

LivingWell

Winter 2017 • Volume 13 • Issue 1



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Happy New Year!

It's January, which means it's time for my annual quest to resolve to change and improve myself. You would think I would have given up on the idea years ago. It's a fact that my past New Year's resolutions have failed the majority of time. I would repeat them year after year – a weight-loss goal, exercise goal or cutting back on a harmful habit. It was an exercise in failure.

This year, I'm going to take a lesson from the Romans. Emperor Julius Caesar tinkered with the calendar and established Jan. 1 as the beginning of the new year in 46 B.C. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had special

significance for the Romans. They believed that Janus symbolically looked backward into the previous year and ahead into the future. This year, I am looking backward rather than forward. Somehow, celebrating past successes and enjoying memories of past experiences is much more enjoyable than recognizing my faults and hoping to change.

Looking back, each of us will celebrate different things. For me, it's the enjoyment of raising our son, the satisfaction of being in a career that provides a positive impact on people's lives, spending alone time with my wife, the friendships developed along the way,

and the quiet times fishing on the lake.

I will continue to resolve things in the future. After all, I've had many years of practice. But I think I will enjoy even more looking backward this year, celebrating and enjoying the best parts of my life and choosing to live them over again, if only through my memories. **lw**



Happy New Year!
Randall Jones



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

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Staying Involved

Iron Curtain Compelled Hudkins to

LIFE OF SERVICE

Having grown up on a tenant farm near Waverly, Larry Hudkins always wanted to farm — and that's exactly what he did. But a summer trip after graduating high school in 1962 had the biggest impact on his life.

As a member of the Future Farmers of America, Hudkins was chosen as Star Farmer of Nebraska. He was then selected to join the first youth group to go behind the Iron

Curtain,
traveling
to
Poland,

Hungary and even lived with a host family in Czechoslovakia.

"My mother was of Czech descent, so she and my grandmother gave me a crash language course," he said. "I found that to be helpful when I got there."

It was a sobering experience to live and observe a family living under communist rule. Hudkins grew up on a farm, where he always had plenty to eat — although nothing fancy — and he never went to bed hungry.

"I did that summer," he said. "One meal in particular was a boiled egg and a boiled potato for each person. There were no seconds."

Times were hard, and Hudkins knew the people had gone through a lot with no say in their government.

"I made a decision one night when I went to bed hungry that when I got back to America,

I was going to participate in government in some way, shape or form," he said.

"What appealed to me was that we have the right to participate, and it troubled me to see how few

people voted. My host family couldn't vote, and they relished the opportunity to have a voice."

Little did he know at the time, but Hudkins would later serve on various boards and committees, including 30 years as a Lancaster County commissioner.

Hudkins' Return

After arriving back in the United States, he graduated from the University of Nebraska-Lincoln in 1964 with an associate degree in farm and ranch management. He married his high school sweetheart, Carol, the same year and rented a farm for his other first love, cattle.

The Hudkinses had their fair share of hardship. Just four years after moving to their farm near Raymond, they received a letter from the U.S. Army Corps of Engineers informing them they must move so Branched Oak Lake could be created for flood control.

With nowhere to go, the couple was discouraged. Emil and Loretta Placek of Wahoo stopped by one Sunday afternoon and mentioned they were selling a nearby farm for



In September 2011, Hudkins received The Hageman Award. Presented by the National Association of Local Boards of Health (NALBOH), the award is given to a member of a local board of health whose work on behalf of public health most exemplifies the commitment, vision and energy exhibited by Everett I. Hageman, founding member of the NALBOH Board of Trustees; member of the Macoupin County, Illinois Board of Health; and president of the Illinois Association of Boards of Health.

\$30,000 with \$3,000 down and 3 percent interest.

"We went to our parents and asked for help; they refused, advising us not to go into debt. Then we went to the bank, but we were only able to raise \$2,500," Hudkins said.

They met with the Placeks. After a discussion, they accepted the lower down payment and gave Hudkins a shot at farming again.

"They wanted us to make it," he said. "They didn't gift us anything, but they gave us a lot of opportunity and a chance in life. We have always tried to do that for other people."

The Hudkinses still own and operate that farm and have grown and improved it through the years. They were named the Lincoln Journal Star and UNL Honor Farm family in 1980.

The Beginning of an Era

Hudkins first stint in elected office was as president of the Lancaster/Seward County Livestock Feeders Association. He went on to join the Nebraska Cattlemen Association, serving as its president in 1990. Hudkins became a board member of the local co-op and later served as president of the Seward County Co-op.

