

LivingWell



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Director's Corner

We don't see the word "gentleman" as much as we used to, but I will tell you this word applies to the man on our cover. I'm exceedingly grateful that Maurice L. Russell came into my life as a member of the Seniors Foundation Board of Directors. His story is one you will read with interest and finish with respect for this true gentleman.

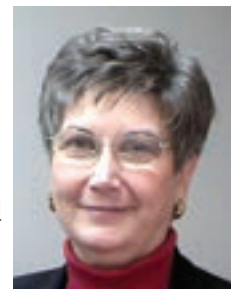
In spring 2012, we were faced with a budget cut that would have eliminated staff. A bold decision was made that Aging Partners would be more intentional about valuing the services we provide and ask everyone who could to contribute to the cost of the service they received. If we were successful, three people could continue their important work and services could be maintained.

The plan began in September 2012. It was complex; no one is ever refused service and contributions are always confidential. It was heartwarming to receive donations from people who simply wanted to help. Clients, participants and their families stepped up. In the first year we met and modestly exceeded our goal!

We have to do it again, but now we know we can. The reinforcement found in the support of those we help—and those who appreciate what we do to help—makes me proud of the Aging Partners staff and grateful to everyone who contributed a little or a lot.

2013 was a year of achievement in many ways. I have a file of letters, emails and notes from grateful clients and families acknowledging the work

of the individual who helped them. Reflection is a good thing. It will propel Aging Partners forward into 2014 with a renewed sense of compassion and commitment. We wish the same for you. 



June Pederson, Director, Aging Partners

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On The Cover: Maurice Russell stands ready to assist attendees at St. Paul United Methodist Church where he has served as head usher for 22 years and continues to usher for services. Photo by Zoe Olson.

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Living Well (ISSN 1556-9780, USPS 657-630) is published quarterly (January, April, July and October) by Aging Partners and created by News Link, 2201 Winthrop Rd., Lincoln, NE 68502. Last issue *Living Well* Fall 2013.

Periodical Postal Rates paid at Lincoln, NE and additional mailing offices.
Issues printed: 18,500.

POSTMASTER-Aging Partners Address Changes to:

Living Well Magazine
1005 "O" Street
Lincoln, NE 68508-3628
Email: livingwell@lincoln.ne.gov
Fax: 402-441-7160
Phone: 402-441-6146
(collect calls accepted)
Toll free: 800-247-0938 (Nebraska only)

60+ Readership Level in Aging Partners' Eight-county area: 34,320+ (60% of 60+)
Publisher, Editor & Advertising Zoe Olson, 402-441-6156
Mailing List & Accounts Deb Elrod, 402-441-6146
Production Coordinators News Link, 402-475-6397

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.

An audio edition of *Living Well* is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 N Street, Ste. 120, Lincoln, NE 68508



Chair yoga participants use their chairs for balance as they practice standing postures.



Katharina Sidiki closely follows the instructors postures.



A yoga participant uses a foam block, one of the many yoga props Aging Partners purchased with the Lincoln Cares donations.

Yoga Your Way to Wellness

Believe it or not, yoga isn't reserved for the young and flexible. It's designed for people of all ages and fitness levels.

Although yoga can improve everyone's well-being, older adults arguably receive the most health benefits from this relaxing, low-impact exercise, including increased strength, flexibility, balance and functional capacity.

"People have this idea that if you practice yoga, you have to get into

crazy positions and bend yourself into a pretzel, but these ideas are false," said Peggy Apthorpe, Aging Partners Health & Fitness coordinator. "Like any exercise, you start where you are and slowly make progress. You're never too old to start."

What Is Yoga?

People have practiced yoga for thousands of years; however, its exact origins are uncertain.

At its core, yoga is the science of unifying the body, mind and spirit through self-enlightenment. It is a way of living that focuses inward instead of outward. The activity has evolved to include breathing techniques with meditation and yoga postures.

"When I teach yoga, I try to convey the importance of being present and aware of how you're moving and how it feels versus thinking outside of ourselves," Terri Swanson, Aging Partners yoga instructor, said. "We live in a distracting world, so it's important to focus inward."

Potential Health Benefits of Yoga

Today, yoga is widely regarded by physicians as a practical way to reduce

pain and improve well-being. Health benefits include:

- **Better sleep.** According to a study by the Division of Sleep Medicine in Brigham and Women's Hospital, those who practice yoga fall asleep quicker and wake up earlier. Some suspect the breathing and relaxation techniques create this benefit, but research has not proven this yet.
- **Increased flexibility.** Yoga participants form postures that stretch muscles and lubricate joints, which enhance flexibility and range of motion. The smooth movements in yoga are particularly beneficial to those with arthritis.
- **Improved mental health.** According to a 2011 article by the International Council on Active Aging, studies have proven stress and anxiety are the leading cause of pain. The breath control and gentle movements of yoga can create a positive mood and help the practitioner relax.
- **Better balance.** As balance deteriorates and fear of falling increases, the body tenses during

Yoga and Stress Management

233 S. 10th St., Suite 101
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Auld Recreation Center
3140 Sumner
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*Suggested contribution is \$3 for people 60 and older. Fee for those under age 60 is \$4.

movement. Through yoga, participants learn to relax their muscles, move slowly and build confidence over time.

- **Aided digestion.** Yoga postures and breathing techniques are designed to aid digestion and rid the body of toxins.
- **Improved circulation.** Exercise of any kind, even the slow movement of yoga, improves blood flow through the body. Deep breathing

practices in yoga use the diaphragm to improve circulation.

Aging Partners Yoga Classes

Aging Partners has hosted yoga classes for more than 10 years and currently offers two classes: Yoga and Stress Management and Contemporary Yoga.

Yoga and Stress Management is designed for caregivers and others looking for ways to manage stress.

Lincoln Cares Donations Benefit Yoga Classes

Thanks to the generous 2013 Lincoln Cares donations from the community, the Health & Fitness Center was able to purchase new yoga props for Aging Partners' yoga classes this year. Props include blankets, D-ring straps and foam blocks. Every prop increases stability and helps participants achieve certain yoga postures.

What Participants are Saying:

“ I enjoy Aging Partners yoga classes because I leave feeling alert and alive. I took yoga about 40 years ago, but the chair yoga class is the first one I've been to since then. I encourage everyone to come try. It's life affirming; I know you'll like it.”

-Marcelline Hutton

“ I work at a desk all day, so this class is great for improving my flexibility and balance. When I had surgery three years ago, my doctor said I needed to start exercising again. I chose Aging Partners yoga because it was affordable and close to my work. I always make time in my work day for this class.”

-Candy Burt

“ When I found out I had a bursa in my left hip, my doctor recommended I try chair yoga to relieve my pain. I called Aging Partners, and someone told me about the class they offered at the Health & Fitness Center. This is the first yoga class I've ever attended. I love it because it has helped me meet other people.”

-Arlene Fleischer

“ After I broke my leg, I decided to try yoga to help relieve the pain. The stretching exercise in the class helps loosen up the muscles in my leg, which helps me a great deal. The class is absolutely beneficial. I would recommend others come and try the class.”

-Katharina Sidiki

“ In June, I was diagnosed with vestibular neuritis. The condition causes terrible dizziness, so my balance was way off. Because I've attended the Aging Partners yoga class, I've been able to focus and correct my balance.”

-Donna Stewart

“ I love Aging Partners' yoga classes because of our instructor, Terri Swanson. She addresses each person and their specific needs. She tailors the class to each individual. She always welcomes us as we arrive and says goodbye before we leave.”

-Theresa Stehlik

Standing and balance poses use chairs for support and balance. The class is suitable for beginners and experienced students wishing to reinforce the basics.

Contemporary yoga uses body postures, breathing and relaxation techniques to create a sound and healthy body. Movements consist of a variety of positions and poses, and have strengthening and restorative benefits.

For more information, contact Peggy Apthorpe at 402-441-7796. 



Terri Swanson, Aging Partners yoga instructor

About the Instructor

Terri Swanson attended her first yoga class at age 19 while in college. She never practiced consistently until after her child-rearing years. As she learned about the health benefits of yoga, she made yoga a priority in her life.

She became an instructor in 1996. She since has taught yoga at various senior centers, Lincoln Racquet Club, Goodyear Fitness Center and elsewhere, and at Aging Partners since it began offering classes.

Six years ago, Swanson opened her own studio at a friend's home in the Near South Neighborhood. She currently teaches yoga there seven times a week and three times a week at Aging Partners.



Aging Partners Transportation riders arrive at the Northeast Senior Center for a day of fun.

Aging Partners Transportation Keeps You Connected

Friends, food and fun are only a van ride away thanks to Aging Partners Senior Center Transportation.

The service, started in 1974, keeps Lincoln's older adults connected to their local senior center and various Aging Partners activities such as Dinner & a Show and holiday events. Without the service, those unable or unwilling to drive would miss the opportunity to stay connected.

"Riding the van is a great way of meeting people and a chance to see parts of the city you might not normally be around," said Northeast Senior Center Manager Dave Chapelle.

A Cheaper Alternative

Shirley Campbell has taken the van to the Northeast Senior Center for

about eight years. She appreciates the service because it costs less than if she drove herself.

"Without the van, I couldn't come to the center," she said.

Unlike Lancaster County Public Rural Transit that requires a \$2 boarding fare, Senior Center Transportation is provided on a suggested contribution basis. Riders are asked to contribute \$2 per one-way trip, less than half of the cost to provide the trip.

"We try to keep the suggested contribution low to ensure everyone can participate," said Carol Meyerhoff, Aging Partners program coordinator.

Riders receive an envelope at their center, place their contribution inside and put it in the contribution box, keeping it confidential.

Although there is no required fare, Meyerhoff emphasizes the importance of riders contributing as their finances allow.

"Costs continue to increase in providing transportation," she said. "Contributions become essential in keeping the vehicles moving."

Safety First

Senior Center Transportation drivers are among the safest in the city. They obey the rules of the road, drive cautiously and avoid distractions. Safety remains drivers' top priority even when they're not driving; they ensure participants make it safely on and off the van and assist them with wheelchairs, canes and other belongings as needed.

"I always feel safe when I ride the van," said Edith Kinbacher, 10-year van rider. "The van driver is nice and always helps me."

Schedule a Ride

Those interested in trying Aging Partners Transportation should contact the center closest to their home. The center manager will provide more information about the service, and collect emergency contact information and any mobility challenges the rider may have. The driver uses this information to best assist the rider and make his or her ride more enjoyable.

Riders make transportation arrangements at their center. Each week by Thursday, riders indicate what days they want transportation for the week. Transportation Dispatcher Larry Starr creates routes based on this information and gives the route to each driver the day of the trip. Late arrangements can be made and routes can be adjusted, but requests must be made at least two days in advance of the trip.



