

LivingWell



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Through Volunteerism**
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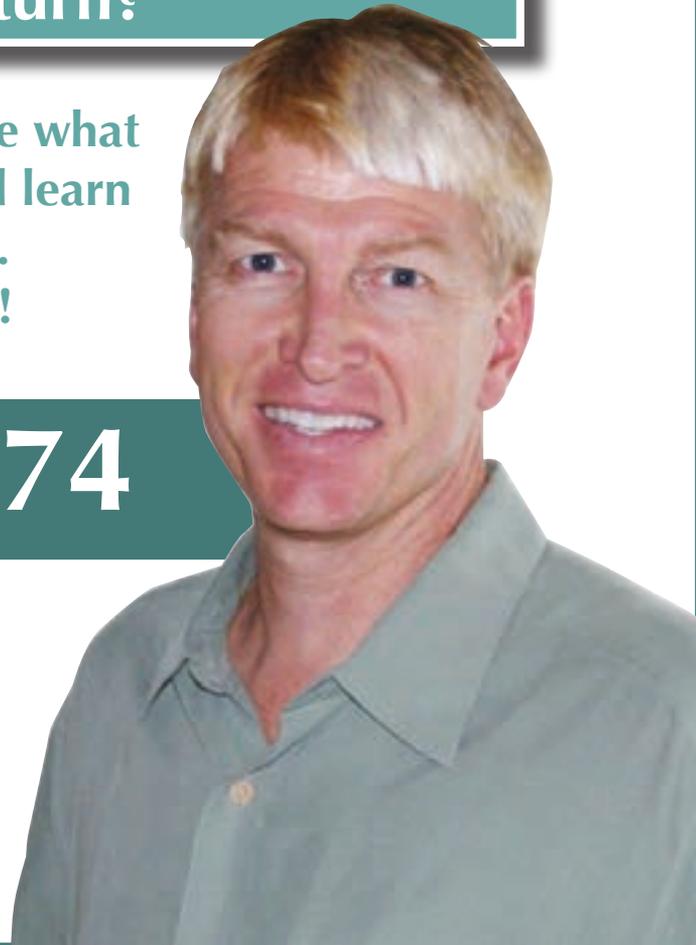
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Director's Corner

In Nebraska, "change" seems to be the most appropriate word for the beginning of 2015. Change in the governor's office and the Unicameral. Change in the UNL football program. As a seamstress in a former life, I have found this quote by Faith Baldwin to be helpful: "Time is a dressmaker specializing in alterations."

Routine is good for us in many areas — sleeping, meal times, exercise — but a change in some of our routines can result in new experiences, new people in our lives and a bit of adventure that wouldn't have occurred otherwise.

The brain health experts tell us that we stay sharper if we make our brain do something different. I'm not suggesting you tackle learning Mandarin Chinese. You might find out what it's like to brush your teeth with your non-dominant hand. Elective surgery on a thumb joint on my right hand gave me six weeks to experience everything with my left hand. It was revealing, achievable and often messy. If you walk, reverse the route or find a new one. Little adventures can bring new experiences that broaden our lives.

This issue is filled with interesting stories, new

possibilities and opportunities, if you chose to take them on. All of us at Aging Partners wish you the best in this new year and thank you for your continued support. 



June Pederson, Director

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On The Cover:

Rev. Don Coleman stands amid bikes ready to be given away at the M.A.D. DADS headquarters in Lincoln. Photo by Zoe Olson.

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

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

NLC Makes Talking, Braille Books Available to Nebraskans

For the past 63 years, the Nebraska Library Commission's free Talking Book and Braille Service has connected Nebraskans with visual and physical impairments to the books, magazine, newsletters and other printed material they love.

Created in 1952, NLC's Talking Book and Braille Service partners with the National Library Service for the Blind and Physically Handicapped, a division of the Library of Congress, to circulate braille and audio material to eligible borrowers in Nebraska by postage-free mail.

"People with many types of disabilities qualify, including those with arthritis, glaucoma or cataracts and those with dyslexia," said David Oertli, Talking Book and Braille Service director.

How the Service Works

Interested Nebraskans must complete a brief application, which



Talking Book and Braille Service volunteer Amy Eidenmiller listens to a talking book on her digital audio player.

requires the signature of a certifying authority—typically an eye doctor, medical doctor or nurse. For applicants with dyslexia, their application requires a medical doctor's signature.

Once qualified, readers will have access to more than 14,000 talking books and 2,700 braille titles through NLC. Thousands of additional titles are available online through digital download. The service offers books for every interest, including Western, mystery, romance, classics and inspirational.

"When people are growing up, they find a genre or author they love to read," Oertli said. "When they go blind, that love of reading doesn't change, only their vision. Because of this service, that disability doesn't have to prevent these people from enjoying their favorite books. We want to have something for everybody."

People can browse available reading material by searching online and large-print catalogs mailed to homes. Book requests can be made in person at NLC or can be mailed, emailed or submitted online. Participants also can call reader advisors, who can help search for their favorite title, author or subject and answer questions.

Talking book readers will receive a digital audio player on long-term loan. This easy-to-use



Scott Scholz, Talking Book and Braille Service Circulation and Audio Production Coordinator shows off one of Nebraska Library Commission's new vocal recording booths, which soon will be used to create talking books, magazines, newsletters and more.

device is about the size of an iPad. Upon checking out a book, the library mails the digital books, which are lightweight and fit in the palm of a hand. These digital books are easily inserted into the device, which has adjustable volume levels.

For those who prefer braille, NLC offers two types of reading material: those with inserted clear braille overlay and others with a braille sticker placed on the book. These are mailed upon request.

Whether selecting braille or talking books, readers can check out up to 20 at a time.

Those who prefer downloading their braille or audio books are given access to Braille and Audio Reading Download (BARD) through the Library of Congress website.

In-House Recording

Not only does NLC lend talking books, it also creates talking book titles in-house. The NLC owns four state-of-the-art recording studios

designed to make quality talking books for local and national consumers.

Between July 1, 2013, and June 30, 2014, it recorded 15 books, most of which were written by Nebraskan authors.

NLC is well-regarded across the United States for its magazine recording program. Nearly 24 newsletters and magazines are recorded at NLC on a regular basis, including *Living Well*. Last year alone, it recorded 142 issues of magazines and newsletters.

A Thriving Service

In the past year, 154,000 braille and talking books were circulated to the nearly 3,600 people in the state who use the Talking Book and Braille Service. Oertli hopes that in 2015 the NLC will help even more people who qualify for the program.

“People who have had a stroke or degenerative disease have told us over and over that they thought their lives were over,” he said. “Because of this service, one of the first things to come back to their life is reading. Now they build their life around audio and braille books. We give people hope. Their life doesn’t end with a disability; it’s just a different kind of life, and that new life can be just as good.”

For more information on the Talking Book and Braille Service or to apply, visit nlc.nebraska.gov/TBBS or call 402-471-4038. 



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Foster Grandparents

Martha Rivett believes that everyone has a purpose. Part of her great purpose, she said, is serving with the Aging Partners Foster Grandparent Program.

A former second-grade teacher at Riley Elementary School, Rivett began serving with the program 11 years ago at Huntington Elementary School, the same school her three oldest children and her grandchildren attended.

“One day when I went to pick up one of my grandchildren, I met a foster grandparent who told me all about the program,” she said. “I immediately went to the principal to see where I could sign up.”

About The Program

The program celebrates its 50th anniversary this year. The Corporation for National and Community Service launched the program, and Aging Partners brought the program to Lincoln and Lancaster County in 1997.

Rivett is one of 24 foster grandparents in Lincoln and Lancaster County. She and her fellow foster grandparents work with over 100 children annually.

The role of foster grandparents is simple: to serve as role models, mentors and friends to children with exceptional needs. It is a way for those 55 and older to not only stay active, but also to make a lifelong impact in the lives of children and youth in the community.

Local foster grandparents serve at six Lincoln Public Schools, three private schools and two preschools, where they work one-on-one with three to six students annually. Most work with children kindergarten through fifth grade who may be:

- Struggling with reading.
- Struggling with language and communication.
- Learning disabled.
- Emotionally abused.
- Homeless.
- Visually impaired.
- Hearing impaired.
- Struggling with behavior issues.

Volunteers help students develop their reading, motor, social, learning and communication skills as well as independence.

“The activities we do together depend on which age group I work with,” said Mabel Edmiston, who



Eleven-year foster grandparent Martha Rivett is proud to serve at Huntington Elementary School, where her children and grandchildren attended.

serves at Norwood Park Elementary. “When I’m with kindergartners, we work on alphabet sounds, putting the sounds together into words, or properly drawing the letters. With first-graders, we might focus on writing letters correctly or learning words that don’t sound like what they’re writing. In second grade, we focus mostly on reading skills.”

For their efforts, foster grandparents receive an hourly cost reimbursement of \$2.65 per hour, which is tax free and doesn’t affect benefits such as Medicare or Medicaid. Sites generally provide a free meal to foster grandparents on the days they work. The program also provides mileage for those who drive or a free monthly bus pass for those who do not.

How To Qualify

To qualify for the program, older adults must be 55 or older, live on limited income and willing to serve at least 15 hours a week.

“Older adults who serve in this program must have a soft spot for young people and the desire to help them grow,” said Elisa Stutheit, Foster Grandparent Program Director.

Prospective foster grandparents fill out an application, have a formal interview, are financially

qualified and then complete health and background checks.

Once approved, foster grandparents are assigned to local learning facilities and given an individualized schedule that works with their preferences and availability. Aging Partners offers at least three hours of training per month to help foster grandparents learn the skills needed to work with their assigned students and how to be healthy older adults.

Impacting The Next Generation

Although the job isn't always easy, foster grandparents continue to volunteer because of the differences they make in the lives of the children with whom they work.

"Seeing the little ones' faces light up when they learn to write a new letter or say a new word makes it worth my time and effort," Edmiston said. "For instance, there's this one little girl I worked with whose letter formation was bad. I worked and worked with her and told her to be sure to do her words every day. Before long, she wrote an 'E' that looked just right. She looked up at me and gave me the biggest smile. I love seeing the children gain confidence and feel good about themselves."

As a longtime foster grandparent, Rivett has seen her influence extend beyond her brief year with each student.

