by the Internal Revenue Service and will offer their free assistance to those with relatively simple tax returns. **Lw**

# Anne Burkholder: *Daughter of the*

1. *Girl is Natural-Born Artist*
2. *Young Woman is First to Envision the Rebirth of a No-Man's (or woman's) Land*
3. *Woman Finds Success and a Home in an Art Gallery*
4. *Woman Creates a Model for an Active Art Community in the Fly-Over Zone*
5. *Woman Travels the World and Brings New Ideas to the Prairie*

**O**K, this is more unbelievable than the average fairy tale. Everyone knows that anyone who chooses to become an artist at least heads off to New York City, but ultimately ends up waiting tables (or more likely—starving). Since this story has been well documented, I just had to find out how Anne Burkholder pulled it off.



*Anne at the work she loves.*

## **The Dream was Born**

The dream was always to paint. At the age of 3, Anne's mother installed a large blackboard in the kitchen in order to teach Anne her alphabet while she went about her work. Anne picked up words and letters rapidly. As soon as she saw them, she could remember them. It's no surprise that Anne was a visual learner from the start.

However, during these lessons at the blackboard, Anne was much more

interested in drawing her mother, noticing the way the light touched the objects in her world and becoming fascinated by the creative process. At this time, Anne's mother, an accomplished jazz musician, was also encouraging her to learn to play the piano.

By the time Anne was 6, her mother had given up on the piano lessons and granted Anne her wish for a set of oil paints. The oil paints were a sort of triple bonus: 1) the recognition of her talent and passion at an early age, 2) the ability for Anne to pursue the painting she loved, and 3) a parental vote of confidence. Little did her parents know this would still be more than a passing fancy when it was time to think about a sensible career.

## **The College & Budding Pro Years**

Anne was encouraged to explore other interests when she came to the University of Nebraska in Lincoln. Not short on life interests, she earned two bachelor's degrees: one in political science, the other in psychology. She wove in art classes along the way.

One of her first career interests was to work for the State Department, engaging one of her other loves — travel (more about that later). Two degrees in hand, the problem was — all she really wanted to do was paint. When she explained this desire to her father, his response was, "Well, then, be the best damned painter you can be." So the Bachelor of Fine Arts degree came along in the early 1970s.

It was around this time that she had a studio near 14th and O streets. It was close to campus and a popular place for artists and intellectuals to gather. There were regular potlucks and spontaneous gatherings. Anne

had realized by this time that it was crucial to have a place that allowed her to both paint and exhibit her work. This location also provided her with a clearinghouse in which to connect with other artists and those with whom she would work in the future. She learned the first law of real estate: location, location, location. This was how networking was done before cell phones, e-mail, Facebook and Twitter.

## **Early Days in the Haymarket**

Anne's next studio was located at 720 O Street.

She had an affordable place to paint and build a body of work. The two missing pieces were an exhibit space and a home. During the early 1980s, this part of Lincoln was not commonly referred to as the Haymarket, nor was it viewed as a safe place. She experienced a fire while at this location, which provided early contact with city officials, many of whom would become supporters in years to come. It was so early in the process—a call to the Chamber of Commerce about the Haymarket area yielded a long silence. The voice on the phone came back and explained that the area was not targeted for development.

What this old, run-down part of town offered to the artist's eye was something quite different. Another



*Demolition completed, renovation is about to begin.*



# Prairie, World-Class Visionary

## A Short Fairy Tale

of Anne's myriad interests is history. In these dilapidated warehouses and abandoned businesses, she saw what remained of Lincoln's earliest history — the graceful skeletons and fine craftsmanship of a bygone era.

Anne had a few years to explore her new neighborhood. She talked to real estate professionals and building owners, who took her through nearly every building in the area. She enlisted the help of a structural engineer to evaluate the structural integrity of the buildings that interested her most. Lincoln Electric System also provided expertise to make sure modern utilities could be accommodated. An artist on a limited budget would need a sound structure, but also one that allowed as much natural light into the future gallery as possible.

Anne finally settled on her present home, studio and gallery—the Burkholder Project, at 719 P Street. It had been a carpet warehouse and all the floors and even support columns were covered with a combination of red shag carpet and old linoleum. Despite its condition, her artist's eye saw the "good bones" hidden under the years of neglect.

### **She Got by with a Little Help from her Friends**

No successful person is really an island. Recognizing that, Anne set about assembling a team of women with complementary skills to support her in this venture. They were Alice Dittman, banker; Dorothy Gettman, accountant; Deborah Khouri, financial planner; and Christy Schroff, attorney. They called themselves the Fab Five, stirring some fun into the recipe. This collaboration and years of familiarity with the art community helped Anne



*The Fab Five from left: Alice Dittman, Christy Schroff, Deborah Khouri, Anne and Dorothy Gettman.*

secure three-year leases for the entire first floor of the building before its purchase. By the time she actually purchased the building, she had commitments for the second floor spaces.

By this time, more help came from the city of Lincoln. The Harris administration brought consultants in to support the Haymarket area. Ed Zimmer worked with Anne on historic preservation.

Now it was time to take on the renovation of the building. After excusing builders who either wanted to talk to her husband or architect or just "take care of it," along came a group of contractors, who had heard of her project. They said the magic words, "Just tell us what you want and we'll make it happen." She added a new role to her resumé — general contractor.

Anne smiles as she recalls the process. Every day the workers showed up. Every day work stopped at 4 p.m. Anne met with the workers to discuss the day's work and plan the next at Ruby's Bar & Grill. (A mannequin named Ruby, followed them as the meeting room moved through the phases of construction.)

Anne said this *real face time* was absolutely invaluable to the project. While she had originally envisioned only gallery spaces, as the project unfolded, they came to realize that

the spaces could double as working studios. Anne firmly believes that in order to be successful, artists should be accessible to their patrons. As they uncovered the beautiful craftsmanship of the original building both challenges and opportunities arose.

This collaborative process yielded results that surpassed a more conventional approach. The skylights that add even more natural light and the beautiful woodwork of the original support beams are just a few of the hidden gems found along the way.

Only three months into the renovation, most of the basement space was committed. This area was not even in the original plan. The entire renovation was completed in about nine months.

### **First Success Story in New Haymarket District**

Opening Night was a smash hit.

Anne started this venture April 1, 1987. She was not only first, but eight of the original 15 artists who signed on still work at the Burkholder Project. Anne has been able to learn from others and watch many artists

*Continued on page 30.*



*Anne reviews blueprints with Mike Lang, at Lincoln Electric System at the time.*

# Aging Partners News and Events

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

When you receive Living Well magazine by e-mail, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. Some will let you e-mail questions about the provider services.



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 out the whole magazine or just the pages that interest you. Call Deb Baines at 402-441-6146 or e-mail her at [dbaines@lincoln.ne.gov](mailto:dbaines@lincoln.ne.gov) to sign up.

### Senior Health Promotion Center

For adults 60 and over.

Services include: Comprehensive foot care, ear care, blood pressure and blood glucose checks, Sahara bone density testing and health education.

The Center is open on the lower level of the Aging Partners Downtown Senior Center on most Tuesdays and Thursdays. Call 402-441-7575 for information. Contributions accepted.  
Jan. 19, 21, 26, 28  
Feb. 2, 4, 9, 11, 23, 25  
March 2, 4, 9, 11

## Aging Partners Health and Fitness Winter Happenings 2010

Call 402-441-7575 for more information or to register.  
All classes 9:30 a.m. - 11:30 a.m. at The Landing at Williamsburg Village, 3500 Faulkner Drive.  
\$5 suggested contribution

*An Ageless Attitude: Staying Engaged in Your Life*  
Jan. 21

*Befriending Your Body*  
Feb. 18 - Session One  
Feb. 25 - Session Two

*Living Your Life with Clarity, Focus, Ease and Grace*  
March 25

### Introduction to Tai Chi - Moving for Better Balance

Belmont Senior and Recreation Center  
1234 Judson  
Mondays: Jan. 25; Feb. 1, 8, 22  
9:30 a.m. - 10:30 a.m.

Lake Street Senior Center  
2400 S 11th St.  
Wednesdays: Jan. 20, 27; Feb. 3, 10  
9:30 a.m. - 10:30 a.m., \$16 fee  
Please call 402-441-7575 to register.