I always feel safe when I ride the van. The van driver is nice and always helps me."

– Edith Kinbacher



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Riders are asked to be ready when the van pulls up. Please call the dispatch office at 402-441-7863 no later than 8 a.m. the day of the ride to cancel.

Additional information is available by calling the general senior center number: 402-441-7158. 

Pickup Locations

Asian Center

2615 O St.
402-326-0371

Transportation is provided for riders within city limits.

Belmont Center

1234 Judson St.
402-441-7990

Transportation is provided for riders north of O Street, east to 33rd Street and north and west within city limits.

JoAnn Maxey Center

2032 U St.
402-441-7849

Transportation is provided for riders north of O street, east to 33rd Street and north and west within city limits.

Lake Street Center

2400 S. 11th St.
402-441-7157

Transportation provided for riders south of South Street within city limits.

Lincoln Downtown Center

1005 O St.
402-441-7154

Transportation is provided for riders west of 33rd Street to the city limits and between Holdrege and South streets.

Northeast Center

6310 Platte Ave.
402-441-7151

Transportation is provided for riders east of 33rd Street to the city limits and north of South Street.

**Aging Partners Transportation only provides transportation to and from the senior centers and Health & Fitness Center. It does not provide transportation for personal appointments.*

Senior Essentials Program Connects Older Adults with Durable Goods

At some point in life, most older adults will need at least one assistive technology device or piece of durable medical equipment such as a toilet seat riser, cane, wheelchair or shower bench. Due to gaps in Medicare and other extenuating circumstances, those who need the equipment often are forced to pay out of pocket, which can be particularly devastating when living on a tight budget.

Aging Partners Senior Essentials Program helps ease this burden by collecting new and gently used goods and redistributing them to older adults in need. These goods address deficits in activities of daily living and can increase, maintain or improve independent function.

Making a Difference

Since the program formalized in 2002, Aging Partners has saved the community tens of thousands of dollars. In 2011 and 2012 alone, the program distributed \$16,000 worth of equipment.

The program constantly seeks items such as walkers, commodes, hand rails and shower chairs. Donations are placed in a storage area at the Downtown Senior Center until requested by an older adult in need. Even large items such as lift chairs and hospital beds are accepted. Although these larger items cannot be stored at the center, Aging Partners connects donors directly with the recipient for delivery.

On average, the program has about 30 donated items on hand



Senior Essentials Program committee members pose with the donated durable medical equipment. From left is Jacki Eden, CHSP care manager; Victoria Piersol, PFS office manager; Deb Elrod, Marketing and Public Relations assistant; Nancy Castillo, PFS case aid; Amy Hemje, Medicaid waiver; and Denise Peterson, care manager.

and distributes about 80 items a year. In August and September, the program matched 30 items to older adults in need.

As older adults contact Aging Partners to describe their durable medical equipment or assistive technology needs, a committee of six staff members—each representing different areas of the agency—sorts through these requests and determines how and to whom the donations are distributed.

Easing the Financial Burden

Recipients are asked to give a \$10 donation for each durable medical equipment item they receive. This is a small price to pay compared to the cost of new equipment. A seated walker, for example, costs about \$150, and

a shower chair, bench or stool can cost \$30 to \$90. Medicare only covers 80 percent of most durable goods and does not cover bath equipment.

The program intercedes for many who cannot afford to purchase new equipment. Aging Partners receives calls from older adults who do not qualify for Medicare and cannot afford to purchase new equipment. Others need equipment immediately, but cannot acquire it until they find a doctor. Some may have used Medicare to purchase a piece of equipment, but the item broke before they were eligible to purchase a replacement. People in these scenarios and many more benefit from the program.

"It's a gap filler in many situations," said Joyce Kubicek, Aging Partners program coordinator.

Supporting Sustainability

In addition to positively affecting older adults in need, the Senior Essentials Program benefits the environment.

"By donating, you're keeping the items out of the landfill and helping someone in our community," said Nancy Castillo, Aging Partners Lancaster case aide and manager of the Senior Essentials Program. "It's a double bonus."


The program became part of a larger network in April 2013 when committee members attended Assistive Technology Partnership's first ever REUSE Summit. The summit brought together representatives of government and local agencies, the Department of Education, Vocational Rehabilitation and business leaders from the private sector to explore the concept of building a sustainable delivery system of assistive technology to assure those in need have access to quality, safe and clean assistive items. The team brainstormed successful strategies to find safe, effective and appropriate assistive technology reuse. Senior Essentials continues to work and build capacity through this new reuse program.

Giving to the Cause

The program accepts durable medical equipment donations year round. They currently need seated walkers and bath benches, stools and chairs.

Instead of throwing away valuable equipment when the owner no longer needs it, Castillo asks everyone to consider donating to the program.

"For many, this equipment means the difference between being able to take a bath or walk around the house without fear of falling," she said. "It could be the difference between independence and dependence."


To donate or request a durable medical equipment item, call Castillo at 402-441-7070. 

By donating, you're keeping the items out of the landfill and helping someone in our community. It's a double bonus."

— Nancy Castillo

Give Back Through Lincoln Cares

Donating to Lincoln Cares is now different and easier. If your Lincoln Cares donation is not already part of your monthly bill, now is the time to enroll.

Adding \$1 to your utility bill on a month-by-month basis will no longer be available after April 2014. Enroll today at <http://www.LES.com/LCDonate> or call 402-475-4211. Thank you for your support of parks, libraries and older adults in our community. 

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Lymphedema Unmasked

One of the most underexposed medical conditions in the United States today is lymphedema, swelling in a localized area of the body due to a blockage in the lymphatic system.

About 1 million Americans suffer from the condition and nearly 100 million people worldwide may soon experience it, according to the Vascular Disease Foundation.

Many haven't heard of lymphedema, including some who have or are at risk of developing the condition. Tracy Bender, a local occupational therapist certified in lymphedema, attributes this lack of education to the popular view of swelling.

"Contrary to what many believe, most swelling isn't normal and often is a sign of an underlying medical condition," she said. "The good news is you don't have to live with it."

What Is Lymphedema?

The lymphatic system is a network of vessels that runs throughout the body. Unlike veins or arteries, the vessels are small and sit close to the skin. Their primary purpose is to drain the body of lymph fluid. If the system becomes damaged, fluid becomes trapped and swelling occurs.

Primary lymphedema results from the abnormal development of the lymphatic system, which often occurs at birth or in adolescence.

In secondary lymphedema, the more common of the two forms, lymphatic damage can result from cancer treatment, including radiation and chemotherapy;

surgery; obesity or sudden weight gain; compromised circulation; ulcers or wounds; bone fractures from a fall; and venostasis.

Bender's patients describe the condition as tight and uncomfortable. They feel an unmeasurable heaviness and, in some cases, tenderness.

Symptoms of lymphedema vary, but often include:

- A full sensation in the limb.
- A feeling of heaviness or tightness in the skin.
- Decreased flexibility in the hand, wrist or ankle.
- Aching or discomfort in a localized area.
- Reoccurring infections in a localized area.
- Sudden difficulty fitting into clothes in a specific area.
- Jewelry or wristwatch tightness.
- Hardening or thickening of a portion of skin.

Swelling caused by lymphedema is reversible if caught early, so those who notice any symptoms should consult their doctor immediately.

Varying Degrees of Severity

Lymphedema has three stages.

The first stage is spontaneously reversible. Someone in this stage will notice indentations when they press their fingertips against the swollen area.

Spontaneously irreversible, the second stage, occurs when the affected area feels spongy. Pressing the skin with fingertips will not leave an indentation. In some cases, tissue fibrosis may develop, which causes the affected area to harden.

When a patient reaches the final stage, lymphostatic elephantiasis, long-term swelling issues are irreversible, and the affected area is large. Tissue is hard and unresponsive.

Not all lymphedema will progress to stage three, especially if treated early. However, if severe lymphedema develops, it can cause infections, loss of function in the affected area, cellulitis and some irreversible complications.

Managing the Condition

Physical therapists certified in lymphedema treat the condition through CDT, or complete decongestive therapy. Elements of this therapy include:

- **Good skin care.** Patients can eliminate risk of infection by cleaning the affected area daily and closely monitoring the skin for signs of trouble such as cracks and cuts. Patients should apply lotion regularly to prevent dry skin.
- **Manual lymph drainage massage.** This therapeutic massage stimulates the lymphatic vessels in the lymph nodes by using special hand strokes on the affected area to gently move lymph fluid to healthy lymph nodes.
- **Compression bandaging.** Patients can wrap the affected area in a cotton-based bandage called a short stretch, which provides both high-active and low-resting pressure throughout the day. They should be worn for 24 hours.



Most swelling isn't normal and often is a sign of an underlying medical condition."

– Tracy Bender

- **Remedial exercises.** These exercises aren't for strength building, but rather to encourage circulation. This element complements the massage and bandaging, Bender said.
- **Compression fitting.** These garments can be purchased off-the-shelf and custom-made. Patients are fitted with the appropriate compression for their needs. When worn as advised by a physical therapist, the garments will keep swelling from returning once decongested.
- **Self Management.** Once physical therapists teach these elements, patients can manage future CDT on their own. The physical therapist determines the appropriate CDT elements for each patients' needs. Some need all elements; others need only a few.

Debunking Lymphedema Myths


Throughout her career, Bender has heard many myths about lymphedema.

- **Myth No. 1:** Compression garments won't work for me. This is one of the most common myths. The reason many believe this is because they were fitted for compression garments when the affected area was swollen. For the garments to be effective, the patient must be fitted when decongested; otherwise, the garment will feel uncomfortable and won't serve its purpose.
- **Myth No. 2:** If I treat the wound, I don't need to treat the swelling. Many whose lymphedema is caused by a wound believe this myth. However, without treating the swelling, the wound will likely reopen. "Skin cells lay flat on top of one another like roof shingles," Bender said. "When they swell, the cells become like water balloons. If there's a lymphatic component that's causing the swelling, the skin cells almost never heal together permanently without treating the swelling."
- **Myth No. 3:** Swelling is normal, and I will have it for the rest of my life. This is the most disheartening myth Bender hears, and she's afraid it prevents people from seeking the help of a physical therapist. Many with this belief reverse their outlook after days or weeks of CDT when their swelling reverses.

Get the Help You Deserve

Bender encourages anyone experiencing swelling or lymphedema symptoms to schedule a consultation with a physical therapist certified in lymphedema. He or she will work with the patient's health care providers to get them the help they need.