"I once worked with a boy who had severe behavioral problems," she said. "He got into trouble often. I worked with him on reading, but I also listened to him. His home life was challenging. Years later when he was in junior high, he looked me up, came back and visited me. He gave me a big hug and said, 'Thank you for listening to me.'"

Principals and teachers at schools involved in the program are grateful for the time foster grandparents invest in their children. Haeven Pederson, Holmes Elementary School principal, cannot stop praising the program and the impact it has made in Holmes classrooms.

"It is truly a wonderful program," he said. "From a student perspective, an older adult is there to support and listen to the students and develop relationships with them. The students view them and call them grandma. They're grandparents who students can look up to. It's a win-win situation all the way around. I hope the foster grandparents

feel that same sense of love and community that we receive from them."

Foster grandparents have nothing but positive reviews for the program. Most, like Rivett and Edmiston, hope to continue serving as long as possible.

"I'm 89 years old," Rivett said. "I've had two broken hips, but I'm still functioning. They're never going to get rid of me; I'm going to keep serving here."

"It's not work for me because I enjoy doing it," Edmiston said. "I'll be 91 in January; as long as my house stands, I'll probably keep being a foster grandparent."

For More Information

The program recruits volunteers year-round, but especially needs new volunteers in August and January when schools prepare for the next semester. For more information or to apply for the Foster Grandparent Program, call Elisa Stutheit at 402-441-7158. 



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On the Go? Take Lifeline with You

Fear of falling or experiencing a medical situation and not being able to get help shouldn't chain people to their homes. Thanks to Lifeline's new GoSafe mobile medical alert system designed to work in and away from home, subscribers can feel secure wherever they are.

Whether visiting a next door neighbor, attending a community event, going to the mall or traveling across town for a doctor's appointment, the new GoSafe mobile system offers 24/7 access to highly trained Philips Emergency Response Center personnel.

The GoSafe help button uses six different locating technologies designed to determine the location of the user in any emergency requiring assistance:

- **Assisted GPS**—The pendant connects to satellites so emergency response can pinpoint the subscriber's location.
- **In-home communicator**—The communicator allows subscribers to connect to the Philips Emergency Response Center to summon help when needed in or close proximity to their home.
- **Intelligent breadcrumbs**—The GoSafe mobile help button automatically captures snapshots of a subscribers location and holds it in memory so the Emergency Response Center can access a trail of movement in an emergency and lead responders

to the location of the subscriber.

- **A WiFi-enhanced locator**—When GPS can't locate the user, this kicks in.
- **Two way voice communication**—Subscribers can communicate with the Emergency Response Center personnel through the two-way speaker located in the GoSafe mobile help button.
- **Audio beacon**—If a subscriber encounters a need for help in a remote area, not visible to the emergency responders, an audio beacon can be activated to help locate the subscriber.

The GoSafe mobile help button includes AutoAlert fall detection technology. AutoAlert has been proven to detect more than 95 percent of falls. When a fall is detected and the subscriber is unable to push the GoSafe help button, it will automatically place a call to the Response Center to summon help.

The GoSafe mobile help buttons are waterproof and should be worn at all times. At 3 inches long and 1.4 inches wide, they aren't too bulky or heavy for users.

GoSafe includes a battery with an average three-year life span. The help button, similar to a cellphone, must be charged to maintain optimum performance. The charge is required about every five to seven days, but varies with usage. A small charger is provided with each button. The charger is user-friendly, allowing the subscriber



Lifeline Specialist Suzanne Frasier shows off the new GoSafe pendant.

to wear the button while charging, and it typically takes less than 45 minutes to charge while seated.

“Place the help button in the charger when you know you will be sitting for about 45 minutes,” said Lifeline Specialist Suzanne Frasier. “You can read the paper, watch a TV program or catch up on the news, fill out a crossword puzzle, write letters, pay bills or read a good book.”

The 7000 series unit is available for GoSafe subscribers who use cell or landline service in

their home. The cellphone reception in and around each home will be checked to ensure the subscriber is receiving a strong cell signal when installing Lifeline service, Frasier said.

The GoSafe system became available in Lincoln and Lancaster County through Aging Partners in November.

“Many of our current Lifeline subscribers have been clamoring for this sort of technology for years,” said Carol Meyerhoff, Aging Partners program coordinator. “We’re happy Philips developed the GoSafe mobile service that allows active seniors and other interested people the ability to receive help in any situation that may arise while they are away from home. The service prior to the new mobile option protected subscribers

in and around their home, particularly those who don’t leave home without someone accompanying them. Now, younger, more active individuals who drive, ride a bike, walk their dog and take public transportation can maintain—or even add—adventure and challenges in their daily lives and have the peace of mind that help will arrive if circumstances warrant. We are excited to expand this service, enhancing our agency’s mission of supporting older adults’ and persons with disabilities’ choice and ability to remain in their home of choice for as long as it is safe to do so.”

For more information on GoSafe or other Philips Lifeline services through Aging Partners, call 402-441-8816. 

Lifeline communicator options (monthly fee):

- Lifeline standard communicator with a basic personal help button (PHB) is (available in a pendant or wristband style) – \$35
- Lifeline standard communicator with the AutoAlert PHB – \$47
- Cordless phone communicator with basic PHB – \$35
- Cordless phone communicator with the AutoAlert PHB – \$47

Wireless 7000 Series communicator options (monthly fee):

- Wireless communicator with a basic PHB – \$45
- Wireless communicator with the AutoAlert PHB – \$57
- Wireless communicator for the new GoSafe mobile service – \$55

**GoSafe mobile personal help button \$149 (purchase of the help button is required for this service)*

Optional equipment:

- Combination key lock box (one-time fee; allows personal and emergency responders access to the home) – \$40



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Life's a Hit When You Feel Fit

There's no better way to remain independent and prevent chronic diseases than by exercising regularly, which is why Aging Partners is proud to offer Lincoln and Lancaster County residents the low-cost Health & Fitness Center for their use.

Located at 233 S. 10th St., Suite 101, the Health & Fitness Center is open Monday through Friday from 8 a.m. to 4 p.m. and welcomes people of all ages and fitness levels.

Not only is the center equipped with a friendly staff, it also is filled with the latest and greatest fitness equipment for older adults including two treadmills, three NuSteps, a recumbent bicycle, one regular and one seated elliptical trainer, a universal weight machine, free weights, balance bar, whole-body vibration machine and other exercise aids.

Certified personal trainers who specialize in working with older and disabled adults are available Tuesdays and Thursdays from 9 to 11:30 a.m. and 12:30 to 2 p.m. They work with interested people to

create individualized routines that fit their physical limitations and personal goals.

"We start where you are—it doesn't matter what point you're at in your fitness journey," said Peggy Apthorpe, Aging Partners Health & Fitness coordinator. "It's all about taking small steps toward a healthier, happier, you, and we're here to support people in that."

Staying Active Is Important

A growing body of research overwhelmingly proves that regular physical activity and strength training, whether at a gym like the Health & Fitness Center or home, helps older adults age well. Despite this, most older adults do not exercise. In fact, of the 39 million people 65 and older, only 22 percent report engaging in regular physical activity. The average time older adults spend in physical activity each day is 17 minutes, yet the average time spent watching TV daily is 4.3 hours.

According to the Centers for Disease Control and Prevention, the benefits of exercise include:

- The ability to live independently and reduce the risk of falling and fracturing bones.
- A reduction in risk of dying from coronary heart disease and developing high blood pressure, colon cancer and diabetes.
- A reduction in blood pressure in those with hypertension.
- Improved stamina and muscle strength, especially for those with chronic disabling conditions.
- A reduction in symptoms of anxiety and depression.
- Improved mood and feelings of well-being.



Health & Fitness Center participant Ana Kalin enjoys the new hand-held weights.



“For the past three years, I've been coming here three to four times a week. I come because I like to keep fit. Exercise makes me happy. I tell people from my retirement building that they should come here.”

– Lorraine Dougherty



“The Health & Fitness Center is a nice place to come. I've met a lot of good friends here, and I enjoy the exercise equipment. I do whatever I can to come here every Thursday and complete a mile on the recumbent bicycles. I'm going to be 94 soon, and I can tell you: It's never too late to start exercising.”

– Emma George

- Development of healthy bones, muscles and joints.
- Controlled joint swelling and pain associated with arthritis.

The CDC recommends older adults aim for 2 hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, or 1 hour and 15 minutes of vigorous-intensity aerobic activity, such as jogging or running, every week. This should be paired with muscle-strengthening activities, such as lifting weights or using resistance bands, two times per week that work all major muscle groups, including the legs, hips, back, abdomen, chest, shoulders and arms.

“The key is to start small,” Apthorpe said. “If you can start with only 5 or 10 minutes of physical activity, that’s great.”

Health & Fitness Center Welcomes Everyone

Although older adults can adopt healthy physical activities at home or other gyms, people attended the Health & Fitness Center or one of its group fitness activities, such as yoga and tai chi, 15,071 times from July 1, 2013, to June 30, 2014.

Apthorpe said there are many reasons why older adults in Lincoln choose the Health & Fitness Center



Leroy Bonneau stays fit by walking on a treadmill at the Health & Fitness Center.



Pamela Holder strengthens her muscles by using the universal weight machine.

for their wellness journey. Some prefer it because participants are not obligated to sign a contract like they do at most gyms. Others come because of its convenient downtown locations. Several come for the opportunity to socialize and make friends with people of similar ages and interests.

Many prefer the Health & Fitness Center to other gyms because it’s inexpensive. For those 59 and younger, the fee is \$15 per month.

There is a \$10 suggested contribution for those 60 and older.

“We encourage older adults in the area to come check us out,” Apthorpe said. “I think they’ll like what they see. People of all fitness levels are welcome at the center. Whether you’ve never exercised in your life or are a marathon runner, there’s something here for you.”

For more information about the Aging Partners Health & Fitness Center, call 402-441-7575. 



“ I enjoy exercising because it makes you stronger and shapes your body. I come to the Health & Fitness Center about twice a week and complete a mile on the NuStep every time.”

– Donna Lewis



“ I come here for the exercise and company. The trainers at the center are friendly and helpful.”

– Norma Tiller



Health & Fitness Center participants proudly point to the thermometer display that illustrates their Five Million Minute Challenge results.

Congratulations

Congratulations to Aging Partners' Health & Fitness Center participants who far exceeded their goal in Move More Lincoln's Five Million Minute Challenge this summer.