### Stretch and Tone

North Gate Garden Estates  
2425 Folkways Blvd.  
Tuesdays and Thursdays  
9:30 a.m. - 10:15 a.m.  
\$28 per eight-week session  
Session One: Jan. 5 - Feb. 26;  
Session Two: March 2 - April 22

## Aging Partners Health and Fitness Club

New Location - 233 S. 10th Street  
Open weekdays  
8 a.m. - 4 p.m.  
Certified personal trainers available at no cost on Tuesdays and Thursdays, or call for an appointment.  
Suggested contributions  
\$10 per month for 60+  
\$15 per month for under age 60

### Senior Fitness Test

This is a fun and easy way to find out your strengths and areas you need to work on.  
Monday, Jan. 11  
9 a.m. - 3 p.m.  
Call 402-441-7575 to register  
Free

### "Fitting Fitness In" 2010 Eight-Week Challenge

Jan. 25 - March 21  
\$2 registration fee

### Living a Healthy Life With Chronic Conditions

Burke Plaza  
6721 "L" Street, Lincoln  
Wednesdays: Feb. 3, 10, 24;  
March 3, 10, 17  
1:30 p.m. - 3:30 p.m.

Crete — Saline County Eldercare Office in Tabitha Nursing Center  
Wednesdays: March 24, 31 and April 7, 14, 21, 28  
9:30 a.m. - 11:30 a.m.  
There is a \$10 registration fee. Scholarships are available.  
Contact Kim Buser, Saline Eldercare (Wilber office) 402-821-3330 or 800-778-3309





## Educational

### Joy of Painting -

#### Bob Ross Style Painting Classes

Ever wanted to try oil painting?

Now's your chance to start!

Paint along with certified Bob Ross instructor Donald R. Belik, in this one-day painting class for painters of all abilities, especially beginners! Students are sure to enjoy this fun and informal class that comes with sure-fire results. All materials and supplies needed to complete the day's project are provided by the instructor.

Classes are on Saturdays from 9 a.m. to 3:30 p.m. Call 402- 441-7158 for reservations.

Jan. 16: "Evening Tide" at Northeast Senior Center

Jan. 30: "Lighthouse" at Lake Street Senior Center

Feb. 20: "Forest Edge" at Downtown Senior Center

March 13: "Lighthouse" at Northeast Senior Center

March 27: "Evening Tide" at Lake Street Senior Center

## Leisure Events

The Rural centers will be going to "The Best of Branson" Jan. 10 at 5 p.m. at St. Mark's United Methodist Church in Lincoln.

### "Wintertime Blues"

#### Holiday Entertainment

Downtown Senior Center

1005 O Street

Thursday, Jan. 14

Unwind after the holidays and enjoy cookies served with hot spiced cider, tea or coffee, and musical stylings of Tim Javorsky & Sarabande Jazz. The fun starts at 10 a.m. and the entertainment at 10:30 a.m. Why not stay for lunch afterward? Call 402-441-7154 for meal reservations.

#### Valentine's Rebound On The Town With Joe Taylor

##### "Mr. Memories"

Downtown Senior Center

1005 O Street

Wednesday, Feb. 17

5:30 p.m., entertainment at 6:30 p.m.

60+ \$7, Under 60, \$8

So you overlooked Valentine's Day? It's not too late to catch up! Join us for an evening of great food and entertainment at the Downtown Center. Joe Taylor will provide the musical memories. Call 402-441-7154 for reservations.

#### St. Patrick's Day Event

##### Featuring: Chris Sayre

Wednesday, March 17

Join us at both the Downtown and Northeast Senior centers for special St. Pat's refreshments and a musical program that will bring out the Irish in all of us! No Blarney! The fun begins at 10:30 a.m. at the Downtown Center and noon at the Northeast Center. For more information or for lunch reservations (by March 15) call: Downtown at 402-441-7154 and Northeast at 402- 441-7151.

## Senior Centers

- Events at the Northeast Senior Center  
6310 Platte Ave., Lincoln

#### Valentine's Day Celebration

Friday, Feb. 12

Join us for a luncheon salute to romance with the talented group "Broad Appeal."

Show starts at 10 a.m. Lunch reservations must be made by Tuesday, Feb. 9, by calling 402-441-7151.

#### St. Patrick's Day

Wednesday, March 17

A tip of the hat and a wink o' the eye to the Irish in all of us.

Early entertainment starts at 10 a.m. Chris Sayre and an Irish musical tribute starts at noon. Make lunch reservations by Monday, March 15 by calling 402-441-7151.

#### Spring Fling "Indoor" cookout lunch!

Join us for a celebration of the start of spring! Lunch will be an "indoor" cookout at 11:30 a.m. Special entertainment by Gary Hatten. Lunch reservations must be made by Thursday, March 18 by calling 402-441-7151.

*Continued on Page 10*

# Aging Partners News and Events

Continued from Page 9

## Senior Centers Continued . . .

### April Fool's Follies

Thursday, April 1

Dinner at 5:30 p.m.

Show at 6:30 p.m.

The joke's on everyone at this fantastically fun presentation of the Bijou Dinner Theatre. Music and merry mayhem are on the menu along with a delicious dinner.

Cost for the evening is \$8 (*yes*-\$8) for persons over 60 and \$10 for persons under 60. Transportation is available. Reservations must be made by calling 402-441-7151 before Monday, March 29.

### Women's History Month Events:

#### "Sharpie: Born To Fly" with Diane Bartels

Tuesday, March 16, 7 p.m.

NETV Community & Events Room  
1800 N. 33rd St.

Young Evelyn Sharp grew up on the eastern edge of the Nebraska Sandhills, where she learned the values of perseverance and commitment, and developed the sense of adventure, which clearly defined her character. She wanted to fly! At the age of 20 she was one of only 10 women flight instructors in the United States. When the War Department organized the Women Auxiliary Ferrying Squadron, later added to WASP, Women Airforce Service Pilots, in 1942, Sharp qualified as its 17th member. In April 1944, during the delivery of the Lockheed P-38 to Newark, N.J., Sharp's plane lost power on takeoff. Join us for a screening of this fascinating documentary and meet the film's principal consultant, educator and author, Diane Bartels.

### "Music of Our Mothers"

Sylvia Griffith "Singer Songwriter With Guitar"

This musical program featuring songs by, for, and about the women in our lives, was such a hit last year that we're bringing it back. This time at four different senior centers! Celebrate Women's History Month!

Lake Street, Wednesday, March 10,  
10:30 a.m.

Northeast, Friday, March 12, 10 a.m.  
Downtown, Thursday, March 25,  
10:30 a.m.

Waverly, Friday, March 26, 12:15 p.m.

### "For Love or Money"

Dinner Theater Performance  
Thursday, March 11

Dinner at 5:30 p.m.


Show at 6:30 p.m.

Cotner Center Condominiums  
1540 N. Cotner Blvd.  
60+ \$7 - Under 60 \$8

The Angels Company Theatre Group presents a staged reading of "For Love or Money," a collection of monologues and short scenes focusing on the not quite so exclusive topics of Romance and Finance, presented by an all female cast of talented local actresses. Enjoy a delicious meal and terrific show directed by Judith K. Hart. Call 402-441-7158 for reservations by Tuesday, March 9.

**For the Latest Women's History  
Month Events update call:  
402-441-7158**

### Dinner And a Show Series

begins again in April. Watch for details in your next issue of Living Well or call 402-441-7158 for early details after Feb. 15. 

[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)

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

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

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

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

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

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





**Step 1**

*Place unwanted medication in a plastic bag and crush it or add water.*



**Step 2**

*Mix in coffee grounds, cat litter or sawdust.*



**Step 3**

*Place in the trash. **Do not** flush or pour down a drain.*

## Importance of properly disposing of medications

Several Nebraska organizations are joining forces to educate the public about the danger one common household item can have upon not only people and pets, but also our groundwater.

In response to concerns of pharmaceutical wastes and the potential impact to aquatic environments, the Nebraska MEDS (Medication Education for Disposal Strategies) Program was created.

### Education is Key

The program, which focuses on educating consumers about the proper disposal of unwanted and/or expired medications, provides educational materials to pharmacies, libraries and other strategic partners for distribution to consumers in Nebraska.

"Education goes a long way," said Dan King, environmental health specialist with the Lincoln-Lancaster County Health Department. "Until we see that perfect world where there are laws and best practices that are easily followed by everybody, we all need to take responsibility."

The MEDS program recently launched in Lincoln and Lancaster County, with plans to take the program statewide in 2010.

The program educates residents of the hazards of flushing medications down the toilet or pouring them down the sink. Municipal waste water treatment plants are ill-equipped to effectively remove medication from treated water, leading to contamination in groundwater.

A 2002 United States Geological Survey study found very low concentrations of medications in 80 percent of 139 waterways across the country.

Unused or expired prescription medications also can create a hazard in the home if they are not disposed of correctly. These unwanted medications can make a person's home the target of a burglary or theft by drug abusers; they could also be accidentally ingested by children or pets.


### How to Properly Dispose of Medications

To protect our environment, home and loved ones, it's important unused medications are disposed of properly.

Nebraska MEDS recommends that any unused medication be placed in a sealable container, crushed or dissolved in water, mixed with a substance such as coffee grounds, cat litter or sawdust, and placed in the trash.

Landfills in Nebraska are regularly inspected by the NDEQ and are designed to prevent leaching of contents into surrounding soil or groundwater.