"You don't have to live with swelling forever," Bender said. "Even if your legs are rock solid, I can treat you. I've had many patients who come in skeptical and leave relieved. If you've tried everything and nothing has worked, visit a physical therapist."

She is the only local physical therapist certified in lymphedema who works with homebound patients. To schedule a consultation, call 402-202-3852. 



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

Harvest Project Serves Under-reached Older Adults

When older adults coping with mental health, physical disability and/or substance abuse pose challenges to their families and the community, they turn to the Harvest Project team for resources and support.

Because these older adults present issues too complex to be adequately addressed by a single human service agency, Aging Partners, Community Mental Health Center and CenterPointe banded together and created the Harvest Project to better serve this under-reached population.

“We felt we could better serve the client as a whole if we joined together,” said Joanne Farrell, Aging Partners aging program coordinator and social worker.

Clients are assigned to one organization, but the entire Harvest Project staff typically collaborates to best serve the client.

The project serves 125 clients a month, all of whom are 55 or older, live in Lancaster county and have a psychiatric diagnosis and significantly diminished personal abilities to cope with life circumstances they face. Mental illness can affect anyone. Qualifying candidates often are referred to the Harvest Project team by family and friends, hospitals, Lincoln Police Department or other community providers.

Once candidates are screened and accepted as clients, staff work one-on-one with them, helping their clients set personal goals and devising a strategy to help them achieve those goals. The emergency support worker has the ability to work with the client for up to 90 days. If the client needs long-term support, they may qualify for ongoing case management at one of the agencies within the Harvest Project or another in the community.

Farrell said the success of the Harvest Project stems from team members’ training and their ability to reach their clients in a way their families never can.

“Most have burned bridges with their families,” Farrell said. “They’re so used to having people judge them and telling them what to do—that’s not our approach. We’re understanding and confident in our ability to work with them and help them get to where they want to be. Over time, they learn we don’t give up on them and that we truly believe they can get better.”

History of Harvest Project

After years of pining for a collaborative mental health program Aging Partners partnered with the Community Mental Health Center and CenterPointe to form the Harvest Project in 2000. That fall, they began hiring staff.



Jenni Hagen, emergency community support worker, and Joanne Farrell, aging program coordinator and social worker with Aging Partners

The program was funded by the Community Health Endowment grant. In the mid-2000s, the program secured additional funds to keep the program running thanks to Senator Jim Jensen’s support for behavioral health funding. The project continues to gain momentum.

If you or someone you know is in need of Harvest Project’s help, contact Aging Partners at 402-441-7070, the Community Mental Health Center at 402-441-7940 or CenterPointe at 402-475-5161. [LW](#)

“We felt we could better serve the client as a whole if we joined together.”

– Joanne Farrell

Live & Learn's New Host

Although Live & Learn viewers will miss Delores Lintel, they are sure to love the show's newest host, Tom White.

White, who joined the L&L team in November, has more than 30 years of performing experience. He got his start in his 20s when he attended the Don Martin School of Radio and Television in Los Angeles. During college, he experienced the opportunity of a lifetime when he volunteered to be an announcer to the crowd along the route of the Hollywood Christmas Parade. From the roof of the Howard Johnson on the northwest corner of Hollywood and Vine Streets, he identified the celebrities as they passed by on floats.

He graduated with aspirations of being a full-time disc jockey, but his plans changed.

Still discovering his life's calling, White took up acting. He worked as an extra in several movies and TV shows, including "Boy Meets World," "Frankie and Johnny" and "Harlem Nights." On occasion, he worked in commercials for local businesses.

When he joined the Angel City Chorale, it reaffirmed that his true passion was singing. It wasn't long before he was getting paid to do what he loved. He started his own performing business and began singing at nursing homes, hospitals, assisted living facilities and other venues.

Although White loves performing to all ages, he especially enjoys older adult audiences. Over time, he developed a deep love and respect for the age group.

"I've learned that old age is not for wimps," he said. "Even though I'm 55 years old, I'm learning from them."

White and his wife of seven years, Jennifer, moved to Lincoln from Houston this summer. As soon as their family settled into their new home, he pursued the local stage. He recently appeared in the Lincoln Community Playhouse's production of "Little Women—The Musical" and with the Osher Lifelong Learning Institute's Radioactive Players.


He also sought out an opportunity to be in front of a camera. Live & Learn was the perfect fit.



Tom White, new Live & Learn host

"The name of the show is fitting because that's what life is all about—continuing to take in new information," White said. "I'm willing to let go of old ideas in favor of ones that work better. I believe that continuously learning from experience is a good definition of wisdom."

He thanks his fellow hosts for welcoming him. He already feels like part of the family.

"From the first production meeting I attended, I've been impressed with the entire team," White said. "I look forward to working with and learning from everyone." 

Lintel Bids Farewell to Live & Learn Community

This September, Live & Learn said goodbye to beloved host Delores Lintel.

Lintel, who left the show to pursue other interests, joined the cast in July 2007 and recorded her last show in August.

A longtime community activist and businesswoman, she brought a wealth of life experience to the show. She gained local fame for her involvement in organizing a rebuttal to the city's Northeast Radial concept after it was

introduced in 1952. She's responsible for the development of Lincoln's neighborhood associations, and many know of her entrepreneurial spirit, which spurred her to create the delicious Grama's Jellies. It is for these and her many other accomplishments that made Lintel and Live & Learn a match made in heaven.

"One of the many strengths she brought to the show was her reputation in the community,"

Continued on page 29.



Delores Lintel, photo by Zoe Olson



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67	103.79	119.37
68	108.12	124.28
69	112.29	129.20
70	116.45	133.86
71	120.45	138.53
72	124.20	142.94
73	127.62	146.69
74	130.86	150.61
75	133.86	153.94
76	136.45	156.85
77	138.86	159.52
78	140.86	162.10
79	142.94	164.43
80	144.69	166.43
81	146.61	168.60
82	148.44	170.77
83	150.19	172.76
84	152.02	174.76
85	153.69	176.68

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Homestead Tax Exemption

by Houston Doan, Aging Partners Financial and Insurance

What program helps keep older Nebraskans in their homes and gives them property tax relief? Give up?

The Nebraska Homestead Tax Exemption Program. If this is news to you, the program helps individuals 65 and older, as well as younger individuals with certain disabilities, with their property tax bill on their home. This program is county based, and Nebraska citizens may actually receive up to 100 percent property tax relief on their home, depending on its value and their income.


Every year, individuals must fill out Nebraska Homestead Exemption forms to receive this benefit. The forms are sent out by a county assessor sometime after the first of the year, provided the individuals applied for the exemption in the prior year. If individuals have never applied, they need to visit or contact their county assessor's office to request the forms.

The exemption is based on adjusted gross income, whether you file income taxes, plus any untaxed portion of your Social Security or pension income. If you do not file income taxes, you need to determine your

income from Social Security and/or pension payments to determine your gross income. You are then allowed to subtract health expenses, such as Part B premium, Medicare supplement payments, Part D premiums and co-pays, and long-term care insurance premiums, as well as eyeglass and dental expenses.

Last year, an individual could have had an adjusted income of up to \$33,400 and still have qualified for some property tax relief, depending on the value of their home. A couple could have had up to \$39,300 and qualified for some property tax relief, again depending on the value of their home. Remember: These income figures go up every year. If you didn't qualify last year, it may be to your benefit to check this coming year. This is especially true if you have experienced some higher than usual medical expenses this past year.

You have plenty of time to file for Homestead Tax Exemption. In 2013, you could have filed between Feb. 1 and July 1. The filing dates will be about the same in 2014.

If you have questions about the Homestead Tax Exemption program, please call Aging Partners at 402-441-7070 or 800-247-0938 for more information. 

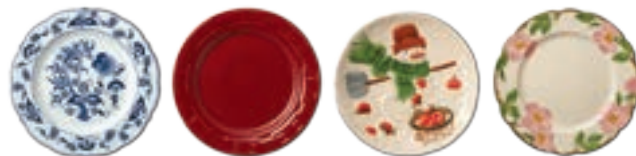
Free Income Tax Assistance

**Monday - Thursday, Feb. 3 - April 10,
10 a.m. - 3 p.m.**

Aging Partners Downtown Center, 1005 "O" St.

AARP tax aide volunteers are back to help you with your 2013 income taxes.

Appointments go fast! Call early, but not before Monday, Jan. 27. Why not stay for lunch? Make your reservation when you make your tax appointment. Bring your photo ID, Social Security card, wage and earnings statements (W2s), interest and dividend statements (Form 1099), a copy of last year's return, and any other information about your income and expenses. Call 402-441-7158 to make your appointment.



Now is the best time to talk about what you want next in life.

Nothing beats gathering around the table with loved ones. Conversations move back and forth—from fondest memories to future plans. And it's the perfect opportunity to talk about your version of the ideal retirement living scenario. When you are ready, we would love to join your conversation and help you decide what is next based on your distinct wants and needs. We know there's no one-size-fits-all solution, but we also know that it's hard to find the answer until you start asking questions. Call us today for help moving your conversation forward.

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Happy Heart Month

February is famous not only for Valentine's Day, but also for Heart Health Month. Take time to be kind to your heart, not only in February, but all year long with these heart-healthy tips.

Sodium

Cardiovascular diseases are the leading cause of death worldwide, and high blood pressure is a major risk factor. For the estimated one in three Americans who will develop high blood pressure, a high-sodium diet may be to blame. In some people, sodium increases blood pressure because it holds excess fluid in the body, creating an added burden on the heart. Too much sodium in the diet may also have other harmful health effects, including increased risk for stroke, heart failure, osteoporosis, stomach cancer and kidney disease.

Salt vs. Sodium Equivalence

The American Heart Association recommends consuming no more than 1,500 milligrams of sodium each day. Sodium chloride—table salt—is approximately 40 percent sodium. Understand just how much sodium is in salt so you can take measures to control your intake.

- 1/4 teaspoon salt = 600 mg sodium
- 1/2 teaspoon salt = 1,200 mg sodium
- 3/4 teaspoon salt = 1,800 mg sodium
- 1 teaspoon salt = 2,400 mg sodium

Sodium Reduction Tips

- Read the nutrition facts label to compare and find foods lower in sodium. You'll be surprised to find that even foods in the same

category have different amounts of sodium.

- Choose fresh fruits and vegetables when possible.
- Limit the amount of processed foods you eat and your portion size.
- Avoid adding salt when cooking and eating.
- Learn to use spices and herbs to enhance the taste of your food. Most spices naturally contain small amounts of sodium, but read the label to be sure.
- Add fresh lemon juice instead of salt to fish and vegetables.
- Specify how you want your food prepared when dining out. Ask for your dish to be prepared without salt.
- Take control of what's in your food by cooking more at home.
- Choose foods with potassium. They counter the effects of sodium and may help lower your blood pressure.
- Rinse canned fruit and vegetables before eating them.