Last fall, Mayor Chris Beutler challenged the Lincoln community to make healthy living a top priority. In response to this challenge, the Community Health Endowment of Lincoln's Move More Lincoln launched the Five Million Minute Challenge, which ran from June 9 to Sept. 15.

The Health & Fitness Center participants banded to support the cause. They pledged to log their cardio, strength and flexibility activities both inside and outside the fitness center. They set a goal of 64,000 minutes, which they surpassed halfway through the challenge. For that, they were recognized as the Movers of the Week on the Move More Lincoln website.

By Sept. 15, participants had completed 184,000 minutes of physical activity. 

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Robertson Restores Time and Temperature Number

Lincoln's telephone time and temperature service that was available to local residents for decades has returned.

Not only is 402-476-9211 back, but it's better than ever. In addition to time and temperature, it features weather forecasts, humidity readings. It also includes heat index and wind chill information, wind speed and wind direction when conditions warrant.

The time and temperature number, which Windstream phone company and its predecessors operated since the 1950s, was discontinued Sept. 2. When the news reached time and temperature advocate Bruce Robertson, president of RTI Media Inc. in Apex, North Carolina, he was determined to revive it.

Upon hearing of Robertson's interest in the Lincoln number, Windstream gave him the new number within the week. Often times, gaining ownership of a recently discontinued number takes at least a year.

"In Lincoln's case, we were lucky," he said.

The revamped time and temperature number went live Oct. 27. Within the first two weeks, the number received 34,623 calls. Robertson expects traffic to double during the winter and possibly triple in cases of severe weather.

"It's on track to get somewhere between half a million and 1 million calls a year," he said.

In an age where innovative technology has created many ways for people to check the weather, Robertson believes time and temperatures are currently and always will be relevant and needed.

"The truth is, not everyone has a smartphone in their pocket," he said. "In fact, about 40 percent of calls to our time and temperature numbers in other locations come from cellphones. Bottom line—people call this number because they need and love it. The facts don't lie."

Robertson's passion developed when he was a child growing up in Buffalo, New York.



Bruce Robertson, president of RTI Media Inc.

"The city had multiple time and temperature numbers, and I used to love calling them," he said.

After gaining radio experience post-college and developing a company that serves on-hold messaging and voicemail needs, Robertson decided to branch into the time and temperature field.

Because of his vision, RTI Media Inc. sells time and temperature machines and runs the main server for them. He recorded the nearly 2,000 audio files for the server himself, which took more than a year to complete.

"Most people wouldn't want to take the time to do all of that," Robertson said. "It's obviously a labor of love." Lw

402-476-9211

Ring in the New Year with a New Outlook on Food Resolutions

January often begins with some sort of New Year's resolution to improve oneself. A common resolution is to eat healthier.

Although the resolution begins with good intentions, time and again people become overwhelmed with the idea of avoiding bad foods and fall into the snare of depriving themselves of foods they enjoy. Eventually, they give into their cravings and binge on the food. What quickly follows is shame and disappointment in oneself for not being disciplined enough to stick to a New Year's resolution.

How can we avoid this pattern of food avoidance, overindulgence and shame while simultaneously enjoying the foods we eat?

Why We Eat

The human body cannot survive without consistent nourishment. Besides this, why do people eat?

People eat for many reasons, and the three predominate

ones are emotional, social and environmental stimuli.

Eating repairs people's emotional needs and affects disposition and attitude. As babies, people cry for food. It also gives them comfort in other ways—babies associate being fed with being held close and cared for. Food was people's first pleasure. If food is one of someone's great pleasures, he or she should celebrate it in all its luxurious, robust glory.

People also eat because it is a form of social interaction with those they care about, such as sitting down for Sunday dinner to chat and laugh.

Finally, people eat because they are exposed to cues in the environment, such as advertising, smells and the sight of tasty dishes. Eating should be enjoyable.

Feeling Guilty

Sometimes, people trick themselves into believing food is the enemy, and they become

distressed and fearful of the foods they eat.

Struggling with guilt or anxiety about foods is less healthy than learning how to let oneself enjoy them in moderation. Rather than constantly worrying about what they eat, people should make a conscious decision to make healthy eating a lifestyle while including wiggle room to include favorites in moderation, even the not-so-healthy choices. The key first step is letting go of food guilt.

Stop Food-induced Guilt Trips

1. Make developing good food habits a priority, not avoiding "no-no" foods. A well-balanced diet consists of the right combination of proteins; complex carbohydrates; calcium sources, such as milk; fruits and vegetables; and, yes, even healthy mono and polyunsaturated fats. Everyone's bodies are different and may require different amounts or types of nutrients. Not only will people have the benefit of being kind to their body, but they also will have a renewed energy, which supports building the body's defense mechanisms against illness and disease.
2. Don't be so hard on yourself. People should accept that they make mistakes, and they may choose the foods they want rather than what may be healthiest. People should allow themselves to enjoy the foods they eat with

Continued on page 15

The do's and don'ts of healthy eating:

- Don't skip meals.
- Do keep track of eating habits.
- Don't eat after 7 p.m.
- Do drink plenty of water.
- Do exercises or work on a hobby instead of eating when bored.
- Don't eat while watching TV, working or driving.
- Do watch portion sizes.
- Don't forbid a particular food.
- Do give yourself encouragement.
- Don't beat yourself up when you overindulge.
- Do think of eating as a lifestyle change.
- Do make healthy food choices.



Fun Food Facts and Holidays

January is National Egg Month. An egg a day may prevent eye problems that include macular degeneration and cataracts. One egg contains about 6.3 grams of high-quality protein and all nine essential amino acids, which are the body's building blocks for muscles and tissues. Eggs are one of the only foods that contain naturally occurring vitamin D. It is important for good bone health. Bake, boil, scramble, steam them or eat them any other way you like.

Other fun January food days:

- Spaghetti Day (Jan. 4)
- Bean Day (Jan. 6)
- Apricot Day (Jan. 9)
- Popcorn Day (Jan. 19)
- Granola Bar Day (Jan. 21)
- Peanut Butter Day (Jan. 24)
- Blueberry Pancake Day (Jan. 28)

February is Potato Lover's Month. Love is in the air, but February also has been deemed the month to celebrate the potato. Potatoes, including sweet potatoes, are fat-free,

sodium-free, high in vitamin C, a good source of fiber and high in potassium. Sweet potatoes also are an excellent source of vitamin A. Surprisingly, potatoes are the world's fourth largest food crop. Idaho, presently the largest potato producer, actually did not begin growing potatoes until 1836. French fries were introduced to the U.S. when President Thomas Jefferson served them in the White House during his tenure at the beginning of the 19th century.

Other fun February food days:

- Homemade Soup Day (Feb. 4)
- Oatmeal Monday (second Monday of February)
- Happy Valentine's Day! (Feb. 14)
- Almond Day (Feb. 16)
- Pistachio Day (Feb. 26)
- Strawberry Day (Feb. 27)
- Chili Day (fourth Thursday of February)

March is National Noodle and Sauce Month. Pasta, including noodles, is low in sodium. Look for either enriched or whole grain

noodles. The Dietary Guidelines for Americans 2010 recommend making half of the grain choices—such as cereals, pasta, rice and bread—whole grain. Be careful when choosing a sauce to add to noodles. Cream-based and cheese sauces are usually high in saturated fat and calories, so only eat these sauces in moderation. For a healthier option, use low-fat or nonfat cream, low-fat or nonfat cheese, and/or tomato-based sauce to decrease saturated fat and calories. The Chinese are on record as having eaten noodles as early as 5,000 B.C. That's 4,600 years before recorded history of pasta in Italy.

Other fun March food Days:

- Peanut Butter Lover's Day (March 1)/Peanut Month
- Cereal Day (March 7)
- St. Patrick's Day (March 17)
- World Water Day (March 22)
- Pecan Day (March 25)
- American Diabetes Alert Day (fourth Tuesday in March) 

Ring in the New Year with a New Outlook on Food Resolutions

Continued from page 14

each bite. If people put into practice a healthy lifestyle with a well-balanced diet, then why not enjoy the chocolate cake, too? Everyone secretly knows the things they need to change in their diets. If they make a conscious effort to take better care of their bodies, there is no reason why they can't enjoy food

in moderation. People should give themselves credit for their accomplishments and efforts in all aspects of life, not just food choices. They'll be happier and healthier for it.

3. Don't hide the secret stash of goodies. People tend to eat treats in shame and secret, and they don't embrace them. The idea of hiding foods and secretly eating

to avoid critics shows that the biggest critic is the self. People should allow themselves room to enjoy their favorite treats without the overwhelming need to hide enjoyment.

The main priorities of the foods people eat should be to have energy, feel great, enjoy the many aspects of foods and take care of themselves. 

Nutrition as We Age

March is National Nutrition Month®. The campaign is designed to focus attention on the importance of making informed food choices and developing wise eating and physical activity habits.

Eat Right

Many have heard that it's important to make smart food choices, but what does that really mean? The simplest way to eat a balanced meal is to divide a plate into fourths. One quarter is designated to each of the following: grains, protein, vegetables and fruits. Remember to have three servings of dairy and drink eight 8-ounce glasses of water daily.

- Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables, including leafy greens or broccoli, and orange vegetables, including carrots and sweet potatoes.
- Vary protein choices with more fish, beans and peas.
- Aim to make whole grains half of the required amount of grains.

Your Way

Foods nourish the body. Being well-nourished means getting enough nutrients the body needs. Part of being well-nourished means eating proper portions.

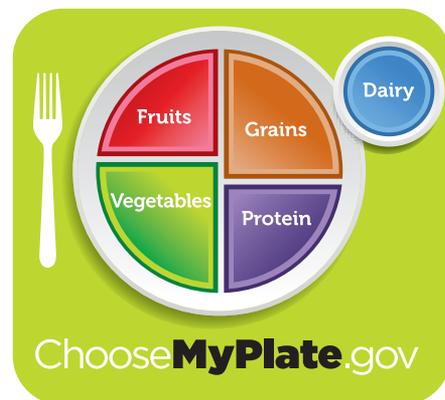
Everyone has favorite foods they tend to eat most often, but be adventurous and try new things. Add a new, healthy twist to a favorite dish. The “Your Way” portion of this theme helps people realize eating healthy does not mean giving up their favorite foods altogether; instead, work with those

foods to make them most enjoyable with the greatest health benefits.