By arming people with the information they need to make the world a healthier and cleaner place, MEDS brings us one step closer to King's vision of a better world.

"I would see a world where you have a good amount of product stewardship of any kind of product," he said. "Whether it's a computer or a pill, it would be managed from the cradle to the grave." 

## 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: L = Lancaster only**

## MISSION

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

## LIVING WELL MAGAZINE

402-441-6156

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

## LIVE AND LEARN

A monthly TV show for and about older adults on 5-CITY TV, Channel 5 and video-on-demand on [lincoln.ne.gov](http://lincoln.ne.gov) website.

## INFORMATION AND REFERRAL

Provides help for individual older adults and their caregivers to resolve questions and concerns occurring with aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services for individuals and their families in the Aging Partners service area. Call 402-441-7070 or 800-247-0938

## SENIORS FOUNDATION

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

402-441-6179 or

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

## 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 five in Lancaster County. L 402-441-7158

## ACTIVITIES & CLASSES

- **Health** - Physical activity and exercise classes to improve health and fitness. L 402-441-7575

## CAREGIVER SUPPORT

402-441-7070 or 800-247-0938

- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Homebound older adults receive companionship. L 402-441-7070
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575
- **Fit to Care** - Tips from a registered nurse, dietician and certified personal trainer to help decrease the effects of chronic tension often associated with caregiving. Free.

## LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

## EMPLOYMENT

402-441-7064 or 800-247-0938

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

## FINANCIAL

402-441-7070 or 800-247-0938

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





## HEALTH & FITNESS

402-441-7575

- **Aging Partners Health Club**  
Fitness equipment and consultations with certified personal trainers.
- **Senior Health Promotion Center**  
The University of Nebraska-Medical Center and Aging Partners provide health screenings. L 402-441-6687
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938
- **Widowed Person Service** - Support for people who are widowed. L 402-441-7026
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5-CITY TV, Channel 5. L

## HOUSING & HOME REPAIRS

- **Home Handyman Service**  
Minor home repairs and maintenance from mowing to leaky faucets, painting and broken light fixtures. L 402-441-7030
- **Assisted Living and Nursing Facilities** - Listings are available at 402-441-7070 or 800-247-0938 or at [aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)

## 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

## TRANSPORTATION

- **Transportation to the Senior Centers**  
L 402-441-7158
- **Lancaster County Rural Transit**  
Fixed schedule transportation from rural Lancaster communities into Lincoln. L 402-441-7031
- **Other options in the community**  
Listings available at 402-441-7070

## VOLUNTEER!

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

## MULTI-COUNTY PROGRAMS

- Butler County Senior Services  
402-367-6131
- Fillmore County Senior Services  
402-759-4922
- Polk County Senior Services  
402-764-8227
- Saline Eldercare 402-821-3330
- Saunders County Senior Services  
402-443-4896
- Seward County Aging Services  
402-761-3593
- York County Aging Services  
402-362-7626

## CONTACT US

**All Counties: 800-247-0938**

- Butler County: Becky Romshek  
402-367-4537
- Fillmore County: Brenda Motis and Rhonda Stokebrand, 402-759-4922
- Polk County: Amy Theis  
402-747-5731
- Saline County: Trudy Kubicek  
402-826-2463
- Saunders County: Mary Dailey  
402-443-1097
- Seward County: 800-247-0938
- York County: Lori Byers and Nancy Hoblyn, 402-362-7626
- Aging Program Coordinator, Donna Mulder
- Senior Care Options and Waiver intake, Sue Kramer
- Rural Waiver Services Coordinators, Avis Blase and Nancy Kohler
- Rural Services Coordinator, Wendy Hanshaw
- Senior Care Options, Sandy Oswald, JoAnn Currie and Shirley Vickinovac  
800-247-0938

## WANT TO RECEIVE LIVING WELL VIA E-MAIL?

If you would like to receive *Living Well* by e-mail instead of in the mail, please call Deb Baines of Aging Partners at 402-441-6146 or e-mail [dbaines@lincoln.ne.gov](mailto:dbaines@lincoln.ne.gov)

[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)

## Don't miss opportunity

**E**ven if people don't think they can take full advantage of the Homestead Tax Exemption for property tax relief, it is important to look into the program details as partial relief may be an option.

A Homestead Tax Exemption provides tax relief to homeowners age 65 or older who meet program income guidelines or of substantially disabled.


"For many low- to moderate-income people, it could be the deciding factor whether they leave their home or can remain in their home," said Houston Doan, Aging Partners Insurance and Financial Counselor.

### Deadlines

Each year, applications must be submitted between Feb. 1 and June 30. Late applications result in a lost exemption for that year. After an application is submitted, county assessors review claims and assign home value. The state compares these values with applicants' tax returns.

People have to work through the formula to make sure they qualify by contacting their county assessor or Doan at Aging Partners, 402-441-6129.

Aging Partners will offer a clinic at a date to be determined during March. Inserts will be placed in Lincoln water bills in coming months highlighting more details about the clinic.

More information about the program also is available at [www.revenue.ne.gov/homestead.htm](http://www.revenue.ne.gov/homestead.htm) 



## Residents' Rights Week

**R**esidents' Rights Week, the first full week in October, is designated each year to highlight residents living in long-term care settings. This serves as an important time to pay tribute to residents, as well as support ombudsmen, citizen advocates, family members and staff who promote and support residents' rights. Setting aside a week to focus on this issue is an effective way to make sure that this important topic is remembered by our communities and state.

People around the country reflected on the importance of the Nursing Home Reform Law of 1987 that promises quality of life care for nursing home residents. This year's theme was "Hear Our Voice—Residents of Long-Term Care Facilities Speak Out on Residents' Rights." This reminds us that residents have a voice and should be included in decision-making in nursing homes.


Nebraska Gov. Dave Heineman signed a Proclamation for Residents' Rights Week Oct. 8 at the State Capitol. Nursing home representatives in Aging Partner's eight-county service area all were invited.

"The residents really enjoy this celebration," said Tami Barrett, local ombudsman who has coordinated the event the past five years. "Many make a day of it by going out to

lunch afterwards. We need to honor and appreciate these special people. They have made our country what it is today."

Nearly 50 people were in attendance for the private signing.

"During this event I also take the opportunity to educate the public about the Long-Term Care Ombudsman Program," Barrett said. "We provide advocacy to residents in both nursing homes and assisted living communities. Facilities welcome our program into their facilities. We often can resolve issues within the facility and work to strengthen relationships by improving communication between all."

For more information about the Long-Term Care Ombudsman Program or if interested in becoming a volunteer advocate, call 402-441-7070. 



*Nebraska Gov. Dave Heineman, center, presents a signed proclamation from a Residents' Rights Week ceremony Oct. 8 at the State Capitol to Patty Pierson, Nebraska's state ombudsman, left, and Tami Barrett, Aging Partners local ombudsman.*

# Make sure you're counted

**W**hen a stranger comes to your door, asking for personal information, "No" might be the answer you have ready before the person can explain why they want your information. This answer can be a personally damaging one when the Census 2010 canvassers knock on your door.

## Why Census Matters

The United States Census began as a way to ensure accurate allotment of seats for each state in the House of Representatives, as the number of seats is determined by a state's total population. Government entities also look to the Census for allocating funds.

Though it may seem like your age is none of their business, it's that short question that the Department of Health and Human Services uses to deliver benefits to separate areas for children, minorities and older adults.

The Department of Justice uses race data for enforcing nondiscrimination in employment.

When asked if of Hispanic origin, the information is used to allot funds to school districts for needed bilingual services.

The U.S. Department of Agriculture uses household relationship data to determine which areas need multi-family loan assistance, and to determine spending under the Head Start Act, which promotes school readiness for low-income children.


When the canvasser asks if you own or rent your home, the data is passed to Health and Human Services, which uses the data to determine housing assistance for low-income families, including low-income

housing units for older adults.

If this data is not collected because of refusal of all or portions of the survey, it could negatively effect where beneficial funds will be allocated. Apart from the federal government, the data is used for planning decisions among state and local governments, and faith and community-based organizations, as well as other non-profits.

For 10 questions and 10 minutes, the amount of benefit an accurate Census creates for you and your family is innumerable.

## Census Day

Census Day is April 1, 2010. You will receive a delivered or mailed Census questionnaire in March 2010. Due to the importance of this Census, households that do not complete the mailed questionnaire will be visited by a Census worker who can assist in filling out the form as needed. 



*Filling out Census material can help ensure appropriate funding is given to entities that serve older adults. Photo: U.S. Census Bureau, Public Information Office*

**For 10 questions and 10 minutes, the amount of benefit an accurate Census creates for you and your family is innumerable.**



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# Moving around Medicare Coverage

**U**nderstanding exactly what Medicare will cover when it comes to mobility assistive equipment can be complicated. Asking lots of questions to your accredited durable medical equipment supplier, people at Medicare or Aging Partners before making any purchase may be the best advice.