Read Between the Lines

When you buy prepared and packaged foods, read the label. You can learn the sodium content by looking at the nutrition facts label.


Check the labels against the AHA's recommendation of 1,500 mg a day.

Here are sodium-related terms you may find on food packages:

- Sodium-free: Less than 5 milligrams of sodium per serving.
- Very low sodium: 35 milligrams or less per serving.
- Low sodium: 140 milligrams or less per serving.
- Sodium: 25 percent per serving.

- Light, for sodium-reduced products: If the food is "low calorie," low fat and sodium is reduced by at least 50 percent per serving.
- Light in sodium: If sodium is reduced by at least 50 percent per serving.

Food labels cannot claim a product is "healthy" if it exceeds 480 mg of sodium per reference amount, according to the U.S. Food and Drug Administration and U.S. Department of Agriculture. "Meal type" products must not exceed 600 mg of sodium per labeled serving size.

You also can read the ingredient list to learn more about the source of the sodium. Watch for the words "soda," referring to sodium bicarbonate, also known as baking soda, and "sodium," including sodium nitrate, sodium citrate, monosodium glutamate (MSG) and sodium benzoate. Once you start to recognize these terms, you'll see why there's so much sodium in some foods—even those that don't taste very salty. 



Moroccan Beef and Sweet Potato Stew

Recipe from <http://www.beefitswhatsfordinner.com>

Ingredients

- 2-1/2 pounds beef Stew Meat, cut into 1 to 1-1/2-inch pieces
- 3 tablespoons all-purpose flour
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1/4 to 1/2 teaspoon ground red pepper
- 1/2 cup regular or golden raisins
- 1 pound sweet potatoes, peeled, cut into 1-inch pieces (about 3 cups)
- 1 can (14-1/2 ounces) diced tomatoes with garlic and onion
- Hot cooked couscous
- Chopped toasted almonds (optional)
- Chopped fresh parsley (optional)

Instructions

Combine flour, cumin, cinnamon, salt and red pepper in 3-1/2 to 5-1/2-quart slow cooker. Add beef, sweet potatoes and raisins; toss to coat evenly. Pour tomatoes on top. Cover and cook on LOW 8 to 9 hours or on HIGH 4 to 6 hours or until beef and potatoes are fork-tender. (No stirring is necessary during cooking.) Season with salt, as desired.

Serve over couscous. Garnish with almonds and parsley, if desired. Makes 6 servings.

Nutrition information per serving: 300 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 65 mg cholesterol; 811 mg sodium; 32 g carbohydrate; 3.8 g fiber; 26 g protein; 3.6 mg niacin; 0.4 mg vitamin B6; 2 mcg vitamin B12; 4.6 mg iron; 17.8 mcg selenium; 5.4 mg zinc.



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Fruit Isn't Just a Summertime Thing

When the days grow shorter and colder, we sometimes slow our fruit consumption.

Health Benefits of Fruit

Most fruits are naturally low in fat, sodium and calories and contain zero cholesterol. Besides these stated heart-healthy benefits, fruits also are high in many essential nutrients that are under-consumed, including potassium, dietary fiber, vitamin C and folate or folic acid. Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew and orange juice.

Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruit help provide a feeling of fullness with fewer calories. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.

Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy. Folate helps the body form red blood cells.

Fruits also are loaded with water and have significant chewing resistance, which are both important as we get older.

Common Winter Fruits

The easiest and most affordable fresh fruit to get during the winter

months are apples, bananas, pears and citrus fruits such as oranges, grapefruits and kiwis. These are wonderful fruits that keep well and may be placed in a bowl out on the counter to be a reminder to eat more fruit throughout your day.

Also good to keep on hand are multiple frozen, canned and dried fruits. These keep much longer than fresh and can add a variety to the common winter fruits.

Adding Fruit to your Diet

There are clever ways to include fruit other than just munching on a whole piece as a snack. At breakfast, top your cereal with bananas or peaches, add blueberries to pancakes or drink 100 percent orange or grapefruit juice. Mix fresh fruit with plain fat-free or low-fat yogurt.


For lunch, pack a tangerine, banana or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient. Fruits are lovely additions to leaf salads. Dried fruit can be sprinkled onto your salad as well, such as dates or dried cranberries.

At dinner, add crushed pineapple to coleslaw or include orange sections or grapes in a tossed salad.

Make a Waldorf salad with apples,

celery, walnuts and a low-calorie salad dressing. Try meat dishes that incorporate fruit, such as chicken with apricots or mangoes. Add fruit like pineapple or peaches to kabobs as part of a barbecue meal. Then top your evening meal off with a nice dessert of baked apples or pears sprinkled with a little brown sugar or cinnamon.

Keeping Fruit Safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry with a clean cloth towel or paper towel after rinsing. Keep fruits separate from raw meat, poultry and seafood while shopping, preparing or storing. Keep store-cut fruit or open packages of fruit refrigerated. 



What Fred and Henry Don't Say

by Houston Doan, Aging Partners Financial and Insurance

The Fonz, the fictional character Henry Winkler portrayed in the American sitcom “Happy Days,” is cool, but I don’t think you would go to him for investment advice. Why would you trust him with one of your largest investments—your home?

We often see celebrities on television telling us how great reverse mortgages are and how they will change our lives. They are right. A reverse mortgage or Home Equity Conversion Mortgage (HECM) can change your life. It can make it possible to stay in your home. It also may cause unexpected consequences.

A reverse mortgage is like any of the many of financial choices you can make. What is good for your neighbor may not be good for you. You should do your homework before making any financial decision, especially a reverse mortgage.

What Is a Reverse Mortgage?

A mortgage on your home allows you to access a portion of your equity today and not have to make any repayment until you leave your home. Your age, rate of interest and appraised value of the home determine how much money is available to you in a reverse mortgage. The older you are and the more your home appraises for, the more money you are able to access through a reverse mortgage.

No Payments?

This is a confusing part of a reverse mortgage. Are you borrowing money, and do you have to pay a monthly payment? You do make a payment, but that payment is in the form of a debit from the remaining equity in your home—the portion you did not borrow. If you live long enough in your home, you could have no remaining equity; you could owe more than your home is worth.

What if I Do Owe More than the Home Is Worth When I Leave My Home?

One of the best features of a reverse mortgage is that it’s an insured loan, which means, if you are upside down on the loan, you walk away owing nothing. Whatever the home sells for satisfies the lender; the insurance pays the difference between what the home sells for and what is owed on the home. You or your family will not have to pay any out-of-pocket expenses to settle the loan.

Why Not Get a Reverse Mortgage?

There are several reasons not to get a reverse mortgage. For one, they are more expensive than other types of loans. This is not a short-term loan option. Secondly, you may be unable to continue to support the home as you age. Paying taxes, insurance and maintenance are required to keep a reverse mortgage loan from being foreclosed. Lastly, if you are not skilled at handling your money, you may use up all your equity, still have bills you can’t pay and still lose your home.

If you are considering a reverse mortgage, you must participate in HUD-approved HECM reverse mortgage counseling. Aging Partners has approved counselors that can work with you to satisfy this requirement or discuss whether a reverse mortgage is right for you. Call 402-441-7070 to set up an appointment.

Remember, when it comes to a reverse mortgage, call Aging Partners—not Fred Thompson. 



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I Believe Older Nebraskans...

For the past several months, people have been sharing what they believe about older Nebraskans.

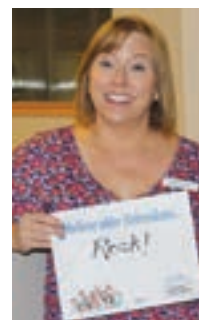
If you would like to participate, visit the Aging Partners Facebook page, print the “I believe older

Nebraskans...” photo, complete the sentence, take a photo of yourself holding the sign and email it to zolson@lincoln.ne.gov.

By sending your photo, you’re agreeing to let Aging Partners share

the image of what you believe about older Nebraskans on our Facebook page and in print media. Aging Partners reserves the right to approve all submissions prior to posting.

Send us your thoughts! **LW**



Senior Center Unites Happy Couple

Norma Pleines and Dennis Davis' relationship came full circle Oct. 18 when the two were married at the place they met—the Downtown Senior Center.

This was the first wedding ever held at an Aging Partners center.

New friendships form at senior centers every day, but rarely do they turn romantic. Pleines and Davis were the exception to the rule.

The two met in March 2012. Davis began attending bingo at the center shortly after his wife died. Simultaneously, Pleines, who had been attending the center sporadically, began volunteering there.

Although the two were familiar with each other from their interaction at the center, it wasn't until months later that the wheels of their relationship were set in motion.

When Pleines needed furniture in December 2012, Downtown Senior Center Manager Denise Howe connected her with Davis, who gave her a single bed. Pleines' view of Davis began to shift after this exchange.

"Have you ever looked at someone or something and know they will be something special in your life, but you're not sure how the circumstances will advance? That's how it was," Pleines said.

When she met Davis' sister, Darlene, on the Horseshoe Council Bluffs Casino bus, Darlene began giving her rides home from the bus stop, and he would occasionally join them. Their interaction convinced him to invite Pleines to his apartment complex for bingo.

After months of friendship, he asked to court her April 1, 2013.

"I got chills when he asked me," she said.

Within weeks, rumors began spreading that the two were getting married June 6, which was news to the couple. Yet the rumors served as a wake-up call for Davis.

"I was having breakfast with a friend, and he told me Norma was 'the one,'" he said. "I realized he was right."

The two were sitting at a table in the Downtown Senior Center cafeteria when Davis popped the question.

The happy couple eloped Oct. 12 to a Las Vegas wedding chapel, but celebrated their marriage with family and friends during a formal ceremony at the center the following Friday.

"I've never been this happy before," Pleines said. ^{LW}



Dennis and Norma Davis share a moment following their Oct. 18 wedding at the Downtown Senior Center.

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Russell holds an award from the Clinic with a Heart that he received for 200 hours of volunteer service. The award is his wife's favorite of the many he has received throughout his career.

Living a Blessed Life

Story and photos by Zoe Olson

For Maurice L. Russell, names are important.

When he arrived at Army basic training, the drill sergeant called him to step forward, and two men did. The sergeant told them, “Step back! Didn’t you hear what I said? Maurice Russell, step forward!” Once

again, two men did—Maurice L. Russell and Maurice J. Russell.

From that moment on, Russell—Maurice L., that is—resolved always to use his middle initial.

From a humble beginning, Russell rose to become a Lincoln legend. His impact on the

community, the local culture of segregation and the pharmaceutical industry is his legacy.