No single meal plan will work for everyone. Instead, everyone is encouraged to personalized healthy eating styles and recognize that food preferences, lifestyle, cultural and ethnic traditions, and health concerns impact individual food choices.

When making food choices, there are key nutrients to keep in mind that impact older adults:

- **Calcium and vitamin D:** Older adults need more calcium and vitamin D to maintain bone health. Have three servings of vitamin D-fortified, low-fat or fat-free milk or yogurt daily. Other calcium-rich foods include fortified cereals, fruit juices and dark green leafy vegetables. People should ensure the daily multivitamin they take includes vitamin D.
- **Vitamin B12:** Many people 50 and older do not get enough vitamin B12. Fortified cereal, lean meat and some seafood are sources of vitamin B12. People should ask a doctor or a registered dietitian if they need a vitamin B12 supplement.
- **Fiber:** Eat more fiber-rich foods to help stay regular. Fiber also can help lower risk for heart disease, control weight and prevent type 2 diabetes. Eat whole-grain breads and cereals, and more beans and peas. Fruits and vegetables also provide fiber.
- **Potassium:** Increasing potassium and reducing sodium may lower risk of high blood pressure.



Fruits, vegetables, and low-fat or fat-free milk and yogurt are good sources of potassium. Also, select and prepare foods with little or no added salt.

- **Know the fats:** Foods that are low in saturated fats, trans fats and cholesterol help reduce the risk of heart disease. Most of the fats people eat should be polyunsaturated and monounsaturated fats. Check the nutrition facts label for total fat and saturated fat.

Every Day

People must eat daily to maintain optimum health, so why not put into practice a sound diet?

By paying closer attention to what people put into their bodies while using MyPlate and checking nutrition labels on the foods purchased, people will soon find themselves feeling and performing better. Along with making sound food choices, people should exercise daily. Healthful eating fuels physical activities at every stage of life. The sooner you start, the better your health will be. **Low**

Give to Lincoln Cares

One dollar might not seem like much, but it can make a big impact if donated monthly to Lincoln Cares, a City of Lincoln voluntary donation program.

The program offers Lincoln Electric System customers the opportunity to add \$1 each month to their bill payments to provide funds for Lincoln City Libraries, Lincoln Parks & Recreation, and Aging Partners.

The program began in 2003 and originally supported only Lincoln Parks & Rec, but expanded in 2012 to include the other two organizations. For every dollar donated, the libraries receives 15 cents, Aging Partners receives 15 cents and the parks receive 70 cents.

Lincoln Cares donations have impacted Aging Partners in a powerful way since 2012. That year, \$7,000 in donations was used to support the Snow Removal Program, a service for low-income older adults who live at home and have no loved ones or neighbors to help them shovel their sidewalks and driveways. In 2013, Aging Partners' Health & Fitness Center used donated funds to purchase a recumbent bicycle, air-dyne bicycle and equipment to expand and enhance its growing yoga program. The money donated in 2014, along with the \$5,300 match from Seniors Foundation of Lincoln & Lancaster County, also benefited the Health & Fitness Center and was used to purchase a seated elliptical, whole body vibration machine and handheld weights of various sizes.

The funds Aging Partners receives from Feb. 1, 2015, to Jan. 31, 2016, will be used to purchase additional health and fitness equipment yet to be determined.

Last year, Lincoln Cares changed the way LES customers can donate to the program. The option of adding \$1 to a utility bill on a month-by-month basis was discontinued. Customers must now enroll in the program and agree to donate \$1 every month automatically until they call LES and request otherwise.

Although LES has nearly 115,582 customers, only 3,200 people subscribed to the program last year.

"Hearing these numbers is disappointing; there are not yet a lot of subscribers," said June Pederson,

director, Aging Partners. "There's a lot of room for growth in this program for 2015. We hope people will consider giving to this worthy cause."

Enroll today at https://app.les.com/Applications/_LCDonate/ or call 402-475-4211. Aging Partners thanks you for your support of parks, libraries and older adults in the community. 



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Homestead Tax Exemption 2015

By Houston Doan, Aging Partners Financial Counselor

Want some property tax relief in 2015? If you answered, “Yes,” are age 65 and older, or a younger individual with certain disabilities, you may find help with the property tax bill on your home through the Nebraska Homestead Tax Exemption Program. This is a county-based program, and Nebraska citizens may actually receive from 10 to 100 percent property tax relief on their home, depending on its value and their income.

Every year, individuals must complete Nebraska Homestead Exemption forms to receive this benefit. A county assessor mails the forms 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 premiums, 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 \$42,900 and still have qualified for some property tax relief, depending on the value of their home. A couple could have had

up to \$50,000 and qualified for some property tax relief, again depending on the value of their home.

Remember: These income figures go up every year. In fact, the income guidelines for 2014 were changed April 7, 2014, so be sure to stay informed on any legislative action taken on this issue. 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 the Homestead Tax Exemption. In 2014, you could have filed between Feb. 1 and June 30. The filing dates will be about the same in 2015.

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. 2 - April 9,
10 a.m. - 3 p.m.**

Aging Partners Downtown Center, 1005 “O” St.

AARP tax aide volunteers are back to help you with your 2014 income taxes.

Appointments go fast! Call early, but not before Monday, Jan. 26. 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.



It's About the Kids

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

Northeast Lincoln is home to bicycles, bicycles and more bicycles — because Rev. Don Coleman believes every child needs a bicycle. “It’s for the love the kids” that he shows up six days a week at the M.A.D. DADS building, where “everyone’s a volunteer,” including Coleman and David Green. Both men work more than full-time hours, six days a week, to provide bicycles for every child who wants one.

M.A.D. DADS is the acronym for Men Against Destruction, Defending Against Drugs and Social disorder. The nonprofit 501(c)(3) organization, which began in Omaha in 1989, has grown to more than 25 chapters in 15 states. Its headquarters are located in Minneapolis.

According to Coleman, the organization was started by a group of African-American men committed to eliminating violence, drug use and gang activity. Today the organization is multi-ethnic, “welcoming real men and women of all cultures who are good examples and real role models for our children. We work to raise the level of public awareness to strengthen and rebuild the family while we address community apathy about crime and violence.

“M.A.D. DADS will work with any church, organization, agency or group committed to making a better future for our young people and community.”

M.A.D. DADS of Lincoln, Inc., began in April 1993 with 25



Reverend Don Coleman works in the bicycle repair room at M.A.D. DADS headquarters. Photo by Zoe Olson.

members; today, there are more than 1,400. Coleman serves as chapter president. The organization is located at 5610 Seward Ave., housed in a building owned and maintained by Veyance Technologies. The company donates the use of the building, upon which Coleman reflected, “God has blessed us.”

In 2008, Coleman was told on a Monday that the organization needed to vacate its former location by Friday.

“We knew we would be there for only a couple of years, but things moved faster than we expected — much faster,” he said.

Coleman received a call from John Leach of Veyance a couple of days later. Leach had heard that Coleman was looking for a new location and his company owned a building he thought they could use.

“I turned the corner, saw the building and knew we were home,” Coleman said.

Empty for four years, the building needed work to make it ready for the move. Coleman “put out the call to friends — we’ve got

a home, but we need help.” The call was answered by volunteers across the state. Over the weekend, the building was reclaimed from disuse and made ready for M.A.D. DADS.

“We started work on Friday morning, moved out of one building, cleaned and painted and repaired this building, and were ready to go on Monday morning,” he said.

Preventing crime is important to the organization’s goals and well-being. On one occasion, a window was kicked in; the intruder made it as far as the motion detector, setting off an alarm before exiting the building. The intruder and his accomplices’ actions were recorded on surveillance videos inside and outside the building where they attempted to remove bicycles.

“All our bikes are individually secured,” Coleman said. “We visited with the local schools, describing the intruders and they were soon identified. The police contacted the parents and all was resolved.”

In the Lincoln chapter’s bicycle program, donated bicycles

Continued on page 20.

Continued from page 19.

are rebuilt and refurbished for an average cost of about \$30 apiece. The majority of the bicycles are then donated to Lincoln children enrolled in fifth through ninth grade.

M.A.D. DADS also donates bicycles to special needs persons, the People's City Mission, veterans, children of Nebraska military families, Matt Talbot Kitchen families, Friendship Home patrons, the Lincoln Indian Center and children of the Winnebago, Santee and Omaha tribes, and other organizations.

Since 1995, the Lincoln chapter has donated more than 7,000 bicycles to those in need throughout the state of Nebraska.

In return for bicycles to adults who approach the organization because they can't afford to buy a bike, all that is asked is some service.

"You can help tear down old bikes, clean the building, rebuild bikes, sort parts — there are lots of jobs," Coleman said. "We will find some way for people to serve. But we have standards for that service. There's no smoking here. Caps are worn with the bill facing forward, pants don't sag and you work while you're here — taking breaks just as you would on a job. After all, older people need to lead by example for the kids.

"If you can't meet our standards, there's no harm, no foul. We understand. And you understand that we can't provide a bike for you. We don't argue. We just state the facts. There are no hard feelings. We all accept responsibility for our actions. The same standards are in place for all our volunteers."

In addition to all the bicycles given away throughout the year, the Lincoln chapter has a bike program specifically for the Christmas season. Each year, fifth graders from 22



Lincoln elementary schools are asked by their teachers if they have a bicycle.

Each school reports to M.A.D. DADS the number of bikes for boys and girls needed. No names are reported to the organization — names aren't important, but kids are. Children who have indicated they don't have a bike are given letters to take to their parent or guardian stating the child has been selected to receive a bike and inviting them to the giveaway day.

"When they arrive, there are no bikes visible and each child is given a number," Coleman explained. "We have everyone meet in our recreation room and we have a short program. This gives our volunteers time to unload all the bikes into our parking lot. Then the children are released by number, in groups of five, to select their bikes. They get 10 minutes to make their selection — and all they see is a sea of bicycles. It's awesome to see their faces when they see all the bikes, and it doesn't take them 10 minutes to find the bike that is perfect for them."

More than 350 bicycles are prepared for this special program each year, and more than 300 students get to pick out the bike they want on the Saturday before Christmas.

"We make sure to have at least 50 more bikes than we need ready to go," Coleman said. "That way, the child who picks last has just as great a choice as the child who picks first."



More than 3,000 bikes have been given away through the Christmas program.