## Doctor's Orders

For Medicare to cover any wheelchair or scooter, a doctor must state in a letter of medical necessity that the individual needs the equipment because of a medical condition. Medicare will pay 80 percent of the Medicare-approved amount, after the person has met the Part B deductible. The individual then pays 20 percent of the Medicare-approved amount.

Mobility assistive equipment that could be covered if needed in the person's home includes canes, crutches, walkers, manual wheelchairs, power wheelchairs and scooters.

Before getting any power wheelchair or scooter, a person must meet with a doctor who can explain to Medicare in the form of an order why the person needs the device and that the person can safely operate the device.


## Diminishing Ability Deciding Factor

Medicare recipients should understand there is a certain sequence in which they can obtain these mobility devices based on diminishing ability. That is to say, a person can get a walker because they can still walk before getting a wheel chair. They may not be able to get a scooter before a manual wheelchair, walker or cane unless it is determined they cannot use one of those devices.

Looking for multiple mobility devices at one time, however, can lead to restrictions in payments by Medicare.

Another device that leads to confusion for people is lift chairs. Medicare will only cover the cost of the lift chair mechanism.

## Know What You Are Signing

It is important for people looking for any mobility device to not sign any promissory note of payment at the durable medical equipment supplier unless they fully understand that they may be responsible for payment of the device if Medicare does not cover the cost. For more information, call Aging Partners at 402-441-7070 and ask to talk with Tami Barrett or Houston Doan. Also go to [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (633-4227). 

# Durable Medical Equipment Change

**S**uppliers of durable medical equipment, prosthetics, orthotics and supplies have new standards in order to be paid by Medicare.

## Ask Questions

Asking the appropriate questions can help protect older adults on Medicare from having to pay unnecessary amounts.

When getting durable medical equipment, prosthetics, orthotics and supplies, the person needs to ask the supplier if they are accredited.

The new requirements are that suppliers be accredited and have a surety bond, which assures that individuals continue to get high-quality products and services and help to prevent fraud in the Medicare program. If a supplier does not meet these new requirements, individuals will have to look for another Medicare-approved supplier in order for Medicare to pay for their equipment and supplies.

Some companies may notify individuals about the requirements and whether they qualify, but people should not rely on this. Ask the appropriate questions.

## Who is Affected?

These requirements affect the following types of suppliers: durable medical equipment such as oxygen equipment and power wheelchairs; medical supplies such as diabetic supplies, home dialysis supplies and equipment; therapeutic shoes; parenteral/enteral nutrition; transfusion medicine; prosthetic devices; and orthotics.

If a person has to change suppliers, arrangements by the current supplier will be made to remove any equipment from that person's home after replacement equipment has been supplied by a new supplier.

If a person has oxygen equipment and the supplier tells them they are removing the equipment, call 1-800-MEDICARE (633-4227). A customer service representative will help find a new supplier. By visiting [www.medicare.gov](http://www.medicare.gov), a person can find a new Medicare supplier if needed by selecting the "Find Suppliers of Medical Equipment in Your Area" link. 





of Lincoln & Lancaster County

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

# Epoch Voice

A Newsletter published by the Seniors Foundation of Lincoln & Lancaster County

WINTER 2010

## *Letter from the Executive Director*

In 1981 advocates for older adults in Lincoln, Nebraska recognized the need for private dollars in support of services for older adults in the area. This group founded the organization now called the Seniors Foundation for just that purpose.

The Foundation's founding purpose was to provide financial support for senior centers. To this end, the Foundation was the driving force in the development of the Northeast Senior Center, the Lincoln Downtown Senior Center and the purchase of the Clayton House Hotel for conversion to a 58 unit low-income housing facility for the elderly.

In the most immediate past, the Seniors Foundation has directed its efforts to supporting three community focus projects: Health, Social Transportation and Education. In 2007, the Foundation piloted the Lincoln Seniors Transportation Program, a social transportation program using volunteer drivers to provide non-medical transportation to older adults in the City of Lincoln.

In the past year, the Seniors Foundation has once again become the driving force in addressing the continued local funding cuts for Aging Partners. This shrinkage directly affects the ability of older adults to receive

services in Aging Partners' eight-county service area.

The Seniors Foundation board has come together in several planning workshops to develop a three year plan of prioritized tasks with measurable goals. They have reviewed the board's level of engagement, developed new committees and have formalized a revenue development plan.

Starting in 2010, the community will begin to see the budding results of the Seniors Foundation's efforts. We have worked hard this past year to lay the foundations of leadership to support programming for older adults of the area. This has been a satisfying year for the Foundation and we are excited to showcase our work to the community.

*Diane Rolfsmeyer,  
Executive Director,  
Seniors Foundation*



## Aging Population Growing

For the first time in recorded history, people age 65-plus will soon outnumber children under age five worldwide. A joint report from various federal agencies who studied aging trends revealed that increasing numbers of older adults are surviving to more advanced ages than ever before.

There is little doubt that the next generation will need aging services. Polls of those born between 1946 and 1964 show that this age group has a desire for more choice in all of their needs and interests. That population is also more technologically savvy than their parents. The consumer interests of this

age group will shape service delivery for all industries, including those provided by Aging Partners.

This information tells us that there will be a significant impact not only on tax dollars to handle the demands of an aging population, but funding from the private sector will be in more demand than ever.

### POPULATION OF CITIZENS 65-PLUS

Area	Census Year 2000	Census Projection 2015	Census Projection 2030
Lincoln	23,500	31,400	53,600
Rural areas	17,200	19,900	29,100



*Seniors Foundation's mission is to enrich the lives of those who are aging in Lincoln and Lancaster County by supporting the programs and services of Aging Partners.*

## Data management is the key to efficiency

Some may wonder what data has to do with seniors. After all, meals, fitness programs, personal advocacy and counseling, socialization and leisure activities for those over 60 rarely involve much in the way of technology.

As good stewards of the dollars given—whether public or private—Aging Partners must be accountable for the highest possible efficiency and productivity. The agency is currently working with data consultants to develop productivity measures that will effectively promote the agency's consumer-focused service delivery.

Managers will have access to new tools that will allow the agency to be day-current on much of its data collection. Access to on-demand production of reports on services, as well as demographic information on each service recipient will come at the

stroke of a keyboard command. All this data will enhance staff efficiency and effective placement of services. But best of all, individual service usage reports will allow for review of issues such as frailty and emerging needs of an individual—giving Aging Partners a proactive edge to assess consumer needs.

Seniors in the near future may use consumer ID cards, scanners and touch screen data collection devices. Those tools will not be anything new to a population who embraced debit cards, checked themselves onto airline flights and shared their experiences through a Facebook page.

While Aging Partners doesn't expect to be issuing Dick Tracy wristwatches to seniors, the world of advanced technology is sure to impact every person served.

*Aging Partners must be accountable for the highest possible efficiency and productivity.*



## Foundation has history of successful projects

The Seniors Foundation was formed in 1981. Since then, the Foundation has to its credit an impressive legacy of successful projects made possible by the generosity of donors and other funding sources. Included are the Northeast Senior Center, the Lincoln Downtown Senior Center and the purchase of the old Clayton House Hotel that was converted to low-income housing for the elderly in downtown Lincoln.

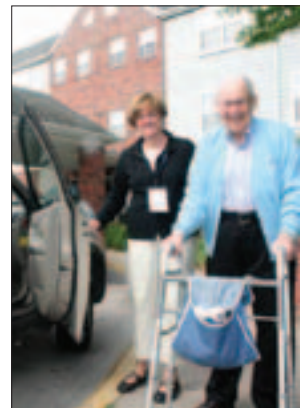
Over the years, the Foundation's purpose has broadened to encompass all forms of quality of life enhancements for seniors in our community. Since the last building campaign in 1994, the Foundation has raised funds to purchase seven transportation vans, community-use computers and exercise equipment—among other projects.

**"Foundation—  
A nongovernmental,  
non-profit organization,  
with assets  
provided by donors  
and managed by its  
own officials and  
with income expended  
for socially useful  
purposes."**

**The Encyclopedia  
Britannica**

The overriding focus of the Seniors Foundation is to assist older adults to remain in their homes as long as possible. When that happens, seniors purchase goods and services in the community and thereby add to sales tax revenues. They remain in their neighborhoods which stabilizes property tax revenue. Lastly, staying at home produces a higher quality of life and reduces both state and federal Medicaid costs of nursing home care.

It may be an over-used phrase, but by every measure supporting seniors is a "win-win" situation. And, we're not done yet. There are exciting developments on the horizon! We'll have more details when information becomes available.