In Pursuit Of the American Dream

Russell lived in an orphanage from age 5 through 12 because his mother was hospitalized due to illness. By age 12, he was on his own, working up to three jobs simultaneously to support himself and get through school. He ran film between the black movie theater and the white theater, at Pepsi-Cola until they discovered he was under 14, and as a dishwasher until he was fired for helping a white female co-worker with her math homework. Of all his employers, he was most influenced by a pharmacist he worked for—not necessarily by the work, but rather by how the pharmacist treated people.

When asked how he finished high school while living with either an uncle or in a hotel, “seeing things a young child shouldn’t see,” Russell credited his grandmother.

“Education was important, and my grandmother required it,” he said.

She signed for Russell to join the Army at age 17 following his graduation from high school, and he served until Aug. 29, 1949.

What brought the Oklahoma native to Nebraska? Segregation. When Russell was honorably discharged from Fort Riley, Kan., he had the option of going to Colorado, Kansas, Iowa or Nebraska. He chose Lincoln, Neb.

“I drove to Love Library at the University of Nebraska and have been here ever since,” he said. “I didn’t know where I was going, but I knew I wasn’t going back to

Oklahoma.”

Over the past 65 years, he returned to Oklahoma only six times, mostly for funerals. Lincoln became his true home.

Upon his arrival in Nebraska, Russell attended the College of Pharmacy at the University of Nebraska-Lincoln, located on the site where the Sheldon Art Gallery now sits. Russell noted that at the time the building was torn down to make way for the Sheldon; it was the oldest building on campus and in pretty bad shape.

The four-year degree program included classes comprised of 15 to 20 students—much smaller than today’s college classes. Approximately 60 students were enrolled in the College of Pharmacy. In 1972, the college was moved to the University of Nebraska Medical College.

Although he no longer lived in segregated Oklahoma, Russell continued experiencing discrimination—from not being served at local lunch counters to being refused seating at local restaurants. His fellow students and co-workers stood with him, and times changed slowly. He recounted these instances of segregation in a matter-of-fact tone devoid of bitterness, believing everyone is a product of their experiences.

“Lincoln has changed a lot; thank goodness,” he said. “I’ve been here for 65 years, and when I first came here, there were many restaurants that wouldn’t serve people of color. When my first wife and I married, the paper wouldn’t publish our photo. They published our notice—just not our picture.

“We attended a retirement



party for my wife’s boss, a professor at the university. When we arrived at the restaurant, they would not seat us. My wife’s boss intervened and threatened to take the party elsewhere. Eventually the restaurant relented.”

Russell noted that the actions of classmates, co-workers, employers and friends influenced changes in society’s treatment of Lincoln’s diverse population.

Creating a Legacy

As required by the pharmacy program, Russell interned for one year at Lincoln General Hospital. He received his pharmacy license in July 1954.

Russell began working at Smith Pharmacy during his senior year in 1953 and continued working there until 1959, when he bought the store located at 22nd and Vine streets in Lincoln. He worked at that location until the property was purchased by UNL for an area-wide renovation. The property housed many small neighborhood businesses. Russell doesn’t fault the owner for selling because it was a good business decision.

“They gave him an awfully good price for it,” he said.

Russell operated the King Dollar Pharmacy, the first pharmacy in Lincoln located inside a grocery store, before

working as a pharmacist for Wagey Drug. In 1967, he became the first pharmacy consultant for the Nebraska Department of Social Services, now known as the Department of Health and Human Services.

Eventually, Russell joined Eli Lilly and Company’s pharmaceutical sales department. He worked there for 27 1/2 years until retiring in 1996.

While working for Lilly, Russell’s appreciation for the strict insulin manufacturing guidelines was heightened. Human insulin was developed by Lilly, which made Lilly the company it is today. The rigorous production standards enacted to ensure purity in

Continued on page 24.



This gift drawing, a gift upon his retirement for Eli Lilly and Company is one of Russell’s favorites.

Continued from page 23.

production is not lost on him. The site for human insulin production is isolated from other production facilities, and security is high for all persons entering the site. Once, even the president of Lilly and visiting dignitaries were not allowed in the facility because they did not possess proper authorization.

Following his time at Lilly, Russell went to work as a pharmacist for Russ's Market, where he initiated a pharmacy alert system to notify other pharmacies and local police of customers who were potentially misusing drugs. At the time, a fax notification would be sent from the 70th and Van Dorn location to all other city pharmacies, the Lincoln Police Department and the Lancaster County Sheriff's Office. Today, the alerts continue and are sent via computer to all pharmacies in the city. The alert system covers both prescription and non-prescription drugs—anything that can be abused.

Russell retired from Russ's in 2009.



The Bowl of Hygieia, a national recognition for Russell's community service is featured on the wall of his home office.

As of July, Russell has practiced pharmacy for 60 years. Today, he volunteers his professional training at the Clinic with A Heart. He recently received an award for providing 200 hours of volunteer service—his wife's favorite award.

Russell has served as President of Nebraska Pharmacists Association and was awarded the Cora Mae Briggs Outstanding Service Award in 1996.

In 1991, he was recognized nationally with the Bowl of Hygieia, an award given to one pharmacist in each state within the United States, Canada and Puerto Rico in recognition of community service performed by the recipient. Nominations are made by the board of directors of each state's pharmacy association.

In Russell's opinion, one of the most important actions pharmacists do is help people understand their medication and why it's important to take them as prescribed.

"If you are prescribed five, 10, 14 or 21 days of medications finish them," he said. "Don't stop taking your medications just because you start to feel better. The doctor prescribed the medication for a specific length of time for a reason. Don't stop taking any prescription until it is finished.

"If your medications are expired, they can be dangerous and at the very least, they may have lost effectiveness—don't take them. Also, don't take leftover medications that you didn't finish—they might



The Cora Mae Briggs Award from the Nebraska Pharmacists Association for outstanding service to Nebraska Pharmacy is proudly displayed in the Russell home.

interact with something you're taking now. Pharmacists are an important part of good health care."

The End Of Workplace Segregation

During his career, Russell witnessed a cultural shift regarding race in the workplace.

He was the first Afro-American sales representative hired by Lilly and the second employee hired as part of Affirmative Action, Russell said.

During his career at Lilly, women were hired as sales representatives for the first time.

"My immediate supervisor at Lilly didn't like having women work for him, and he wasn't very nice to them," Russell said. "I found out later, he wasn't very nice to me. He would smile at me and speak to me, but later, my co-workers and wife pointed out his bigotry. He passed me over for promotions—but I didn't want promotions; I liked where I was, talking with people. He may have felt he was discriminating against me, but I got what I wanted and never felt harmed."

Although Russell saw many changes with regard to race issues over time, he never viewed race as an issue in his career.

"I never felt I experienced difficulties or problems," he said.

Russell believes he is the only Afro-American pharmacist in the city today. He said there have been a few others in the past, but they've since moved out of the city.

Russell also has seen gender balance change in his profession over the years.

"There were four or five women in my pharmacy class, about one-fourth of the class," he said. "This year's graduating pharmacy class is about 75 percent women."

Serving Community and Family

Russell is and always has been committed to performing community service. He has served on the Board of Directors and volunteered for many organizations including

Family Services, Nebraska Crime Commission—Region II, American Red Cross, Lincoln Council on Alcoholism and Drugs, Seniors Foundation of Lincoln and Lancaster County, Bryan College of Health Sciences, the United Way and St. Paul United Methodist Church Council. Additionally, he has served as president of the Seniors Foundation of Lincoln and Lancaster County and the St. Paul UMC Men.

Very active in his church, Russell was head usher at St. Paul UMC for 22 years.

"When I retired in 2009, my knees started to bother me with arthritis," he said. "I didn't have a pain anywhere until I retired. Now, I still usher every Sunday, but I asked to step down as head usher—I was going up and down the stairs too much."


Russell and his wife, Marcia, have a blended family of six

children, 14 grandchildren, 17 great-grandchildren and one great-great grandchild. Another great-great grandchild is due in January 2014. All except two family members live in the Lincoln area.

During holidays at the Russell home, 25 to 30 family members visit at any given time. Food is central to the celebrations.

"No one leaves hungry and without some food to take with them," he said. "Marcia is such a good cook. I don't know how I stay in the shape I do!"

"I've been very blessed. I don't say I'm lucky. Living where I've lived, seeing what I've seen, I know I've been blessed."

Lincoln has certainly been blessed by the life and work of Maurice L. Russell, and for that, we say, "Thank you." 

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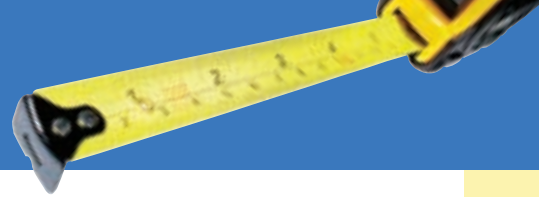
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Home Safety Check

By Carol Meyerhoff, Home Handyman Program coordinator

The holidays are over; people are considering New Year resolutions, returning gifts or spending those gift cards; and winter is upon us. What better topic to ponder but protecting your quality of life and ability to live independently—of which we all hold dear.

Did you know falls are the principal source of injury and injury-related deaths for those 65 and older? Falls resulted in 1,440 emergency room visits with associated charges of \$4,255,941 reflected in the 2010 local hospital discharge data (Lincoln/Lancaster County). They also account for 519 hospital admissions, resulting in charges of \$15,266,698. These figures don't include additional services such as convalescent stays, physical therapy or rehab programs, physician office visits or home health care.

Did you also know nearly 13 million falls are sustained by people in the United States who are 60 years of age and older—one fall every 2 to 3 seconds—and of these falls, nearly half will need help getting up? Services are available through Aging Partners to add protection for living safely and independently. Facts and figures do not speak to the devastating life changes and consequences of falls, but each of these facts and figures is a senior's life forever altered.

Not all falls can be prevented, but many proactive steps can be taken to avoid much of the risk. Let's begin by taking a look at your home and safety check points.