"If a child says they don't have a bike, they are automatically included in the program," Coleman said. "We don't care about income, nationality, religion, or what their parents do or don't do. We don't care whether or not their family can afford it. We're talking about kids. Every kid should have a bike." In all the years and with all the bikes that have been given away, have there been any returns?

"Only two — and those were from kids who were trying to make the bike do something it was never intended to do," Coleman chuckled.

Each year, Coleman looks to raise between \$30,000 and \$40,000 to meet the needs of the organization.

"We replace tires and tubes; we absolutely never cut corners," he said. "We replace bearings and any part we can't find on another bike. Our bikes are completely refurbished."



The organization is partially funded through bike sales and guaranteed bike repair services.

“Without an amazing board of directors, great stewards, community partners, donations, and an army of volunteers, we couldn’t make this happen,” Coleman said. “Our motto is: We have done so much with so little for so long that we think we can do anything forever with nothing.

“Every year, we are truly blessed.”

How did a kid from Ohio become the president of a nonprofit organization benefitting children in Lincoln?

Born and raised in Greenfield, Ohio, Coleman was one of 14 children. Despite difficult times, including the death of an infant sister two days before Christmas 1954, he was able to see “God blessing everybody in our house.”

Coleman served in Vietnam beginning in 1967 with tours of duty in Germany, working to keep communications working for forces serving in Vietnam. He served as the state retention officer for the Iowa National Guard. He worked as a broadcaster for many years, is an ordained minister and has served as a police chaplain.

In 1983, he applied and was selected for a communications and retention position with the Nebraska National Guard. Because of his



Rev. and Mrs. Don Coleman are recognized as 2000 National Parents of the Year.

broadcasting background, Coleman was able to work with television and radio stations across Nebraska and Kansas to promote the National Guard. Working with colleges that had broadcast departments, he developed relationships that helped students get experience in radio and television by working on National Guard promotions.

Coleman retired in 1991. He was asked to start a M.A.D. DADS chapter in Lincoln, and though he wanted to wait a couple of years to begin retirement, he started his volunteer career on the Monday following his retirement the previous Friday.

He has been married 55 years to Ann. The couple has five children, 17 grandchildren and nine great-grandchildren.

In 1999, Coleman and Ann were named Nebraska Parents in the Year; in 2000, they received the same accolade on a national level.

Coleman has received numerous awards throughout his career and volunteer service, including three gold keys to the City of Lincoln.

He is always looking for good people to join M.A.D. DADS. Membership is \$30 — the

approximate cost of repairing and refurbishing one bicycle.

According to its website, the organization’s colors are black, symbolic of unity, togetherness and support, bringing all of us together as one; green, symbolic of life, growth, living, hope and our faith in God and our future; and white, symbolic of the purity and gentleness of our children and their souls, for the kindness and morals instilled upon them to love all creatures, large and small, on our great earth.

The colors are displayed on the Wall of Honor in the organization’s building.

At age 77, Coleman thinks about how much longer he’ll be able to lead M.A.D. DADS.

“As long as we have a kid out there who doesn’t have a bicycle, we’ll be here.”

For more information about M.A.D. DADS membership, to make a donation or to volunteer, visit <http://maddads-lincoln.com> or call them at 402-742-0224. 

Roesler Retires From Rural Senior Centers

After nearly 35 years with Aging Partners, Rural Senior Center Manager Audrey Roesler retired Dec. 31.

Roesler joined the agency in May 1980 at the senior center in Ceresco, where she lived. For the next decade she worked with centers throughout Saunders County.

“I was floating around doing programs for centers, and Deb Peck called to ask if I’d like to have the rural center manager job,” she said.

Though she had to make a quick decision while her husband was out of state, she took the job in July 1991. She drove the 100-mile round trip into the county each day.

Roesler managed the Bennett, Firth, Hickman and Waverly Senior Centers, coordinating programming for each. She helped serve and coordinate meals for home delivery.

“My favorite part has been getting to be with the participants, hearing their stories and learning what they did during their lives,” she said. “I can’t believe all those years have gone by. It has been a ball.”

Roesler enjoyed making an impact on older adults by providing health, music and nutrition programs — and the occasional bingo game.

“She is so kind and compassionate, and she really cares about the elder adults,” said Peck, division administrator. “She does whatever she can to help them.”

When Roesler’s husband, Adolph, retired in 2002, they moved to Bennett. Adolph began to drive and volunteer for Aging Partners.

The Roeslers often take older adults from the rural centers to the Loft Community Theater in Manley, Nebraska, the Beatrice Playhouse or Lincoln.

“We go to Beatrice or Lincoln to see something fun and educational like museums,” she said.

They appreciated being able to keep a van at home.

“It has helped tremendously so we don’t have to get a van from Lincoln and return it each time,” she said.

The Roeslers work together as a bridge between rural senior centers and Aging Partners.

“They both have been very devoted to their jobs with Aging Partners, and they try to make sure older adults in rural Lancaster County get to take advantage of all the programs offered,” Peck said.

Adolph isn’t sure when he will stop serving as a volunteer driver.



Audrey Roesler with her husband Adolph

“I enjoy what I do,” he said. “I get paid to have fun and see concerts, plays and movies with friends. I enjoy meeting people.”

The Roeslers have been married 46 years. They plan to travel to Germany, where Adolph was born, and to visit their two children and five grandchildren, who reside in Utah and Burwell, Nebraska. LW



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Indoor Home Improvement Ideas For Winter

By Mary Carol Bond, Aging Partners Handyman Program Specialist

The weather outside may be frightful, but the weather inside your home should be delightful! By focusing on the interior of your home while the weather is cold, you'll have a lot more time to tackle warm-weather projects when spring rolls around.

What kind of home improvement tasks are you tackling this winter? Unsure about what to do? Here are some suggestions gathered from do-it-yourself magazines and websites:

- Keep the weather inside delightful by checking/changing furnace filters regularly to prevent buildup from slowing the airflow or retaining the heat inside the furnace, which causes dangerous damage and general inefficiency.
- Stay safe inside your home by installing or maintaining smoke and carbon monoxide detectors and changing batteries when needed. If you are supplementing your furnace with space heaters, ensure that they are plugged into wall outlets and not extension cords that can overheat. Keep flammable items away from furnaces and space heaters.
- Take a lesson from the bowl games and Super Bowl parties and tackle the cleaning of appliances during the early months of the year. Clean walls and floors behind and underneath your appliances, such as your stove and fridge, and pay some attention to the insides of your microwave and dishwasher. Properly cleaned appliances increase efficiency and safety and cut down on repair bills later. Make a game plan to attack one appliance

per week if cleaning the whole kitchen at once is tiring or overwhelming. Skip flashy and expensive cleaning supplies and use MVP standbys like vinegar, baking soda and hot water.

- The workhorse of your kitchen is the refrigerator, and after the holidays it might need a good rubdown! Wipe the exterior of your fridge, paying attention to the top and to the handles where sticky fingerprints hide. Clean the door seals, which can collect crumbs, with hot water and mild dishwashing liquid. Dry thoroughly with a clean cloth. Check that seals fit properly. Wipe the fridge interior with a mix of 2 tablespoons baking soda and 1 quart hot water. Rinse with a damp cloth and dry with a clean towel. This will clean as well as help to eliminate odors. Do not use soap or detergent, because they can leave behind a scent that food will absorb. A clean refrigerator can help keep food fresher longer.
- Speaking of freshness, it might be a good time to go through the fridge and dump items that are past date or that are hanging out from the holidays. Culling the odds and ends on the shelves will help you move food away from the cooling vents chilling the fridge and freezer. A tightly packed fridge will not circulate cool air efficiently. However, your freezer will be better off more tightly packed; just keep an eye out for ice buildup and defrost your freezer when needed.



- Don't forget to clean the condenser coils of the refrigerator according to your particular brand's instructions to keep the fridge working at its most efficient. Need help moving the fridge to do that or don't have the instructions for your fridge anymore? Call the Home Handyman Program!

The Aging Partners Home Handyman mission is to support your decision to remain living in your "home of choice" and to do this as safely as possible. Our Handymen and women assist with minor plumbing, carpentry and painting projects. Heavy housework assistance can help with tasks requiring a stepstool or ladder, such as removing blinds and window treatments for cleaning and re-hanging, changing light bulbs, checking smoke alarms/carbon monoxide detectors, or moving hard-to-reach items to more accessible areas. Home Handymen 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. 

Celebration of Aging Partners

To celebrate the positive impact Aging Partners provides older adults in the eight-county area it serves, more than 50 people attended the Dec. 2 Celebrate the Work of Aging Partners fundraiser at the Cornhusker Hotel.

Among the many honored guests were Mayor Chris Beutler and his wife, Judy.

June Pederson, director, Aging Partners, was pleased at the turnout for what she hopes will become an annual fundraising event.

"This dinner is another part of our efforts to bring in revenue above and beyond what we receive from government sources," she said. "I want to thank everyone who attended for coming out to celebrate Aging Partners. Their support is valued."



Nebraska celebrity Leta Powell Drake autographs her book.



June Pederson, director, Aging Partners displays a wreath donated by Capitol City Carvers.

Attendees enjoyed a lavish dinner, cocktails and lively conversation before reliving the golden age of Nebraska children's television as Leta Powell Drake entertained with stories from her new book, "The Calamities of Kalamity Kate: A History of Nebraska's Children's TV Shows." Guests received an autographed copy of Drake's book.

Many considered Drake's presentation the highlight of the fundraiser. She presented a video slideshow of the early live children's TV shows on Channel 10/11, sharing memories as Kalamity Kate — the West's only lady sheriff of Cartoon Corral — which kept the audience chuckling with delight.

Kate was puzzled as to why the children were so excited when the McDonald's hamburgers were passed out on the show. McDonald's was one of the first sponsors of "Cartoon Corral" in 1957. At the time, there was only one McDonald's location in the capital city, and none in greater Nebraska. Children came from across the state, eager to taste the coveted burger. Even Ronald McDonald and Mayor McCheese appeared as special guests on "Cartoon Corral." Kate dared Ronald to eat one of his own burgers. He did.