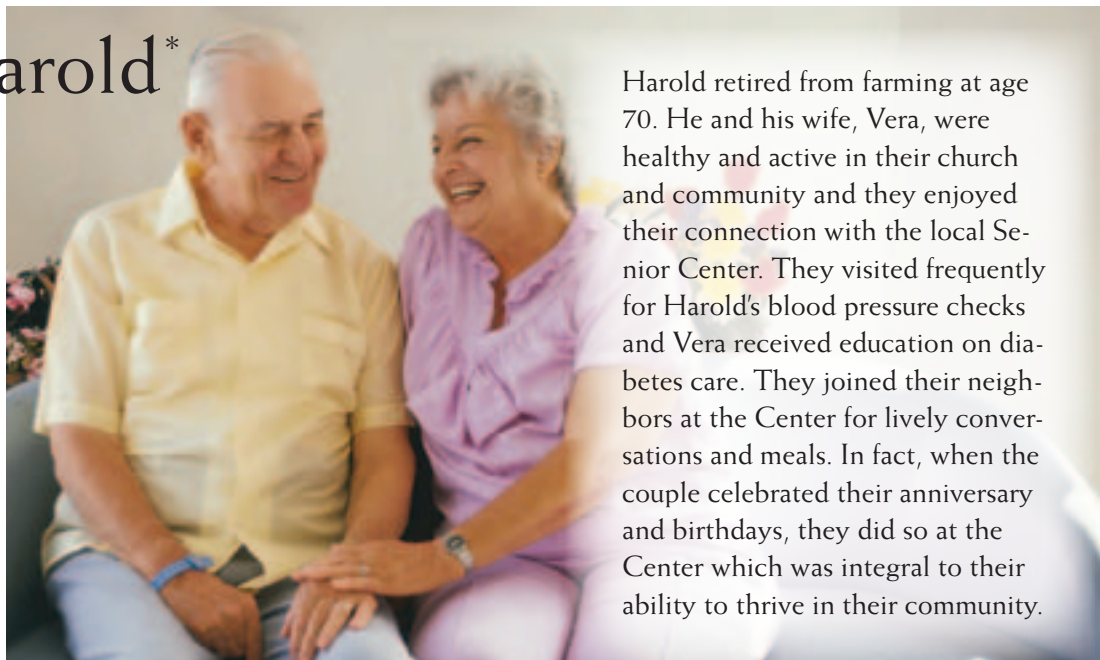


*Volunteer helps rider  
in Lincoln Seniors  
Transportation  
Program.*

## Meet Harold\*

*Next installment:  
The next step  
for Harold.*

\* Harold is a fictional name.  
His story is drawn from the  
real-life experiences of  
individuals served by  
Aging Partners.



Harold retired from farming at age 70. He and his wife, Vera, were healthy and active in their church and community and they enjoyed their connection with the local Senior Center. They visited frequently for Harold's blood pressure checks and Vera received education on diabetes care. They joined their neighbors at the Center for lively conversations and meals. In fact, when the couple celebrated their anniversary and birthdays, they did so at the Center which was integral to their ability to thrive in their community.

## Letter from the President

The Seniors Foundation is thrilled to announce our new on-line greeting card store! It will be as easy as "one-two-three" to send your caring message in a delightful card, through the mail, to be enjoyed by the recipient for days to come. All you have to do is choose that perfect card, give your salutations and leave the rest to us!

Right now we're busy designing a variety of greeting cards for you to choose from for all occasions. Everything from "Happy Birthday!" and "It's Great to Have a Friend Like You!" to "Thanks for All You Do."

Among the many card designs are vintage photos of around Lincoln to choose from. We'll even have greetings for no occasion at

all... just to show you care: "Thinking of You and the Good Old Days."

This gift just keeps on giving! Not only will you bring joy to the heart of the recipient with a lovely card and knowing that a gift has been given in their name to the Seniors Foundation, you will also bring joy to the hearts of the Seniors right here in Lincoln and Lancaster County who will benefit from your gift. Not to mention, you'll have joy also for knowing you have given a wise and caring gift.

Why not let us help you with our "Signed, Sealed & Delivered" greetings? You will have joy knowing that you will have sent the perfect caring card—right from your heart & home to theirs.



Mary Jane Nielsen,  
Seniors Foundation  
Board President

### Coming Soon...



## Signed, Sealed and Delivered!

Don't you just love it when you find the perfect greeting card, buy your stamp, get the card off into the mail, and know that the recipient will be overjoyed when they open it?

Wouldn't it be great if you could do that from the comfort of your home? And to make it even better, wouldn't it be great if you could give a gift to that person who "has everything they need?"

Well, soon you can do that and more at the new, improved Seniors Foundation website now under construction. Stay tuned to [seniorsfoundation.org](http://seniorsfoundation.org) for details.



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Lincoln, Nebraska 68501-1904

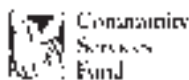
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*Seniors,  
the foundation  
of our community*



The Seniors Foundation is a proud member of Community Services Fund, a federation of nonprofit agencies improving the quality of life throughout Nebraska by preserving resources, expanding knowledge, encouraging creativity, and protecting rights. Learn more at [www.CommunityServicesFund.org](http://www.CommunityServicesFund.org)

# SENIOR BENEFIT STRATEGIES

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# Living Trust Planning Pitfalls

By Jeff Isaac

## 'Trust the Living Trust'—Legal Expert's Tips for Navigating a Litany of Living Trust Hazards

**T**here's no doubt about it...establishing a living trust can be vexing at best and downright disastrous at worst for the unenlightened who go about it in all the wrong ways. Indeed, instituting a living trust can be complicated, uncomfortable, time consuming and expensive, which is why far too many people steer clear of this extremely viable estate and retirement planning vehicle.

"Most people don't like to think about their own mortality, but a living trust should be considered by all for the myriad of benefits it provides, including saving the expense and delay of probate, reducing estate taxes, affording more privacy than with a will, and allowing asset management transferability should you become incapacitated," notes expert attorney Jeff Isaac, creator of the "Everything You Need to Know About Living Trusts." "However, while relatively simple and straightforward in intent, living trust planning is rife with pitfalls that, with just a bit of insight, can be easily avoided."

With this in mind, Isaac offers this advice on establishing a living trust without falling into common, but avoidable, traps:

### 1. Fully fund the trust.

You should ensure all of your current and future assets, including banking accounts, real estate interests and investment vehicles, are inducted into the trust to ensure they are not subject to probate. Funds tied up in probate can take years to ultimately distribute to the rightful heirs.

### 2. Ensure document integrity.

Powers of Attorney, Living Wills, Healthcare directives and other such documents should be reviewed and, if necessary, updated every three years.

### 3. Stay current.

Do your best to keep up with changes in probate law that may positively or negatively affect your estate.

### 4. Consider new family members.

If, after establishing a Living Trust, you have more children or grandchildren, or want to take care of an in-law, you should ensure they are provided for in the documents. If not included in specific terms, they may not receive anything from your estate even though it would be your wish.

### 5. Strategize beneficiary disbursement schedule.

Who do you want to receive your money or your special gifts, and on what schedule? All at once, in which case all could be squandered? Every five years starting at a specific age? Don't forget that you can also nominate anyone—non-relatives or even charities—to receive your assets.

### 6. Consider Trustees carefully.

Choosing the right trustee to manage your estate once you're gone is critical, and should be assigned judiciously. And, if you have multiple children, consider a joint trustee situation carefully as if the trustees do not agree, a judge will decide on the matter.

### 7. Joint tenancy is a myth.

Does joint tenancy really avoid probate? The short answer is "no." Joint tenancy is "the big hoax," so beware if your attorney is trying to steer you in this direction.


### 8. Trust scams abound.

Many people—some attorneys, some not—claim to provide quality trust services. Do your homework, check references and, if possible, use a Living Trust specialist rather than a legal generalist.

### 9. Living Trusts are NOT investments.

Beware Trust preparers who sell annuities which, more than likely, is the preparer's primary goal as he/she will derive income from sales of these vehicles. If the preparer truly has your interest at heart, they will not try to sell you anything, but rather will ensure all of your current assets are appropriately accounted for and protected.

### 10. One size does not fit all.

The old adage remains true, particularly in the realm of Living Trusts – "you get what you pay for." Those offering Living Trust services at rates well below the industry average are more than likely using "boilerplate," templated documentation that is not customized to your situation. Such circumstances offer little protection, keeping your estate at risk of probate. 

*Jeff Isaac, Esq. - AKA "The Lawyer in Blue Jeans" - is a veteran attorney and author of "The Wacky World of Laws," which is available through online booksellers. Jeff may be reached through his website [www.LawyerInBlueJeans.com](http://www.LawyerInBlueJeans.com).*

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This feature in “Living Well” magazine replaces the Caregiver Newsletter previously mailed separately. Editor Valerie Crook and Donna Washburn have collaborated to bring you more resources and “news you can use” than ever.