Preventing Falls at Home

Nearly half of the falls that occur happen at home. Prevent these falls by:

- **Removing clutter.** Remove all items such as newspapers, mail, magazines, clothes and shoes from the floor, stairs and any walkway. Ensure these items are placed above walking level, in closets or other storage spaces.
- **Minding throw rugs, carpet and non-slip bath mats.** Remove throw rugs; if necessary, use double-sided tape to keep them from slipping or curling on the edges. Ensure carpets are stretched and tacked down, maintaining a smooth walking surface. Use only non-slip mats for bath and shower areas.
- **Maintaining handrails and grab-bars.** Place sturdy handrails near all steps in the home. As balance diminishes, handrails also may be helpful in hallways or other walk ways in or around the home. Grab-bars are useful, especially in bathroom areas when getting in and out of the bath or moving to a sitting or standing position from the toilet.
- **Avoiding step stools.** Keep frequently used items in cabinets and cupboards that are reachable without the use of a step stool.
- **Improving lighting.** As we age, brighter lights are needed to see well. Replace burned out bulbs immediately and update fixtures to allow brighter lighting or add a lamp in dimly lit areas. Install lightweight window treatments or shades to reduce glare.
- **Wearing properly-fitted shoes.** Properly-fitted shoe have soles that grip when indoors and outdoors. Avoid walking barefoot or in slippers.

The Home Handyman Program can help people accomplish these

inexpensive but crucial improvements to homes. In addition, handymen and women assist with minor plumbing, electrical, carpentry and painting projects. Heavy housework assistance can help with tasks requiring a step stool or ladder such as removing blinds and window treatments for cleaning and re-hanging, changing out light bulbs, checking carbon monoxide or smoke detectors and changing batteries, or moving high or low items to safer and reachable levels. Home Handyman also can replace furnace filters, clean dryer vents and clean tough or hard-to-reach spaces.

Call 402-441-7030 to get Handyman work tasks scheduled and discover new resources for your minor home maintenance and repair needs. 

Other Aging Partner Resources

Fitness, balance, vision, medication reviews and receiving help promptly when needed to support your efforts in remaining healthy and living independently.

Aging Partners Health & Fitness 402-441-7575

Offers a fitness center, health clinic and programs in fall prevention, balance skills and stress reduction.

Aging Partners Lifeline (Personal Emergency Response Service)

402-441-8816 Offers Philips Lifeline equipment, state-of-the-art call response center and ability to receive help at the press of a button or AutoAlert that detects a fall and sends a signal for help when you are unable to press your button.

Aging Partners Personal & Family Services 402-441-7070

Provides kind and caring social workers and case managers to help you maneuver through aging issues and get the support you need.

Wells Encourages Future Trick Ropers

Although trick roping was made popular by Will Rogers and early performers of Wild West shows and rodeos, it's ropers like Joan Wells who keep the art alive today.

Wells, who has been roping since age 4, travels and performs 15- to 35-minute exhibitions at fairs, Western events, cowboy symposiums museums and more. With each performance, she demonstrates more than 80 tricks including butterfly combinations, multiple rope spins, double tricks, Big Loop, Ocean Wave and Texas Skip.

Her shows leave audiences amazed and intrigued about the art.

Wells hopes her performances inspire children to pursue trick roping because the art requires discipline that must be learned at a young age.

"I want there to be continued interest not in only trick roping, but also the other Wild West arts," she said.

Learning the Art

Growing up, Wells idolized her cousin, Almon Bates, a rodeo cowboy and trick roper. When she expressed an interest in roping, Bates taught Wells her first trick—the flat loop. Spinning the rope parallel to the ground using a 10-foot rope was difficult for the 4-year-old, but she soon mastered it. Her interest and talent grew with each trick he taught her.

From ages 10 to 12, she performed her tricks every Saturday on Juvenile Theater, a variety show broadcast live from KOLN-TV in Lincoln, Neb., featuring local child performers.

Hungry to increase her abilities, Wells studied with World Champion Trick Roper Jim Eskew Jr. of Ardmore, Okla. He taught her about 25 tricks before dying in 1977.

Wells continued honing her craft under the tutelage of professional



Joan Wells, trick roper, spins three ropes simultaneously during a performance. Photo courtesy of Kris Simon.

trick roper J.W. Stoker, from whom she learned the difficult horse catch trick, which involves roping a horse and rider from a spinning loop as they run full speed across the arena. Today, she is the only woman in the world who performs these tricks.

With her tutors' help, she mastered both the Mexican and American styles of roping, becoming one of the more famous female trick ropers in history.

Over time, Wells won awards for her talent. She contested for the title of Women's World Champion Trick Roper in 1979 and was inducted into the National Cowgirl Hall of Fame in Fort Worth, Texas, in 1989. In 2006 and 2007, she competed in the Big Loop and Horse Catch Competition at the Will Rogers Trick Roping Expo in Claremore, Okla.

Her most memorable performances include the Macy's Thanksgiving Day Parade, Will Rogers Memorial, Kansas and Texas Cowboy Symposiums, Will Rogers Follies, and Pawnee Bill and Buffalo Bill Wild West shows.

For the Love of Roping


Trick roping supplemented Wells' income during and after college.

"I'd be lying if I said it hasn't been a struggle," she said. "Trick roping requires a lot of time and money to pursue. When you work a full-time job, it can be difficult, but it's all worth it if you love the art."

Since retiring, Wells has continued to trick rope and practices a minimum of an hour a day. She also does regular flexibility and strength training exercises to keep in condition.

She has no plans to give up her trick roping passion anytime soon.

"There are ropers who rope into their 80s," Wells said. "I hope to keep performing and teaching until I'm no longer able."

Watch this episode of Live & Learn on YouTube at <http://www.youtube.com/user/aginglivelearn/> videos or on Time Warner Cable 5 City-TV at <http://lincoln.ne.gov>. 

Older Adults Stay Active, Involved with String-a-Longs

Whoever coined the phrase “you can’t teach old dogs new tricks” clearly never met the String-a-Longs.

This string quintet includes Jean Barker, Barb Carlson, Robert Doxtator, Nelia Hense and Karin McCann. The five met in the winter of 2009 at the Osher Lifelong Learning Institute’s first Suzuki method violin classes. Here, they and a handful of other older adults learned to play the violin for the first time.

When the classes ended that summer, the five asked their instructor, Jentry Barrett, to consider continuing their music education.

“I wasn’t planning on teaching the group moving forward, but when some of them asked to keep going, I couldn’t say no,” Barrett said.

In that moment, the String-a-Longs was born.

Under Barrett’s direction, the group began meeting at the Harris Academy of the Arts near 27th Street and Pine Lake Road. The group now meets at the academy every Thursday from 10:30 to 11:30 a.m. to hone their violin skills. She teaches them theory, note reading and other Suzuki principles throughout the class. The members also take turns participating in a 10-minute private lesson.

The hard work they’ve put in through the years shows.

“They believe in themselves and ability even more than when they started as a group,” she said.

It wasn’t long before the group began performing. Their past performances were held at the University of Nebraska-Lincoln,



String-a-Longs members perform on Live & Learn. Photo by Zoe Olson.

Governor’s Mansion, various senior living centers and elsewhere. The String-a-Longs perform about 11 times a year.

The group decided to use their skills to give back to the community. They now charge about \$60 per performance and donate the proceeds to students who can’t afford music lessons.

The Suzuki Method

The String-a-Longs learn using the Suzuki method, an approach typically used for children.

Japanese violinist Shin’ichi Suzuki developed this teaching method from his view of learning language. People can learn music in the same way children learn their native language through hearing words repeatedly and being encouraged when they speak, according to the methodology.

Suzuki students like the String-a-Longs repeatedly listen to recordings of the pieces they will play, becoming familiar with the music just as a baby becomes familiar with language. Over time,

they learn to play music by ear. As their training progresses, they learn to read music.

Health Benefits of Learning Music

Most members of the String-a-Longs participate in the group not only because they enjoy making music, but also because of the health benefits of playing an instrument.

For example, one reason Carlson plays with the group is to fend off Alzheimer’s disease.

“Everything we play is memorized, which is a good challenge for the brain,” she said.

Research supports the idea that learning music directly benefits memory retention in older adults. According to a Stanford University study, learning to play a musical instrument also reduces the risk of dementia in those older than 75.

The scholarly article “Benefits of Music Participation for Senior Citizens” reports that playing music in a group enhances feelings of joy and pleasure. In addition to her passion for music and harmony,

socializing with others who share the same goals is why McCann enjoys participating in the String-a-Longs.

"I enjoy the camaraderie the five of us have," she said.


Playing an instrument also has physical benefits for older adults, according to a two-year study that examined the effects of arts participation on 300 adults 65 and older. Those who regularly participated in music programs had fewer doctors visits, took less medication and exemplified better overall health than the control group who had limited music participation.

Learn to Play

Barrett encourages older adults to try learning an instrument. Although the String-a-Longs aren't accepting new members at this time, older adults can take private lessons and perhaps create a performance group of their own one day.

"Learning an instrument is a wonderful experience," Barrett said. "I hope other older adults read the article and are inspired to give music a try."

For more information on the String-a-Longs or Harris Academy of the Arts, call 402-423-7121.

Watch this episode of Live & Learn on YouTube at <http://youtu.be/7s38uDpreVE> or on Time Warner Cable 5 City-TV video-on-demand at http://lincoln.ne.gov/asp/city/vod.aspx?vod=Live%20and%20Learn/live_nov_2013.mov. 

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Lintel Bids Farewell to Live & Learn Community

Continued from page 13.

said her co-host Harland Johnson. "She had her finger on the pulse of Lincoln. Because of this, she had a repertoire of people she could interview on the show."

Lintel came to every interview prepared. Live & Learn Host Kris Beckenbach said viewers benefited from her work ethic.

"She always did her research and helped her guests bring important information to the viewers," Beckenbach said.


Lintel's co-hosts also benefited from her involvement in the show.

"I was inspired by her inquiring mind and inclusiveness," said Live & Learn host Tim Francis. "She was an excellent role model to all the hosts."

Although she will be missed for many reasons, Live & Learn host Kristen Stohs says her personality tops the list.

"She's known for her sweet smile and caring, thoughtful

attitude toward everyone," Stohs said. "She's a quiet person, but she's so fun-loving. She drives the cutest little red Volkswagen bug, which, if you know her, fits her personality. Live & Learn won't be the same without her."

The cast and crew of Live & Learn thank Lintel for her six years of service and wish her all the best in her future endeavors. 

Protect Yourself from Scams

Considered “the crime of the 21st century,” scams targeting older adults continue to run rampant in the United States—even in Lancaster county.

Although older adults represent only about 13 percent of the U.S. population, they accounted for about 26 percent of all fraud complaints in 2012, according to the most recent Consumer Sentinel Network Data Book published by the Federal Trade Commission.

Why is this demographic targeted? A 2012 UCLA study indicates some older adults have difficulty determining who is honest and who is trying to deceive them.

By gaining an understanding of how these scams operate, older adults help protect themselves from falling victim to scams, said Ryan Sothan, consumer outreach coordinator, Nebraska Attorney General’s Office.

Email Scams

The FTC Sentinel report showed that scammers most often use email. About 38 percent of fraud complaints reported in 2012 stated email was the initial point of contact.