In 1967, Kalamity Kate began hosting the show after Sheriff Bill and Silent Orv departed "Cartoon Corral," headed for the Arizona territory. The show was reinvented to include the addition of the George Churley Puppet Company and the Quiz Kids, featuring fourth-, fifth- and sixth-grade children in an academic quiz with participating schools from across Nebraska. Kalamity and puppet Little Reggie asked questions within the framework of the Educational Service Units. The quiz kids were fast with their answers on the buzzer. The winning team received \$25 for their



Guests enjoy one another's company as they wait for the presentation to begin.

school and the runner-up received \$10 for their school. Everyone received an uncirculated Lincoln penny from Lincoln Federal Savings and Loan.

"It was a fun segment that was very special to those smart kids," Drake said.

She also shared the impact of Nebraska's children's TV shows with national children's host Jerry Lewis on his annual muscular dystrophy telethon in Las Vegas. Kalamity invited area children to "Come and Skate with Kalamity Kate," a fundraiser for MDA at Lincoln's Pershing Auditorium indoor ice skating rink. The proceeds were then sent to Lewis for the MDA telethon.

From Memories to Novel

Several of the stories Drake shared during her presentation appear in "The Calamities of Kalamity Kate: A History of Nebraska's Children's TV Shows." A labor of love, it took nearly four years of researching and writing before her book was sponsored by James and Rhonda Seacrest and published by Jim McKee of the J and L Lee Booksellers in August.

Although Drake has written copy for radio, television and advertising agencies, she never considered herself a writer until she penned this novel. She attributes her drive to write the book to her childhood librarian.

"I was a noisy child, and I grew up to be a noisy adult," Drake said. "When I was a second grader, the librarian at my school, Miss Alice McClimans, tiptoed around the library, reminding the children to be quiet. I was talking



Students from Shickley and Norris Elementary School compete on the Quiz Kids segment of "Cartoon Corral." Photo courtesy of Edholm & Blomgren.

a lot, as I am known to do, when she came over to me, put her arm around my shoulder and said, 'Leta, I have the perfect book for you,' handing me the 'Grimm's Fairy Tales.' I grew to love reading because she encouraged me. As a result, even though writing the book was difficult because of all the research, the words began to flow easily, because I've been a reader all my life, thanks to the encouragement of my librarian."

Drake, who has owned a library card since age 5, is honored that her book has been placed in the Heritage Room of Bennett Martin Public Library.

She and Dr. Ron Hull, author of "Backstage: Stories from My Life in Public Television," and who wrote the preface to Drake's book, will present their respective books at the Heritage Room Feb. 15 at 2 p.m. The public is invited to attend; the presentation also will be videotaped to air on 5-CITY TV.

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



Kalamity Kate interviews McDonald's Mayor McCheese on "Cartoon Corral." Photo courtesy of Edholm & Blomgren.



Leta Powell Drake poses as Kalamity Kate on the set of "Cartoon Corral," holding her yo-yo. Drake was the Duluth, Minnesota yo-yo champion in 1968. Photo courtesy of Edholm & Blomgren.



Attendees enjoy a delicious meal in one of the Cornhusker Hotel's finest ballrooms.



Kalamity Kate and local children wave to the camera at the 1967 "Come and Skate with Kalamity Kate," a fundraiser for muscular dystrophy at Lincoln's Pershing Auditorium indoor ice skating rink. Photo courtesy of Edholm & Blomgren.

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Second from left, Rita Antonson, Senior Health Promotion Center director, and University of Nebraska Medical Center nursing students administer care to a foot care client.

Health Promotion Center Celebrates 15 Years

The Senior Health Promotion Center has been providing free health care services to people 60 years and older at the Downtown Senior Center since January 2000.

Created as a partnership between Aging Partners and the University of Nebraska Medical Center, Dr. Linda Sather began SHPC as a clinical site for undergraduate students pursuing their bachelor's degrees in nursing. In its early days, the clinic offered only foot care and blood pressure and glucose checks. Since then, total cholesterol and osteoporosis screening, and ear care have been

added to their service capabilities.

"We began offering ear care after clients began requesting hearing aid checks," said Rita Antonson, advanced practice registered nurse, gerontological nurse practitioner, certified foot care nurse and center director. "Through that process, we discovered many of these clients had earwax problems."

In addition to these services, the center began helping clients evaluate their medications and educating them about health conditions and prescription side effects.

SHPC continues strong today. It had 810 client visits in 2013, and approximately 25 percent of clients

were 85 or older. On a typical day, the center has 15 visitors.

The center is open Wednesdays from 10:30 a.m. to 1:30 p.m. and Thursdays from 9:30 a.m. to 1:30 p.m. Although the service is free, Aging Partners recommends a \$15 suggested contribution. No appointments are necessary.

There are many good reasons for older adults to visit SHPC.

"For some, it's a place to ask health questions and get a comprehensive health assessment," Antonson said. "For others, they come here because we offer care that isn't available through their primary care doctor."



“ I’ve been coming here the past eight to 10 years. My brother used to come here, and he’s who told me about it. I usually come for the feet inspection, but I’ve also had my blood pressure and ears checked before. I come here because it’s convenient and for the services they offer. They take good care of you.”

– Manny Arsiaga



“ I saw a flier and thought I’d try the clinic. This is my first time here. I’m pleased with the service. I think this is a good thing Aging Partners is doing.”

– Pamela Holder



“ I found out about the clinic four years ago when I came to the senior center to fill out Homestead Exemption papers. I’ve been coming since then. I like it because of the nice people and services they provide. I encourage other people to try the clinic. I tell them, ‘You’ll love it. They’ll take good care of you—I guarantee it.’”

– Pauline Kiene



“ I’ve been coming to the clinic once a month about 10 years. I enjoy it. The nurses are talented. I come to get my toenails trimmed and feet inspected. Anybody who has problems with their feet should come here.”

– Don Pedersen

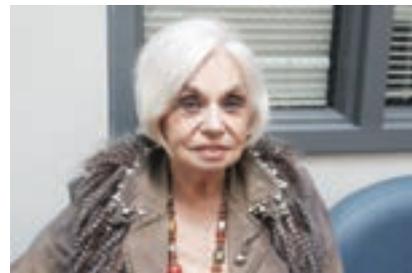
Need transportation to the health center?

Call Tracie Foreman at 402-441-6687 to schedule a ride.

By attending the center, clients are not only bettering themselves, but also the nurses in training who are caring for them.

“Every person who comes here is helping the next generation of nurses learn how to interact with the more experienced population,” Antonson said. “The students learn how to talk to people with hearing or vision loss and how to build a relationship with clients.”

To learn more about the Senior Health Promotion Center, call 402-441-7575. 



“ Today is my first time at the clinic. I’m here to have my feet checked. I decided to come try it because friends come here religiously, and they’re always satisfied with the service.”

– Aurelia Thomas

Aging Partners/Lincoln Housing Authority Working Together

This year, Aging Partners and Lincoln Housing Authority celebrate the 20th anniversary of their partnership with the Congregate Housing Services Program.

This program, funded by the U.S. Department of Housing and Urban Development, the Lincoln Housing Authority and resident fees, has helped older and disabled adults of Mahoney Manor and Burke Plaza live independently in their apartments since the grant was awarded in 1994. In 1998, LHA added a similar program for the residents of Crossroads House.

Through CHSP, Aging Partners has provided care managers to meet with residents individually, determine their eligibility for services, and provide information about programs and services within the building and in the community, such as SNAP, formerly known as Food Stamps, and Medicaid.

Available services include:

- **Homemaking:** Assistance with cleaning, laundry, grocery shopping and chores.
- **Personal Care:** Assistance with dressing, grooming, bathing and other personal needs.
- **Meal Service:** Noon meals are served in the community room and sack suppers are available for evenings. Meals are not available at Crossroads House.
- **Transportation:** Subsidized taxi coupons are available on a limited basis.

Aging Partners care managers work with residents to create an individualized care plan that



Mahoney Manor Resident Services Specialist Linda Hecht and Aging Partners Care Manager Jacki Eden meet with a Mahoney Manor resident to discuss her Congregate Housing Services Program individualized plan.

incorporates services to meet their needs.

“I inform residents and offer them choices of services to pursue if they desire,” said Aging Partners Care Manager for Mahoney Manor Jacki Eden. “The goal is to put together the perfect mix of services to meet their needs as they age.”

Services are subsidized by the grant, and residents pay a reduced cost.

Unlike most service programs available through Aging Partners, this one is based on functional impairments, not income.

“It allows some people who wouldn’t otherwise have access to assistance in their home to get the help they need,” said Linda Hecht, Mahoney Manor resident services specialist.

To be eligible for the program, people must live in Mahoney Manor, Burke Plaza or Crossroads House and need assistance with at least three activities of daily living. Residents under age 62 must be disabled to qualify.

In addition to the specific services CHSP offers residents, care managers are on-site or a quick phone call away if needed. They support residents by providing information, answering questions and providing a listening ear.

“They appreciate having someone to talk to about different programs and issues that they face,” said Aging Specialist III Richard Westling, care manager for Burke Plaza and Crossroads House. “If they need information

“If they need information about options, it’s helpful to have us nearby to fulfill that need. They don’t have to search it out; they can just get in contact with the care manager at the building.”

– Richard Westling, care manager

about options, it’s helpful to have us nearby to fulfill that need. They don’t have to search it out; they can just get in contact with the care manager at the building.”

Aging Partners and LHA staff have received positive feedback about CHSP from residents. In the past two years, several people valued it so much that after leaving Mahoney Manor to live with family or friends, they returned to the building specifically because of CHSP’s services.

“There has been a great sense of appreciation for this program, both for its services and low costs,” Hecht said. “Even those who were reluctant for the services at first appreciate the benefits once they’ve been in the program for a while.”

The program presently serves many residents of the three buildings. Care Manager Barb Straus estimates

that hundreds of people have benefited from the program since its inception.

Congress re-evaluates the program and chooses to fund it annually. Both Aging Partners and LHA hope

Congress will continue to fund the program so that the two agencies can continue to help to enhance the quality of the residents’ lives.

Aging Partners thanks LHA for its support throughout the years.

“LHA has been involved and supportive from the beginning,” Straus said. “They fully support the philosophy of providing care management and supportive services. We’re so pleased to have been able to provide this service for 20 years. It took a while for the program to get up and running because it was complicated and required a fair amount of organization. It was, and continues to be, well worth the effort.” LW



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Give Back, Stay Involved through Volunteerism

Winston Churchill once said, “We make a living by what we do, but we make a life by what we give.”