## Third of U.S. Adult Population in Caregiver Role

Source: AARP

Caregiving is still mostly a woman’s job and many women are putting their career and financial futures on hold as they juggle part-time caregiving and full-time job requirements.

This is the reality reported in Caregiving in the U.S. 2009, the most comprehensive examination to date of caregiving in America. The sweeping study of the legions of people caring for adults, the elderly and children with special needs reveals that 29 percent of the U.S. adult population, or 65.7 million people, are caregivers, including 31 percent of all households. These caregivers provide an average of 20 hours of care per week.

Caregiving in the U.S., is the result of interviews with 1,480 caregivers chosen at random. The study was designed to replicate similar studies conducted in 2004 and 1997 and includes, for the first time, a sampling of those caring for children as well as those caring for adults age 18 or older.

Among the findings: American caregivers are predominantly female (66%) and are an average of 48 years old. Most care for a relative (86%), most often a parent (36%). Seven in 10 caregivers care for someone over age 50. One in seven caregivers provides care, over and above regular parenting, to a child with special needs (14%). Caregiving lasts an average of 4.6 years.

The study also revealed that both caregivers of adults and their care recipients are now older than their counterparts were five years ago. Among caregivers of adults (ages 18 or older), the average age of the caregiver rose from 46 to 49. The change can be attributed to a decline among younger caregivers (those under age 50) and a shift upward among caregivers age 50 to 64. Among caregivers of adults, the average

care recipient’s age increased from 67 to 69, mainly because of an increase in the percentage age 75 or older (from 43% to 51%).

The main reasons people need care are old age (12 percent), Alzheimer’s disease (10 percent), mental/emotional illness (7 percent), cancer (7 percent), heart disease (5 percent) and stroke (5 percent).

Caregivers are also receiving more help than they were five years ago, which is encouraging news, since 17% of caregivers, report that caregiving has had a negative impact on their health.

Since 2004, there has been a sharp increase in the share of caregivers of adults who say they are getting help from other unpaid caregivers—up nine percentage points among those not caring for an adult in a nursing home. However, during the same time period, there has been a six percentage point decrease in those who report that their recipient uses paid help, a decrease that

could potentially be linked to the recent recession.

“More and more people who are 65-plus are providing care to both children and adults,” said Gail Hunt, president and CEO of the National Alliance for Caregiving. “The shift to an older population of caregivers points to a real need for assistance for these individuals from family, friends, employers and social service programs. With more support for caregiving, older and disabled people would be able to do what is so important to them, to remain in their own homes with those they love.”

*Continued on page 27.*

### Profile of Caregivers:

Total=1,480

#### Household Income:

Less than \$30,000: 22%  
\$30,000 to \$50,000: 18  
\$50,000 to \$99,999: 32  
\$100,000 or more: 19  
Did Not Specify: 9

#### Current Employment Status:

Working: 57%  
Retired: 15  
Homemaker: 10  
Unemployed and seeking work: 7  
Disabled, Student, Other: 10

#### Race/Ethnicity of Caregiver:

White: 72%  
Black/African American: 13  
Hispanic: 12  
Asian: 2  
Other: 2





# The Astonishing Power of Appreciation

**T**he astonishing power of appreciation is a tool everyone needs. We can choose to feel better about life. It is possible to turn our negative feelings around by simply focusing on the positives in any situation.

For family caregivers, those positive thoughts can be recognizing the value of what they are doing every day for the welfare of someone else. When we choose not to focus on what is missing from our lives, but are grateful and appreciative for the abundance that is present—we experience heaven on earth. Check out the book *Focus on the Good Stuff: The Power of Appreciation* by Mike Robbins.

The power of appreciation is like electricity. When family caregivers appreciate themselves for the goodness they are showing someone else, the load of their responsibility can be lightened. Just by focusing on the positives of what you are able to do, you can begin to feel differently about your role. Ask anyone that lives close by a railroad track. After a while they no longer hear the train. They have trained their mind to ignore the sound. Caregivers can train their minds by thinking less about the negatives and more on the positives.

Respite time, and time away from responsibilities to rejuvenate, is essential to keeping caregivers healthy. It is not selfish to take time off. Taking care of the caregiver is something that is done for the care receiver to make sure that the caregiver can continue in their role with more physical and mental energy.

Family caregivers can appreciate themselves with a clear mind for all the unpaid help they provide. Free services provided by family caregivers totaled \$306 billion nationwide last year. The role of a family caregiver is recognized as one of great value.

## Nebraska Cares

It isn't always possible for our loved ones to express their appreciation, but the state of Nebraska and the federal government both appreciate family caregivers by setting aside dollars annually for respite and support. For 10 years the governor of the state has signed five proclamations in honor of state caregivers and services that assist them. Governor Heineman continued that tradition Nov. 16 by honoring Nebraska family caregivers. He signed five proclamations, and declared November as Nebraska Family Caregiver Month and Respite Awareness Month. Without family caregivers, many older adults and disabled persons would be in long-term care facilities.

The Nebraska legislature sets aside more than \$1 million each year to help pay for respite services to give caregivers a break. The Federal Older Americans Act also allocates money to each Area Agency on Aging across the nation specifically for family caregivers' respite. To find out more about that funding contact Aging Partners at 441-7070 or 800-247-0938.


## Buddy Plan Needed

Every caregiver needs an appreciation buddy—someone who helps them see their value and helps the caregiver refocus during difficult times. Two ways to find an appreciation buddy is through a local caregiver support group, or through the Share and Discuss area of [Answers4Families.org](http://Answers4Families.org).

"Life is not about waiting for the storms to pass, but learning to dance in the rain," by *Dance In The Rain*.

Finding the joy in life, feeling upbeat, motivated, and good about one's self the majority of the time is easy. That is not a Pollyanna statement, but is a scientifically demonstrable fact.

All it takes is a willingness to choose how you look at the situation. Deliberately seek what you can value about a situation and allow the negative stuff to take a back seat.

In the end, what's more fun—practicing misery or practicing appreciation? Try it and discover the astonishing power of appreciation. 

*Donna Washburn  
Aging Partners Caregiver Support*

**“Free services provided by family caregivers totaled \$306 billion nationwide last year.”**



Nebraska Gov. Dave Heineman, fifth from left in front row, presents a signed proclamation Nov. 16 recognizing caregivers. Photo courtesy of the Office of the CIO


## Celebrating the Family proclamation signed

Nebraska Gov. Dave Heineman signed a proclamation Nov. 16 at the Nebraska State Capitol building recognizing caregivers.

It marked the 10th anniversary that the governor in office has signed proclamations to recognize Nebraska caregivers and the agencies that

support them in the “Celebrating the Family” event.

This started in 1999 when the Nebraska Legislature set aside \$2 million to start Nebraska’s respite network. The Nebraska wording was used for the national Lifespan Respite Care Act that was created in 2006.

About 65 people attended the proclamation signing and day’s events that included a luncheon at the governor’s mansion. A tree planted 10 years ago in the northeast quadrant of the Capitol grounds to recognize caregivers has grown too large to tie ribbons on it as part of the ceremony. 

## A little humor goes a long way


We all need a spot of humor daily to relieve stress and maintain our mental and physical health. But, how do you manage that consistently when you are a caregiver and not much seems funny?

Here’s a way I’ve tested: Make the sound “uh.”

Say it out loud as many times in a row and as fast as you can. Uh-uh-uh-uh ... and so on. For me, it sounds so ridiculous that it can turn into real laughter.

If that is not the case for you, just saying this out loud as long as you can works a lot of the same muscles that come into play when you “belly laugh.”

This consistently works for me and I hope it will for you. I put a sticky note on my bathroom mirror to remind me to do that in the evening before bed. I’m not awake enough in the morning to see it, but if morning works better for you ... go for it.

My sticky note is entirely filled with “uh-uh-uh-uh.” And, if a guest uses your bathroom, it’s a great conversation starter. 

*Submitted by Elizabeth Howe, caregiver for her husband David*

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# Caregiver Events

## Education & Support Group at Two Locations

- **Madonna Rehabilitation Hospital**, 5401 South Street: Meetings are held on the second Thursday of each month from 7 - 9:00 p.m. in the Lancaster Room.
- **Saint Paul United Methodist Church**, 11th & M Streets: Each month's topic is repeated on the fourth Tuesdays, 1:30-3:30 p.m. Free parking is available under the church.

Meetings are held every month except for July, August, and December.

## Group Topics:

**Don't wait for a crisis to learn what's available in your community.**  
January 14 & 26

Save yourself precious time and money. Speaker: Robbie Nathan, Care Consultants for the Aging. Everyone in attendance will receive a 130 page Community Resource Book. Community Moment: Right at Home.

## Learn how to pamper yourself every day.

February 11 & 23

Experience techniques including relaxation, hand wax treatments, Tai Chi, massage and others.