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Nigerian 419 scams remain a popular email scam. In this method, scammers send emails pretending they need to transfer large sums of money out of the country. The scammers promise to give victims a share if they help them. They ask victims to pay money or give their bank account details to help with the transfer. After paying many “fees,” the scammer will cease contact and the victims will never see the money promised to them.

Another prominent email scam is phishing—in which older adults receive emails from a trusted source, such as a bank, indicating their account has or will be been suspended. Somewhere in the email, the scammer request verification of personal information. Warning signs of a phishing scam include poor spelling and grammar, links in the email and a threatening tone. When older adults receive an email matching this description, they should verify it with the company who supposedly sent the email.

The Attorney General’s Office recommends the following best practices in avoiding email scams:

- Don’t open emails from senders you don’t recognize.
- Never open links.
- Be cautious of offers that sound too good to be true.
- Never provide personal identifying information, especially your Social Security number.

Telephone Scams

Telephones were scammers’ second-most likely initial point of contact, according to the FTC Sentinel report.

Many older adults often are targeted for telemarketing-related fraud. In these cases, the victim typically is offered a prize or special opportunity. Oftentimes, they’ll ask for a fee or personal information upfront before they promise to send the prize, which is illegal. The caller also might use scare tactics, warning the victim to act immediately.

The grandparent scam is another popular form of phone fraud. In these cases, a grandparent receives a call late at night from someone claiming to be a grandson or granddaughter. The caller will claim they’re in a foreign country and need immediate financial assistance. Always hang up and verify the story with a family member before giving money.



A particularly deceptive form of phone fraud is when scammers call older adults pretending to be a charity. These false charities are professional fundraising organizations designed to benefit themselves, not the charity they claim to be. Before giving money to a charity, read tips provided by the FTC at <http://www.consumer.ftc.gov/articles/0074-giving-charity>.

The Attorney General's Office asks older adults to be suspicious of all phone calls when:

- The offer sounds too good to be true.
- You are required to pay shipping and handling or fees for a free prize.
- The caller requests your personal information.
- You didn't originate the call.

You can add your phone number to the FTC's National Do Not Call Registry by visiting <http://www.donotcall.gov>. The registry accepts both landlines and cellphones and no longer expires, provided people maintain the same phone number and live at the same address.

Miscellaneous Scams

Scammers also will use the U.S. mail to victimize older adults. In these instances, older adults receive mail claiming that they won a prize. Red flags for these scams include

a probe for personal information, a need to take urgent action and a request to wire or transfer money. Those who receive suspicious mail should contact the Nebraska Attorney General's office; trained personnel can weigh in on the mail in question, validating if the offer's legitimacy.

Although this trend is declining, door-to-door solicitations still exist. Peddlers are required to obtain a peddlers license through the Lincoln City Clerk, which requires a background check. When a solicitor arrives on property, request their credentials.

"Older adults must remember, there's nothing wrong with closing the door, throwing away the mail, disregarding the email or hanging up the phone," Sothan said.

Identity Theft

All roads can potentially lead to identity theft. It's the No. 1 consumer complaint in the United States. Identity theft increased among older adults by 35 percent in 2012.

Most identities are stolen by someone who knows the victim such as a family member, neighbor, friend, co-worker or in-home employees.

The Attorney General's Office recommends older adults protect


themselves from identity theft by checking their credit report at <http://www.annualcreditreport.com> and considering enacting a security freeze. A security freeze is a notice placed on a consumer's credit file and prohibits consumer reporting agencies from releasing a credit report, or any other information derived from the file, in connection with the extension of credit or opening of a new account without the express authorization of the consumer.

A Trusted Ally

The Nebraska Attorney General's Office is a valuable resource for older adults. If you've been the victim of fraud, file a complaint with the senior fraud hotline at 888-267-0778, consumer protection hotline at 800-727-6432 or online by visiting <http://www.ago.ne.gov>. Consumer also can get regular tips by following @AGBruning on twitter or by signing up for the consumer mailing list on the Attorney General's website.

The office checks into every complaint that is filed. On average, it handles about 4,500 cases per year.

"It's good to know there's someone like us in your corner when you become the victim of scam," Sothan said. "Remember, you always have a friend in us."

Watch this episode of Live & Learn on YouTube at <http://youtu.be/7s38uDpreVE> or on Time Warner Cable 5 City-TV video-on-demand at http://lincoln.ne.gov.aspx/city/vod.aspx?vod=Live%20and%20Learn/live_nov_2013.mov. 



Fight Back Against Heart Disease

On a cold night in January, 77-year-old Neal Sandoz awoke to feelings of chest pains and a tingling sensation in his left arm. Within seconds, reality hit him.

“When I realized how my body felt, I knew what was happening,” he said. “I was having a heart attack.”

Sandoz woke his wife, and the two drove from their Irvingdale neighborhood home to Bryan Medical Center West, where doctors confirmed the heart attack. He was then transported by ambulance to Bryan Medical Center East where he underwent a five-way bypass operation.

His recent lifestyle change saved his life that day.

“Three years prior to my heart attack, I began exercising regularly for the first time in my life,” Sandoz said. “My heart surgeon told me if it hadn’t been for that, I probably would not be talking to you today. I feel very lucky.”

The Truth About Heart Disease

Sandoz is one of about 715,000 Americans who had a heart attack in 2013, according to the Centers for Disease Control and Prevention. The American Heart Association reports that, on average, Americans experience their first heart attack at about age 65 for men and 72 for women.

Heart attacks often are the result of coronary heart disease, an epidemic that plagues the United States—especially the older adult population. A common type of heart disease among older adults is cardiovascular disease. Dr. Gina Mentzer, cardiologist at Nebraska Heart Institute, said prevalence increases in women 65 and older and men 55 and older on average.

Older adults are most susceptible to heart disease because the blood vessels harden and lose elasticity over time, which causes stress pressure on the heart. With uncontrolled blood pressure, the risk of heart failure increases.

Although symptoms differ with each type of heart condition, the general signs of heart failure include:

- Anxiety
- Chest discomfort
- Cough
- Dizziness
- Fatigue
- Nausea or lack of appetite
- Pain in other parts of the body, such as arms, neck, back or abdomen
- Rapid or irregular pulse
- Shortness of breath with minimal exertion
- Sudden cold sweats
- Swelling
- Weakness

An Equal Opportunity Killer

Although heart disease is commonly portrayed by the media as a man’s disease, it is also the No. 1 killer of women in the United States.

“Women often are less aware of cardiovascular disease than other health issues such as cancer and obesity,” Mentzer said.

According to the National Coalition for Women with Heart Disease, 42.7 million women currently have some form of cardiovascular disease and 7.5 million have coronary heart disease. More women than men die of cardiovascular disease each year. Cardiovascular disease alone caused one death per minute among women in 2007—more than Alzheimer disease, cancer and accidents combined.



Neal Sandoz, financial counselor for Aging Partners and heart attack survivor. Photo by Zoe Olson.

Mentzer encourages older adult women to be aware of the facts and empowered to adopt a heart healthy lifestyle.

“Women are the cornerstone of households because they make many of the daily decisions,” she said. “If they don’t take care of themselves, they can’t take care of anyone else. It’s similar to what the flight attendants say—put your mask on first and then assist others.”

Know the Risks

According to the National Heart, Lung and Blood Institute, risk factors for heart disease include:

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive
- Having a family history of early heart disease
- Being over age 55

Although no one can change their family history of early heart disease, other risk factors can be eliminated by altering one’s lifestyle.

Eat Healthy

Mentzer sums up a heart-healthy diet in one word—vegetables. All vegetables have beneficial qualities, but leafy green vegetables such as spinach and lettuce especially can lower the risk of cardiovascular disease. Try to incorporate vegetables in every meal. Mentzer recommends eating fresh or frozen vegetables. Those who eat canned vegetables should rinse them off before cooking, which removes about 40 percent of the salt.

Increasing fruit intake and lowering sodium and fat consumption are other key components of a heart healthy diet.

For Sandoz, eating healthy was the most significant change to his lifestyle following the heart attack. He transitioned from red meats to chicken and fish. A proud chocoholic, he still enjoys his favorite treat, but does so in moderation.

“It was difficult to change my eating habits because I love to eat,” he said. “As hard as it was, I saw great results. The change helped me drop 30 pounds in about nine months.”

Incorporate Exercise

Although Sandoz had been exercising regularly before his heart attack, he tweaked his routine during his 36 90-minute exercise and consultation sessions with a personal trainer at Bryan LifePointe. Instead of focusing on upper body strength as he did before, he now concentrates on full-body exercises. A financial counselor for Aging Partners, he fights the sedentary office lifestyle by getting up and moving throughout the day.

Mentzer said older adults should aim for 30 minutes of moderate intensity exercise daily, such as walking at a moderate pace while holding 5-pound weights or a can of vegetables in each hand.

“Start low, go slow,” she said. “If you have been sedentary, get clearance from a physician before beginning any moderate intensity exercise routine.”

Eliminate Other Risks

In addition to diet and exercise, older adults can lower their risk for heart disease by monitoring their blood pressure regularly, not smoking, limiting alcohol and taking doctor prescribed medications.

Those with depression are more likely to make poor choices that lead to worsening risk factors. Those with the condition should treat it

behaviorally or medically as recommended by a doctor.


Lowering stress is another effective way of reducing heart disease risk, Mentzer said.

“Look at your daily routine and see what activities you can cut,” she said.

Seize the Moment

Sandoz described the heart attack as a frightening experience and wake-up call he needed to change his lifestyle.

“It made me more aware of the fact that I have to have more discipline in my daily activities,” he said. “Taking care of your body is the key to living a long life.”

Celebrate Heart Month this February by jump-starting your heart-healthy lifestyle. Visit your doctor today to come up with a game plan that fits your health needs. 



*Dr. Gina Mentzer,
cardiologist at
Nebraska Heart
Institute*



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MISSION

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

Being Well

NUTRITION

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

HEALTH & FITNESS

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

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

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

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

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

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

SENIORS FOUNDATION

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

Staying Involved

VOLUNTEER!

- **Foster Grandparent Program**
▲ 402-441-7026
- **Long-Term Care Ombudsman**
402-441-7070

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.
▲ 402-441-7158

Other Services

INFORMATION AND REFERRAL

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

TRANSPORTATION

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

LIVING WELL MAGAZINE

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

LIVE & LEARN

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

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

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

MULTI-COUNTY PROGRAMS

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

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator
Joyce Kubicek

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

SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

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

402-441-7070

In Nebraska **800-247-0938**
aging.lincoln.ne.gov



Aging Partners News and Events

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

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed

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



Health and Wellness

Aging Partners Health & Fitness Center

Monday through Friday
8 a.m. - 4 p.m.
233 S. 10th St., Suite 101
402-441-7575

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

All ages are welcome at the fitness center. Working people can feel free to stop by on their break to check it out. Cardio equipment, a universal weight machine, free weights, balance and other exercise aids are available at the center.