Nearly one in four Americans ages 55 and older personifies these words on a daily basis by volunteering in their communities, according to the Bureau of Labor Statistics. Lincoln’s older adults are no exception.

“We have a great community of people in Lincoln, older adults included, who support volunteering wholeheartedly,” said Ellen Beans, director, Volunteers and Customer Care at Bryan Health. “We believe in pitching in and working together.”

Many Opportunities to Serve

Volunteering is defined as any activity or service that involves giving time without pay to do something that benefits a person, the community or environment.

Although many may think of volunteers serving in food pantries or soup kitchens,

there are many other volunteer opportunities in the community, including:

- Working with animals.
- Mentoring or tutoring.
- Gardening.
- Driving.
- Working with children, young people and families.
- Sport coaching.
- Administration.
- Working on health projects and in hospitals.

In Lincoln alone, more than 200 organizations need volunteers, according to Volunteer Partners, an organization that connects people, businesses and nonprofit organizations to service opportunities in the area. Local churches, business associations, cultural centers, hospitals, Girl/Boy Scout troops, schools, community centers and other organizations are in need of volunteers.

Beans said it is important for people to serve where there is a need, but it is equally as important to serve at a place that



best fits their personality, talents, schedules and goals.

“Of course we want people to serve at Bryan, but we’re happy to visit with people and find the perfect place for them to volunteer, whether that’s here or somewhere else in the community,” she said. “People need to find their niche.”

When people wonder where they should volunteer, the Corporation for National and Community Service recommends they consider their interests and skills first, then research opportunities that match their criteria.

Volunteering Is for Everyone

People of all ages, ethnicities, backgrounds and beliefs volunteer. In 2012 alone, 64.5 million Americans served 7.9 billion hours with an estimated value of \$175 billion, according to the CNCS.

Between September 2012 and 2013, 35- to 44-year-olds were the most likely to volunteer, yet those 65 and older volunteered about 36 hours a year more than the national average, according to the Bureau of Labor Statistics.

Although the classic stereotypes of volunteers are people with loads of spare time looking for something to keep them occupied, most volunteers balance their hobby with a busy schedule of family time, work and other activities, Beans said.



“It can’t do anything but bring you happiness.”

— Ellen Beans



Ellen Beans, director, Volunteers and Customer Care at Bryan Health

“Here at Bryan—and I’m sure other organizations who work with volunteers also do this—we work with people’s lifestyles,” she said. “Some people don’t want to be tied down, and it can make them reluctant to volunteer. They might want to take a winter off to go on vacation or maybe they can’t commit to a specific schedule because they watch their grandchildren. And, that’s OK. We will take volunteers in whatever capacity they’re willing to serve. If they need to be on call, we’ll work with them on that.”

For those who want to ease into volunteering, the CNCS recommends participating in shorter, one-time volunteering events.

Introverts need not let their personality affect their decision to volunteer, Beans said. There are many opportunities in the community, such as clerical work, for people who wish to avoid interacting with people.

Unending Benefits

There are many reasons people volunteer. Whether it’s because they want to make new friends, have an inner desire to give of themselves or want to build a resume, there’s no wrong reason to serve, according to Beans.

“No matter why you volunteer, giving of yourself to help others truly comes back to bless you,” she said. “It can’t do anything but bring you happiness, and I mean that.”

The United Way reported that volunteering helps people:

- Make important networking contacts.
- Learn or develop skills.
- Teach others one’s skills.
- Build self-esteem and confidence.
- Feel needed and valued.
- Express gratitude for help one received in the past from an organization.
- Make a difference in someone’s life.



Bryan Health volunteers from left, Information Desk Receptionist Anita Elliott, Information Desk Receptionist Larry Rinne and Customer Care Escort Diane Wiehn serve as the face of Bryan Health East Campus.

Older volunteers are more likely to receive greater benefits from volunteering than their younger counterparts, according to the CNCS. Research posted by Science Daily Aug. 29 explained that older adults who volunteer have been associated with reduction in symptoms of depression, better overall health, fewer functional limitations and greater longevity.

Get Involved

The volunteer rate declined by 1.1 percent between September 2012 and 2013, according to the Bureau of Labor Statistics. That’s the lowest the volunteer rate has been since 2002.

In the meantime, the need continues to grow, Beans said. She hopes people will help fill this gap by them beginning a volunteer journey of their own.

Bryan Health needs at least 100 more volunteers. To inquire about volunteering opportunities, call Beans at 402-481-3032 or visit <http://www.bryanhealth.com/volunteer>.

To find other volunteer opportunities in the community, contact Volunteer Partners in Lincoln at 402-435-2100 or visit <http://www.volunteerpartners.org>. 

Genealogy Gains Popularity

Although many hobbies compete for older adults' attention, an increasingly popular passion for many is discovering their family history through genealogical research.

Genealogy, the study of one's unique family history, is the second-most popular hobby in the United States after gardening, according to ABC News, and it is the second-most visited category of websites, a Time magazine article reported in May.

Judi Cook, education chair of the Lincoln-Lancaster County Genealogical Society, believes genealogy is gaining popularity because it helps people learn more about themselves and connects them to the bigger picture.

"Personally, I feel genealogy is a part of who I am," she said. "It helps me understand myself and why I have some of the traits I do."

Getting Started

Those who wish to begin their genealogical journey should search for local classes that teach the basics of genealogy research. Members of the Lincoln-Lancaster County Genealogical Society teach these types of classes at Southeast Community College and the Osher Lifelong Learning Institute.

New and experienced genealogists are welcome to join the free weekly, two-hour genealogy classes at Bess D Walk Library Sundays at 2 p.m. The classes include a lecture, Q&A and time to work with special interest groups.

The Research Basics

Creating a personal record of ancestors—their place of birth, past residences, children and spouses—can be a daunting task, Cook said. Some feel overwhelmed because they don't know where to begin. She advises starting by searching the information already in their position.

"Gather everything you've got and put it in one location," she said. "If you've got pictures in shoeboxes or wherever, bring the mementos and memorabilia into one place."

Cook reminds people not to forget to check Bibles, photo albums and other records.

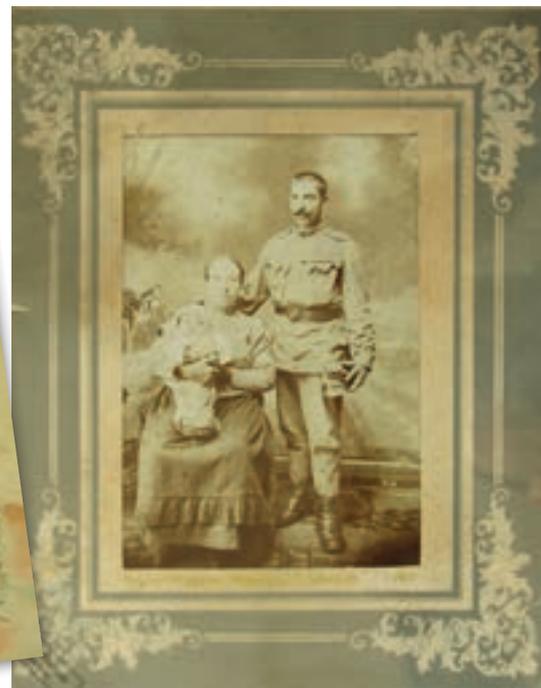
Next, genealogists should create a family tree based off of this information. Once this is completed, she suggests people talk to family members, friends or neighbors who can share stories about their ancestors. Consider digitally recording these conversations for preservation.

Once these resources have been exhausted, Cook advises genealogists to delve into the community's free resources, such as museums, historical societies and old newspapers. Libraries have databases people can use to check census records from the comfort of their own home, as long as they have a valid library card.

Lancaster County genealogical resources include:

- The 2013 Family History Center
- American Historical Society of Germans from Russia
- Denton Community Historical Society
- Lancaster County NEGen Web Project
- Latter Day Saints Family History Center

Additionally, there are local resources available for a fee, such as obtaining birth certificates at the Nebraska Department of Health & Human Services' Vital Records in downtown Lincoln.



“Lincoln has so much to offer in the field of genealogical research,” Cook said. “We’re promoting Lincoln as a destination site for genealogical research to attract more people to come here because of our unique collections.”

She also recommends subscriptions to online genealogical websites, such as ancestry.com, as another valuable resource.

Organize And Display Findings

Organization is key when it comes to genealogy. That’s why it’s important for people to plan how they will file and store the research they find.

Family Tree Magazine recommends people set aside an afternoon to compile their paper-based material and assess what they own. Although people needn’t log everything they own immediately, this process can help people decide which portion of their family tree they wish to organize first.

There are many ways to organize information, but Cook recommends using three-ring binders and placing material in acid-free protective sheets. Each family member can have their own binder. In some cases, it

may be necessary to create multiple binders for one person based on different stages of their life.

“Make a notebook for your mother before she was married and your father before he was married, and then proceed in chronological order,” she said.

It’s also important to scan photos and documents so they can be stored, preserved and easily shared with others.

Once people have organized their material, they can determine how they want to display their information.

“You can make larger books of a family tree and put them together in an attractive format,” Cook said. “You can use pictures, stories or just lines of information. You also could create a wall hanging.”

For more information on genealogical research or the Lincoln-Lancaster County Genealogical Society, email contact@llcgs.info. To watch this episode of Live & Learn, visit lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live or on Live & Learn’s YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 



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AARP’s top 15 websites for genealogy research:

- Ancestry.com
- Archives.gov
- Census Records: Heritagequest.com
- CyndisList.com
- Ellisland.org
- FamilySearch.org
- Footnote.com
- Findagrave.com
- GenWeb sites
- Italiangen.org
- JewishGen.org
- SteveMorse.org
- State and local records: usgenweb.org
- Social Security death records: ssdi.RootsWeb.ancestry.com
- United States Holocaust Memorial Museum: www.ushmm.org/online/its-inventory/simple.php



AGING PARTNERS

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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.
 - **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 four in Lancaster County.

▲ 402-441-7158

Other Services

INFORMATION AND REFERRAL

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

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

TRANSPORTATION

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

LIVING WELL MAGAZINE

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

LIVE & LEARN

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

- <http://lincoln.ne.gov/city/mayor/cic/5citytv/>
- Mondays, Wednesdays, Fridays and Saturdays at 11:30 a.m.
 - Tuesdays & Thursdays at 11 a.m. & 8 p.m.
 - Fridays at 7 p.m.
 - Sundays at 9 p.m.