Presenter: Starr Carmichael, Tabitha Health Care Services. Community Moment: Right at Home. Also available: Health assessments by Aging Partners Health & Fitness professionals. Treat yourself to a special night.

## Who pays for services, when the time comes?

March 11 & 23

Be prepared! A discussion of private funds, insurance, sliding scale and free services. Speaker: Houston Doan, Aging Partners Financial Advisor. Community Moment: Michelle Orth, Home Instead Home Care.

## Life Enrichment Series at Two Locations

- **The Landing at Williamsburg Village**, 3500 Faulkner Drive. Sessions are on January 21, February 18 and 25 and March 25. Assistance with respite care is available for caregivers. All of the classes will be from 9:30 a.m. to 11:30 a.m. There is a suggested donation of \$5.
- **Saint Mark's United Methodist Church**, 84th Street and Pioneers Boulevard. Sessions are on January 26, February 23, March 2 and 23. Assistance with respite care is available for caregivers. All of the classes will be from 6:30 to 8:30 p.m. There is a suggested donation of \$5.

Please refer to the "Life Enrichment Series" article on page 32 for course details. Call 402-441-7575 or 402-442-7070 for more information or to register for the series.


# Third of U.S. Adult Population in Caregiver Role

*Continued from page 24.*

"Now in addition to family and work, boomers have added caregiving, the equivalent of a part-time job, to their responsibilities," said Elinor Ginzler, AARP Senior Vice President for Livable Communities. "Their work, health and time with family and friends already bear some of the cost for this amped-up juggling

act. Caregivers need help and information to continue to keep all the balls in the air and assure that they don't end up paying further with their own retirement security."

"Caregivers report they need help looking after their loved ones, but they also need help managing their own stress," said Dennis

White, president and CEO of MetLife Foundation. "Those surveyed suggested potential solutions for these challenges, including greater access to information resources, emergency response devices, transportation assistance, and respite services for caregivers." 



# Why keep aspirin bedside?

**M**ost people have heard the saying “An apple a day keeps the doctor away.”

But can an aspirin a day prevent a heart attack?

## Aspirin and Heart Attacks

If you have not already had a heart attack or stroke, studies show that aspirin may reduce the chance of a heart attack or stroke for people who have certain risk factors such as diabetes, high blood pressure, high cholesterol or smoke.

Of course, people who are allergic to aspirin, have stomach ulcers or recently had a stroke caused by bleeding in the brain should not take aspirin.

Crystal aspirin may be the latest weapon available at drug stores in the fight against heart attacks. They

dissolve under the tongue faster than tablets.

Keeping aspirin or crystal aspirin by your bedside may be good advice for some people to have a quick response to signs of a heart attack.

If a person notices signs of a heart attack such as pain on the left arm, chest, chin, sweating, or any other symptoms, dissolving an aspirin in your mouth with a little bit of water could help.

## FDA Study

In 1998, the Food and Drug Administration advised on new indications for aspirin, which included reducing the risk of death in patients with suspected heart attacks when taken at the onset of symptoms. Based on these



indications, the FDA suggests that conscious patients chew or dissolve 160 to 162.5 milligram of aspirin at the onset of heart attack symptoms. However, aspirin alone won't treat a heart attack and emergency medical attention is necessary to reduce damage caused by a heart attack and to potentially save lives.

## Plan of Action

After taking the aspirin, call 911, neighbor or family member to let them know you are having a heart attack and have taken aspirin. Take a seat or walk around a little, but do not lie down. **LW**



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# Brain Injury and the Senior Population

**T**raumatic brain injury in older adults often can be under diagnosed or under treated.

Aging Partners staff personnel work with the statewide Traumatic Brain Injury Project to better understand and share knowledge about how TBI impacts the older population and how to use a brief screening tool to get information about the incidence of TBI.

The statewide group plans to offer training on TBI for Aging Partners staff, UNMC student nurses and faculty, senior center managers and Senior Companions during January and February.

## TBI Impact on Older Adults

Individuals 75 years of age and older suffer higher rates of hospitalizations and deaths after experiencing a traumatic brain injury than people in any other age group. They also tend to spend more time in the hospital and take longer to recover than younger adults.

## Falls a Leading Cause

The primary cause of TBI in the senior population is falls.

Among women 75 and older and men 85 and older, falls are the leading cause of TBI associated deaths. Falls also are a major cause of nonfatal TBIs in these groups.

Factors making seniors more susceptible to falls include use of certain medications, balance impairments, and problems with lower extremities.

## Under Reported Problem

Older adults who experience even mild TBIs — also called concussions — may assume any declines they experience after an injury are a sign that they cannot take care of themselves; hence, they may be reluctant to report problems

because of fear of losing their independence.

Keeping an injury secret, however, puts these individuals at risk of losing much more than their independence.

## How to Spot TBI

Any of the following signs and symptoms following a blow to the head could indicate mild TBI:

- Low-grade headache that will not go away.
- Trouble remembering things, paying attention or concentrating, organizing daily tasks, or making decisions and solving problems.
- Thinking, speaking, acting, or reading slowly.
- Getting lost or confused easily.
- Feeling tired all of the time.
- A change in sleep patterns
- Losing your balance or dizziness.
- Increased sensitivity to sounds, lights, and distractions.
- Experiencing blurred vision.
- Losing your sense of taste or smell.
- A ringing sound in your ears.
- Having mood changes.

Signs of a more serious brain injury include the symptoms listed above as well as the following:

- Headache that gets worse or does not go away.
- Repeatedly vomiting or feeling nauseous .
- Convulsions or seizures.
- Unable to wake from sleep.
- Dilation of one or both pupils.
- Slurred speech.
- Weakness or numbness in the arms or legs.
- Losing coordination.
- Increased confusion, restlessness, or agitation.


A person taking blood thinners should see a health care provider

immediately if they receive a bump or blow to the head, even if they do not have any of the symptoms listed above.

## Screening for TBI

Screening for a history of TBI is a simple process. If you are concerned, ask your doctor or attend a screening event at Aging Partners.

Accurately identifying brain injury survivors has several advantages. More importantly, it allows for the initiation of timely and effective treatments to assist people with the many challenges they are likely to experience as a result of TBI.

This information was gathered from the Center for Disease Control website: Preventing Traumatic Brain Injury in Older Adults, and the “Older Adult Falls in Nebraska” study that was completed by the Nebraska Department of Health and Human Services in 2009. If you have any questions about this information please call the Nebraska Hotline for Disability Services at 800-742-7594. 



# Anne Burkholder: A Short Fairy Tale



*Original artists celebrate 20 years at the Burkholder Project: From left: Nancy Marshall, Susan Brasch, Richard Terrell, Nancy Childs, Bobbie Sward, John Nollendorfs, Anne Burkholder, Allan Smith and Julie McCullough.*

*Continued from page 7.*

grow and develop their talents. All of the artists would tell you they have learned a great deal from working near other artists. Some have taught classes that have introduced children to the magic of art.

She has created a very unique artists' environment — one that balances private working time with being accessible to the public. It can be so much more meaningful to own an artist's work if you have connected with them personally. Recently, the Burkholder Project added associate artists who do not work at the gallery, but contribute to exhibits.

Since the time of her pioneering venture, the Haymarket District has been designated as Lincoln's Art District. Several galleries and businesses have followed in the ensuing 23 years. Anne notes that many of these were founded by women.

The Haymarket has really become a vibrant jewel for Lincoln, featuring restaurants, shops, hotels and entertainment. There is a new crop of young entrepreneurs and artists who have picked up on the model Anne founded, and started art communities in the Downtown area. Lincoln has an amazing amount of talent hidden away in the prairie. Visitors are surprised and delighted to discover it.

## What Does it Take?

I was ready to ask what I thought was the tough question: "Anne, what gave you the courage to take something like this on?"

She looked back at me with that steady gaze and said, "Oh, it was never about courage. I have just always known what I wanted."

She went on to explain one of the big gifts of her life: her family, but her father in particular. Her father was a dental surgeon who loved to travel and explore. He also was known as one of those people who could build or fix anything.

Anne was 6 when he traded places with her on their boat, sat back, relaxed and instructed her to take them back to shore. Anne is a master sailor to this day and has

taken her grandchildren to exotic ports of call, teaching them to sail along the way.

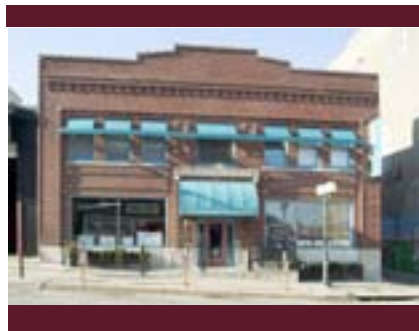
Anne also credited his patience. Once, while learning to drive, she damaged a beautiful car. His response was nonchalant, "Don't worry, I can fix it."