Eight-Week Fitness Challenge

Jan. 13 - March 7
233 S. 10th St., Suite 101

Are you up to the challenge? Here is what you do: Visit the fitness center or attend a Yoga or Tai Chi class for a total of 16 times—earn a Health & Fitness t-shirt! Visit the fitness center or attend a Yoga or Tai Chi class for a total of 24 times—earn a t-shirt and be eligible for prize drawing! \$3 registration fee. Call 402-441-7575 to register!

Senior Fitness Test

Thurs., Jan. 16
9 a.m. - 1 p.m.
233 S. 10th St., Suite 101

The Senior Fitness Test is safe, enjoyable and designed for people over the age of 60. Participants receive valuable information about their strengths and areas in need of improvement. They are given simple exercises they can do on their own at home or at a fitness center. \$3 suggested contribution for 60+. \$4 fee for those under 60.

Senior Health Promotion Center

1005 "O" Street, lower level

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

\$10 suggested contribution for foot care and \$5 other services for people 60+.

- Wednesdays, 10:30 a.m. - 1:30 p.m.
Jan. 29 - March 19
except March 12
- Thursdays, 9:30 a.m. - 1:30 p.m.
Jan. 30 - March 20
except Feb. 13 and March 13

Heart Health Open House

Thurs., Feb. 13
233 S. 10th St., Suite 101

- Free blood pressure, finger stick cholesterol and glucose screenings provided by University of Nebraska Medical Center College of Nursing - 9:30 a.m. - 1 p.m.
- "Nourish Your Noggin—Eat a Brain Healthy Diet" - 10 a.m.
Alice Henneman, MS, RD and UNL Extension in Lancaster County
This is a delightful presentation about how what we eat affects our bodies and brains. Alice will tell us what current research is saying about the type of foods that are best for both.
- "The Heart of Forgiveness" - 11 a.m.
Tracie Foreman, Aging Partners Health & Fitness
To forgive is divine ... but not always easy to do. The process takes tremendous commitment and strength. Taking the steps toward forgiving is a powerful life changing, heart healthy decision.
- Chair Yoga Demonstration - noon
- Tai Chi Demonstration - 12:30 p.m.

Yoga and Stress Management

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

This gentle class is designed for caregivers and others looking for ways to manage stress. Standing and balance poses use chairs for support and balance. This class is suitable for beginners and experienced students wishing to reinforce the basics. \$3 suggested contribution for people 60+. \$4 fee for under age 60.



Contemporary Yoga Eight-week session

Auld Recreation Center
3140 Sumner

This renewing practice uses body postures, breath and relaxation to bring about a sound and healthy body. Movements consist of a variety of positions and poses that have strengthening and restorative benefits. \$3 suggested contribution for people 60+. \$4 fee for under age 60.

- Tuesdays, 11 a.m. - 12 p.m.
Jan. 14 - March 4
- Fridays, 11 a.m. - 12 p.m.
Jan. 17 - March 7

Yang Style Tai Chi Eight-week session

Auld Recreation Center
3140 Sumner

Tai Chi has been shown to reduce stress, enhance core strength and balance and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each form. \$3 suggested contribution for people 60+. \$4 fee for under age 60.

- Thursdays, 6 p.m. - 7 p.m.
Jan. 16 - March 6
- Fridays, 9 a.m. - 10 a.m.
Jan. 17 - March 7

Stepping On—Building Confidence and Reducing Falls

This program is funded in part by the Community Health Endowment of Lincoln.

Stepping On is a community-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Classes meet for two hours one time per week for seven weeks. Participants learn the most

up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises, and the roles vision, medication, safe walking outside and footwear play in fall prevention. \$3 suggested contribution per class.

- Savannah Pines
at Williamsburg Village
3900 Pine Lake Rd.
Tuesdays, 1 - 3 p.m.
January 14 - February 25
- The Ambassador Lincoln
4405 Normal Blvd.
Tuesdays, 1:30 - 3:30 p.m.
February 11 - March 25
(April 1 snow date)
- Belmont Senior and Rec. Center
1234 Judson
Mondays, 10 a.m. - 12 p.m.
March 3 - April 14
- St. Elizabeth
Regional Medical Center
6900 "L" Street
Tuesdays, 9:30 - 11:30 a.m.
March 18 - April 29

Introduction to Meditation

Southeast Community College
Continuing Education Center
301 S. 68th Street Place

The experience of meditation can take us beyond the usual mental stress and emotional agitation to a calm, centered place. We will explore the art of quieting the mind. Come learn to reconnect and restore balance in your daily life through mindfulness meditation. In this session we'll focus on the Breath, the Body, Emotions and the Mind. This 4-week class provides a well balanced introduction to the benefits of meditation and its spiritual aspect. People with any or no experience of meditation are welcome.

Participants will learn the tools necessary to make meditation a simple part of their daily routine. Various techniques will be offered and practiced. Please bring socks as we will remove our shoes for the class. \$39 for the four week series

- Thursdays, 6:30 - 8 p.m.
January 9 - 30

Register through SCC by calling 800-828-0072, ext. 2712 or online at bit.ly/17zR5vq. Use "meditation" as the key word.

Educational

Free Income Tax Assistance

Monday - Thursday

Feb. 3 - April 10

10 a.m. - 3 p.m.

Downtown Center, 1005 "O" St.

AARP tax aide volunteers are back to help you with your 2013 income taxes. Call early, but not before Mon., January 27. Appointments go fast. Why not stay for lunch? Make your reservation when you make your tax appointment. Bring your photo ID, Social Security card, wage and earnings statements (W2s), interest and dividend statements (Form 1099), a copy of last year's return and any other information about your income and expenses. Call 402-441-7158.

Continued on page 38

Aging Partners News and Events

Continued from page 37

Entertainment

Flamenco Guitar

by Daniel Martinez

Thurs., Jan. 16

11 a.m. to noon

Downtown Center, 1005 "O" St.

\$4 suggested lunch contribution for age 60+

\$8 fee for under age 60

\$4 suggested transportation contribution for 60+

Join us for lunch featuring chicken tortilla soup while listening to Flamenco Guitarist Daniel Martinez. A guitar stylist, composer and teacher, Martinez is from Iquitos, Peru. Martinez first picked up the guitar as a young teen and discovered his natural talent for playing by ear. In 2002, he moved to the United States and enrolled at Union College in Lincoln to study English. Taking his music more seriously, Martinez sharpened his skills through classical guitar training. Call 402-441-7154 to reserve a meal.

Jimmy Mack's

Sweetheart Malt Shop

1950s Rock 'n Roll Revival

Fri., Feb. 14

11 a.m. to noon

Downtown Center, 1005 "O" St.

\$4 suggested lunch contribution for age 60+

\$8 fee for under age 60

\$4 suggested transportation contribution

It's Valentine's Day and what a way to relive the romance of the 1950s. Join veteran performer Jimmy Mack as he plays your favorite 1950s tune. We'll also enjoy a nostalgic menu of cheeseburgers, fries and chocolate malts. Valentine cookies will be graciously sponsored by

Homestead Rehabilitation Center. Don't miss it! Call 402-441-7154 to reserve a meal.

African American History Month "The Changing Face of Jazz in America"

Featuring Jazz Saxophonist

Ed Archibald and Vocalist

Tyi Hakeem

Thurs., Feb. 20

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

Cotner Center Condominiums

1540 N. Cotner Blvd.

\$6 suggested dinner and show contribution for age 60+

\$8 fee for under age 60

\$4 suggested transportation contribution for 60+

\$5 show only

This event explores the history and origins of Jazz; looking at both the early days and current state of the art.

Edward Archibald is a jazz saxophonist with over 30 years' experience. Singer and songwriter Tyi Hakeem has been singing since the age of nine. She began performing in front of large crowds when she joined the band "Rhythm City." This experience helped groom her for her eventual performances with the Omaha band "Bossphilly." Call 402-441-7158 to make your dinner reservation.

Early St. Patrick's Day Celebrations

Come celebrate St. Patrick's Day a wee bit early at the senior center of your choice. How about some shamrock cake and special music by Helen Waring Johnson? Helen will be performing her St. Patrick's Tribute program, featuring Irish music and Blarney. Enjoy the party and stay for lunch.

- Downtown Center
1005 "O" St.
Thurs., March 13, 10:45 a.m.
402-441-7154
- Northeast Center
6310 Platte Ave.
Fri., March 14, 10 a.m.
402-442-7151
- Waverly Center
14410 Folkestone
Fri., March 14, 12:30 p.m.
402-441-0423



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Women's History Month Event Mothers, Daughters, Wives and Women

Featuring Pippa White
Thurs., March 27

Dinner: 5:30 p.m. Show 6:30 p.m.
Cotner Center Condominiums
1540 N. Cotner Blvd.

\$6 suggested dinner and show
contribution for age 60+

\$8 fee for under age 60

\$4 suggested transportation
contribution for age 60+

\$5 show only

Join us for an inspiring performance by award winning actress Pippa White. She's back this year with "Mothers, Daughters, Wives and Women." This program will look at the remarkable things women have done—for the world and for each other. See why Pippa's work has been described as touching


and meaningful. The perfect evening for Mothers, Daughters, Wives and Women! Call 402-441-7158 to make your dinner reservation.

Warm Socks for Little Feet

Aging Partners Foster Grandparent Program (FGP) volunteers are collecting socks for elementary students. The Spirit of Hope Lutheran Church collected shoes for the children of several elementary schools in Lincoln and Lancaster County. To do their part and to honor Martin Luther King Jr. Day 2014, the FGP's HOPE committee is challenging the FGP volunteers and the Lincoln community to bring in 200 pairs of new socks to help make those little feet at Belmont and West Lincoln elementary schools warmer in those new shoes. Donated socks should be

new, gender-neutral, general wear styles (no dress socks or tights); sizes from toddler 9 to men's 9. Socks will be collected during the FGP in-services and at FGP volunteer sites. The community is encouraged to deliver socks to the Aging Partners FGP office, 1005 "O" Street anytime before Wed., Jan. 8. For more information, please call 402-441-7158.

Winter Storm Closing Information

Winter is here. Remember to listen to KFOR, 1240 AM, it is the official station to turn to for news on Senior Center closings and cancellations. If Lincoln Public Schools close, it is the policy of Aging Partners to close all the senior centers. 

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

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

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