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

MULTI-COUNTY PROGRAMS

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

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Joyce Kubicek

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

SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

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

402-441-7070

In Nebraska **800-247-0938**

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



Aging Partners News and Events

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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 age 60+. \$15 fee for under age 60.

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

Yoga and Stress Management

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

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

\$3 suggested contribution for people age 60+. \$4 fee per class for under age 60.

Senior Fitness Check

Thursday, Jan. 15
9 a.m. - Noon
233 S. 10th St., Suite 101

The Senior Fitness Check 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 age 60+. \$4 fee for under age 60.

Senior Health Promotion Center

1005 O St., lower level
Services available to people 60 years and older include comprehensive foot care, ear care, blood pressure, glucose, cholesterol, Sahara bone density checks and health education.

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

Foot Care Only

• Thursday, 9:30 a.m. - 1:30 p.m.
Jan. 15

All Services

- Wednesdays, 10:30 a.m. - 1:30 p.m.
Jan. 28
Feb. 4, 11, 18 & 25
March 4, 11 & 18
- Thursdays, 9:30 a.m. - 1:30 p.m.
Jan. 29
Feb. 5, 12, 19 & 26
March 5, 12 & 19

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, along with the roles vision, medication, safe walking outside and footwear play in fall prevention. Pre-registration is required.

\$3 per class suggested contribution.

- Maxey Senior Center/Malone Community Center
2032 U St.
Wednesdays, 10 a.m. - Noon
March 11 - April 22
 - Mahoney Manor
4241 N. 61 St.
Fridays, 1- 3 p.m.
March 13 - April 24
- Additional Stepping On classes now forming. Call for more information.



**Living Well—
Take Charge of Your Health**

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

\$3 suggested contribution per class age 60+. \$4 fee per class under age 60.

- Grand Lodge at the Preserve
4400 S. 80 St.
Mondays, 1 - 3 p.m.
Jan. 26 - March 2
- Legacy Estates
7200 Van Dorn St.
Tuesdays, 1 - 3 p.m.
March 3 - April 7

**Contemporary Yoga
8-week session**

Auld Recreation Center
3140 Sumner St.

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

\$3 suggested contribution per class for age 60+. \$4 fee per class under age 60.

- Tuesdays, 11 a.m. - Noon
Jan. 6 - Feb. 24
- Fridays, 11 a.m. - Noon
Jan. 9 - Feb. 27

Tai Chi—24 Form

Auld Center, 3140 Sumner St.

This is a traditional form of Tai Chi that has not been modified.

\$3 suggested contribution is for age 60+. \$4 fee per class under age 60.

- Tuesdays, 9:30 - 10:30 a.m.
Jan. 6 - Feb. 24
- Fridays, 9 - 10 a.m.
Jan. 9 - Feb. 27

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

Auld Recreation Center
3140 Sumner St.

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

\$3 suggested contribution is for age 60+. \$4 fee per class under age 60.

- Thursdays, 9:30 - 10:30 a.m.
Jan. 8 - Feb. 26

Chair Tai Chi

Six-week session

233 S. 10th St., Suite 101

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

\$3 suggested contribution is for age 60+. \$4 fee per class under age 60.

- Tuesdays, 9:45 - 10:30 a.m.
Jan. 20 - Feb. 24

Line Dance Class

Eight-week session

Auld Recreation Center
3140 Sumner St.

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

\$3 suggested contribution is for age 60+. \$4 fee per class under age 60.

- Wednesdays, 12:30 - 1:30 p.m.
Jan. 7 - Feb. 25

Heart Health Open House

Thursday, Feb. 19,
9:30 a.m. - 1 p.m.
Senior Health Promotion Center
Downtown Senior Center
1005 O St., Lower Level

- 9:30 a.m. - 1 p.m.
Free blood pressure, finger stick cholesterol and glucose screenings provided by University of Nebraska Medical Center College of Nursing
- 10 a.m. - The Heart Truth
The No. 1 killer of women, regardless of race or ethnicity, is heart disease, which is preventable in many cases. This program will give women and men valuable information about how they can reduce risk factors for heart disease.

Introduction to Meditation

Four-week session

Gere Library
2400 S. 56th St.

- Fridays, 10:15 - 11:30 a.m.
Jan. 16, 23, 30 and Feb. 6
The Legacy
5600 Pioneer Blvd.
- Tuesdays, 1 - 2 p.m.
March 3, 10, 17 & 24

These classes will focus on breath, body, emotions and the mind. They also will provide a well-balanced introduction to the benefits of meditation. People with any or no

Continued on page 38

Aging Partners News and Events

Continued from page 37

experience are welcome. Instructor Rachel Miller, an experienced retreat and meditation group facilitator, will guide you through a simple, relaxing meditation practice. Miller is the owner of Soul Journeys and conducts Sacred Journeys to Montana each summer. Rachel has been a school teacher in Lincoln for 35 years.

\$3 suggested contribution is for age 60+. \$4 fee per class under age 60.

Educational

Free Income Tax Assistance

Mondays through Thursdays
Feb. 2 - April 9
10 a.m. - 3 p.m.

Downtown Center, 1005 O St.

AARP tax aide volunteers will again be available at the Downtown Center to help you complete your 2014 Income Taxes. Call early, but not before Monday, Jan. 26. Appointments start at 10 a.m., and the last appointment is 2 p.m. Appointments do 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 your last year's return and any other information about income and expenses. For an appointment, call 402-441-7158.

Warm Hands, Warm Feet, Warm Hearts

Aging Partners Foster
Grandparent Program (FGP)

Aging Partners Foster
Grandparent volunteers are
collecting mittens, gloves and socks

to warm the hearts, hands and feet of elementary school students. Your donations should be new, gender-neutral, general wear styles and made of warm, durable materials. Donated socks should be sizes from toddler 9 to men's and women's 8. No dress gloves, dressy socks or tights. The community is encouraged to deliver their donations to the Aging Partners FGP office at 1005 O St. anytime before Friday, Jan. 23. For more information, please call 402-441-7158.

Bob Ross Oil Painting Class

9:30 a.m. to 3:30 p.m.
Lake St. Center, 2400 S. 11th St.

Paint along with a certified instructor Donald R. Belik in this one-day painting class. Students will have fun and get surefire results. All materials provided. To register, call 402-441-7158.

Cost: \$50.

- Saturday, Jan. 24
"Golden Morning Mist"

Entertainment

African-American History Month Event

Cotner Center Condominiums
1540 N. Cotner Blvd.
Thursday, Feb. 12
Dinner: 5:30 p.m.
\$8 suggested meal contribution
for age 60+ (Pay at the door.)
\$9 fee for under age 60
Show: 6:30 p.m.
\$5 fee for all ages
\$4 suggested transportation
contribution for age 60+

A celebration and
exploration into the heritage
of African-Americans and their
contributions.

For details or reservations, call
402-441-7158.

Jimmy Mack's '50s Flashback

Downtown Center, 1005 O St.
Friday, Feb. 13, 11 a.m. - Noon
\$4 suggested meal contribution
for age 60+

In honor of Valentine's Day, let's relive the romance of the '50s. Veteran performer Jimmy Mack will play our favorite '50s tunes to swoon and sway to. Mack will perform everything from Buddy Holly and Elvis to the Everly Brothers and Ricky Nelson. Join us for lunch as we enjoy a special nostalgic menu of cheeseburgers, fries and chocolate malts. Bring out your poodle skirts, saddle shoes, cat's eye glasses, white sport coats with pink carnations, your roses and Baby Ruths. To reserve a meal, call 402-441-7154.

Women's History Month Celebration

"Still I Rise!"
An Evening of Music and Theater
Inspired by Maya Angelou
Cotner Center Condominiums
1540 N. Cotner Blvd.
Thursday, March 12
Dinner: 5:30 p.m. Reservations
required.
\$8 suggested meal contribution
for age 60+ (Pay at the door.)
\$9 fee for under age 60
Show: 6:30 p.m.
\$5 suggested contribution for all
ages
\$4 suggested transportation
contribution for age 60+

Born April 4, 1928, Maya
Angelou would grow up to become
one of the most renowned and
influential voices of our time. With
more than 50 honorary doctorate
degrees, Dr. Angelou became a
celebrated poet, memoirist,



educator, actress, dramatist, filmmaker and civil rights activist. Join us when our cast of talented actresses and musicians pays tribute to the memorable and empowering words of this multitalented and multifaceted woman. For reservations, call 402-441-7158.

Paddywhack in Concert

Downtown Center Annual Fundraiser
 Auld Pavilion, 1650 Memorial Dr.
 Saturday, March 14, 5 - 7 p.m.
 \$10 tickets
 For tickets, call 402-441-7154.

The Downtown Center is thrilled to be able to offer a traditional St. Patrick's Day meal of corned beef and cabbage, plus a festive show of authentic Irish music. The veteran musicians of Paddywhack will

perform traditional folk music from Ireland and the British Isles. With more than 20 instruments and three-part vocal harmonies, Paddywhack offers a variety of musical styles, songs and dance tunes. Their repertoire includes a cappella sea shanties, rousing fiddle tunes, barroom sing-alongs, provocative ballads, rebel songs, jigs and reels. Musicians Chris Sayre, Terry Keefe and David Marsh accompany their songs with combinations of guitar, fiddle, mandolin, banjo, piano, English concertina, Northumbrian bagpipes, accordions and many other instruments. Laugh, dance and sing with music inspired by the ancient Celts, Scottish kilts, English coal miners and Irish leprechauns. Wear your green, because in our hearts, everybody's just a little Irish!

Thanks to our sponsors:

- Gold:** Right at Home In-Home Care and Assistance
- Silver:** Homestead Rehabilitation Center
 The Waterford Communities

Winter Storm Closing Information

In the event of severe winter weather or dangerous icy conditions, the Aging Partners Centers may be closed. As a rule, if the Lincoln Public Schools are closed, the Aging Partners Centers also will close. Please listen to KFOR 1240 AM radio for the most accurate and up-to-date Senior Center closing information. 

LivingWell ♦♦♦

Investing in today's and tomorrow's older adults

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- At your request, a note of acknowledgment will be sent to those receiving your gift in their honor or memory.

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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.

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

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(Mr., Mrs., Miss., Ms.) Please print

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Phone: _____ Spouse's name: _____

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

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

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