She was the envy of her young peers when her father taught her how to hunt and gave her a gun. This was an activity usually reserved for boys. She reported having a "great eye" and being a good shot. This interest waned when Anne made her first kill: a small snake. She told her dad that while she enjoyed learning how to shoot, she did not want to kill anything. He respected her decision.

Anne's mother was also a visionary. She designed more than a few of their homes and their landscaping. Her father built these

homes. They lived in them for a few years until the drive to create a new dream home pushed them to do it again. Anne also had an uncle who was an architect. Her father designed and built boats. Throughout

her childhood, Anne was surrounded by people who were designing and building. Everyone was expected to "get out and do something."





“Figure out what’s important. It’s never too late (until it’s too late).”

The real gift—her elders never told her she would fail. She was simply expected to succeed. So it was — failure never entered her mind.

### The World is Her Oyster

Anne grew up in the Sandhills, mostly around Calloway. This made long road trips just an everyday part of life. Anne said that as a small child, she loved to look at the horizon, watch the odometer and try to figure out how far she could see. That early fascination with the horizon remains a strong influence in her painting and that of many other Great Plains artists.

Anne’s family also loved to travel and would do so at the drop of a hat. They were always up for a side trip if an interesting one presented itself.

I knew Anne had been to Cuba several times. She related the story of how she came to find herself there the first time.

The family was traveling in Florida and her father wanted to see the Seven Mile Bridge to Key West. While in the Keys, they decided to go on to Cuba. (It was still legal at the time.) As it turned out, one of the Batista revolutions sprang up during their visit and they were detained for a month. Since she was still young and her parents seemed to take these events all in stride,

she has never had a fear of traveling far and wide.

These travels taught Anne another valuable lesson, although I’m sure it was in no way intentional. Since these trips sometimes had unexpected consequences, one of them was a shortage of cash when trips ran long. Credit cards were not yet in common use. She learned to always save a little money away. These travels also have contributed to her painting. She has collected native arts from her many travels and studied their colors, patterns and cultures.

### Do What You Love — Life is Finite

That was what Anne said when asked what she learned from a stroke several years ago. I suspect the stroke only reinforced what she has always been practicing. I was filled in by a couple of her colleagues that they have a

photo of her dancing in Turkey while recovering from this same stroke.

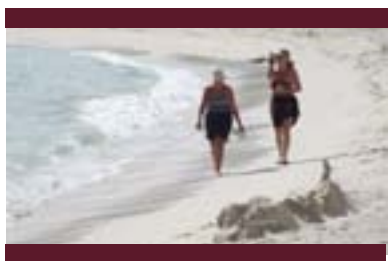



Anne teaches in an art exchange program in Tajikistan.

She also gave this advice: “Figure out what’s important. It’s never too late (until it’s too late).” She has taken her own advice and recruited trusted staff that allow her to focus on what’s important to her — painting.

If you’ve made it this far, it’s obvious that Anne has and continues to live a large life — one that is purposely focused, always willing to learn and not diminished by fear. **LW**

By Valerie Crook







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# Defining Wellness

**A**ging Partners is offering this four-part series at two times, dates and locations: The Landing at Williamsburg Village (mornings) and Saint Mark's United Methodist Church (evenings). Please see "Caregiver Events" on page 27 for the times and locations that are most convenient for you.

## **An Ageless Attitude—Staying Engaged in Your Life**

It's not the years in your life that count, it's the life in your years.

Being engaged in your life is the most powerful thing you can do to improve your health and longevity. People who live engaged and meaningful lives are clear about what is important to them.

This means they use their time, money, creativity, physical vitality,

enjoyment and relationships to maximize their experiences in life.

Attend the session and discover simple ways to maintain engagement, regardless of your age and circumstances.

## **Befriending Your Body** (Two Sessions)

Learn how to have a relationship with your body that is a true partnership. Like it or not, our physical vitality is the key to living with ease and grace.


This workshop is designed to show you how you and your body can be a success team. Discover how to shift the focus of attention to the conscious use of your physical vitality, discover how to make decisions in regards to your body based on what is truly important and

learn how to clear away obstacles and move toward specific and measurable health and wellness goals.

## **Living Your Life with Clarity, Focus, Ease and Grace**

It's not just what you do, but how you do it that determines the quality of your life.

Actions taken with the principles of clarity, focus, ease and grace are purposeful and satisfying, which allows us to accomplish what we truly want without being exhausted. Life becomes more enjoyable, meaningful and fulfilling.

Come learn how to apply these principles of clarity, focus, ease and grace in your life. 


## **Serendipity Strikes**

**S**erendipity struck at Aging Partners to help make a person's holidays a little brighter.

A man called Aging Partners willing to donate a power chair, but said the chair would need new batteries. However, Aging Partners was unable to store the power chair but was willing to keep the man's information to forward on if a need should arise for a power chair.

Shortly after, another Aging Partners representative was informed of an individual whose power chair had given out and was unable to obtain another one.

Aging Partners staff went into action to make the connections, fill the need and get the person the needed power chair.

The individual in need of a new chair even happened to have a good battery from his old power chair that matched with the new power chair. 

I can't imagine doing anything else.

"Every one of my clients becomes a part of my family. We laugh together, cry together, we empower each other. Doing what I do is just a part of who I am. I can't imagine doing anything else."



Francie Cable,  
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# Non-renewing Medicare Advantage plan options

**W**hile changes have occurred to Medicare Advantage Plans for some Nebraska residents during 2010, options exist.

Some plans are no longer being offered in Nebraska. People who have been covered under those plans should have already received a notice of termination.

## Plans Being

### Eliminated in Nebraska

- All Coventry and Wellcare Private Fee-for-Service Plans were terminated Jan. 1, 2010.
- This includes 11 Coventry PFFS Plans under the Advantra name,

as well as 12 Wellcare PFFS Plans under the names of Concert, Melody, Prelude, Quartet, Serenade and Sonata.

- This does not affect Preferred Provider Organization or Health Maintenance Organization plans sold by these companies.


## Changes in Other Plans

Others in Nebraska have lost their Medicare Savings Account Plans, including Advantra Savings - Plan 1, and Advantra Savings - Plan 2. Medicare Special Needs Plans Evercare Plan IH and Evercare Plan MH-POS.

While some plans have not left

the state, there may be increases to premiums for plans in some counties. For instance, a Humana plan 2010 premium increases to \$164 in Saline and York counties.

What options exist for those affected by any of the 27 plans that are not being renewed in 2010?

- Select new Medicare Advantage Plan. Enrollment goes from Jan. 1 through March 31.
- Return to original Medicare and a drug plan.
- Receive guaranteed issue for a limited time after Jan. 1 into a Medicare Supplement plan without any underwriting questions. 

# Antique Roadshow Coming

**H**ave an antique item and want to find out its worth?

An antique roadshow is being planned at Savannah Pines, 3900 Pine Lake Road, as a fundraiser for Aging

Partners' Foster Grandparent Program.

Tom Bassett, who appraised collections at Pioneer Village and serves as the host of a bi-weekly call-in radio show "Problems and

Solutions," will provide appraisals and talk about antique treasures. The date will be announced soon.

For more information, call 402-441-7026. 



NEW holistic classes including Tai Chi and yoga

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Long Term Care Services

# Living a Healthy Life with Chronic Conditions

A six-week course will be offered in Lincoln and Crete to help anyone dealing with a chronic condition such as heart disease, arthritis, diabetes, asthma, bronchitis, emphysema, depression or others.

Most people will experience two or more chronic illnesses during their lifetime. A healthy way to live with a chronic illness is to work at overcoming the physical and emotional problems caused by the disease.

This course was developed by Stanford University and is taught by certified trainers. It gives people hundreds of tips and ideas for positive self-management of their illnesses and their lives.

In the book *Living a Healthy Life with Chronic Conditions*, course participants are encouraged to remember that they are the managers.


Some of the most successful self-managers are people who think of their illnesses as a path that goes up and down. Sometimes it is flat and smooth. At other times the way is rough.

Good self-managers have learned the skills to negotiate the path. These skills fall into three main categories:

- 1) Skills needed to deal with the illness.
- 2) Skills needed to continue your normal life.
- 3) Skills needed to deal with emotions.

## Offered at Two Locations

The six-week course will be at Burke Plaza, 6721 L Street, in Lincoln: Wednesday afternoons from 1:30 p.m. to 3:30 p.m.; Feb. 3, 10, 24 and March 3, 10, 17. There is a \$10 registration fee and scholarships are available.

In Crete at the Saline Eldercare Office in Tabitha Nursing Center, it will be Wednesday mornings from 9:30 to 11:30 a.m.; March 24, 31 and April 7, 14, 21, 28. Call 402-821-3330 or 800-778-3309 for more information on the course in Crete. 



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