He served on the Malcolm Public School board. During his ninth year, a local farm organization asked if he would run for Lancaster County Board to represent the rural community. At the time, the board was expanding from three to five members.

"I knew I wanted to farm, but I looked into it and decided to run," Hudkins said.

He lost his campaign to Stephanie Johanns, but three years later she was appointed to the Legislature and recommended him for her spot. He was chosen from seven applicants and sworn in as a

County Commissioner in June 1986.

Seven elections and 30 years later, Hudkins retired Jan. 4, 2017.

"It's been a labor of love," he said. "It has allowed me to farm, which is what I always wanted to do, and still serve the people. I think county government is the closest thing to pure democracy we have in America."

County Commissioner Accomplishments

As County Commissioner, Hudkins encouraged the building of a new jail with individual cells for health and safety. Now, a second jail has been built on West "O" Street. He has been a strong advocate for graduated sentences and electronic monitoring. He has also pushed for improving infrastructure, such as roads and bridges.

"I see it as an investment for the future," he said.

Hudkins has been a backer of the east and south beltways. As a livestock producer, he knows that any semitrailer coming from Nebraska City hits 19 stoplights to go through Lincoln to get to I-80. Each time the truck has to stop, the livestock breathe in diesel fumes, plus there are increased fuel costs for the truck driver.

"The sooner you get the animals to where they are going, the safer and healthier they are," he said.

Hudkins appreciated being part of various County Community Development Block Grants, which have helped revitalize economic development in smaller communities. These have been used for apartment buildings, theater programs, co-ops, paved roads, and larger projects such as Prairieland Dairy and Kawasaki.



Awards and recognition cover Hudkins' office wall in the City/County Building.

"There are enough resources in this state, county and nation, that if we manage wisely and work with what we have, we don't always have to raise taxes," he said.

Hudkins also pushed for senior centers for the aging population.

"I have always believed that if we keep our seniors active, they will be healthier and enjoy life more," he said. "I like the organization and outreach Aging Partners provides, and the information to help people enjoy their senior years."

A Changing Role

When appointed as County Commissioner, Hudkins was assigned to serve on the Lincoln-Lancaster Board of Health.

"I didn't know anything about public health," he said. "I went to my first meeting, and it sounded like a bunch of pilots talking to each other because of all the acronyms."

Things went up from there. In 1987, Hudkins became a representative for the National Association of Local Boards of Health (NALBOH). Later, he was elected to its Central Region Board of Directors. In 1992, he became the national organization's president.

As a result, he served on the National Public Health Steering Committee for two years, meeting monthly in Washington, D.C., or at the Centers for Disease Control

Life of Service continued on page 6

Iron Curtain Compelled Hudkins to Life of Service

Continued from page 5

and Prevention in Atlanta. The committee included seven national health organization presidents and the Surgeon General. Hudkins helped write protocols for bioterrorism affecting public health and food supply.

"That was the most fascinating thing I ever did in my life," Hudkins said.

In 2011, he was honored by NALBOH with the Reverend Everett I. Hageman Award, recognizing his commitment to the advancement of public health in America.

Hudkins has also served on other committees and boards, but the most notable include: Lincoln-Lancaster County District Energy Corp. since December 1993, Lincoln/Lancaster County Public Building Commission


since 1990, Nebraska Association of County Officials Board from 1992 to 1996, Nebraska Ag Relations Council President, Nebraska Cattlemen Association President, National Cattlemen's beef board from 1997 to 2001, Lincoln-Lancaster County Homeland Security Advisory Committee in 2003, and National Public Health Environment Primer Advisory Committee from 2001 to 2003. He also studied national and international government and economics while a UNL LEAD Fellow from 1983 to 1985.

A Wonderful Place to Live

With his Jan. 4 retirement as a Commissioner, Hudkins plans to continue farming his 1,200-acre farm northwest of Lincoln, and spend time enjoying his five grandchildren.

Having traveled to more than 100 countries and all seven continents, he appreciates Nebraska.

"I think being within 50 miles of Lincoln is the best place in the world to live: the health care we have, the caring people and just our community," Hudkins said.

"There is something to be said about the people who live in our community," he said. "With nearly 800 square miles outside of Lincoln, Lancaster County has more farms than any other county in Nebraska. But it's unique in that Lincoln is the center, connecting the city with the rural communities that rely on it. To see the rural communities and Lincoln work together for the common good may just be what makes Lancaster County a wonderful place to live." 

Good Health is a Family Affair



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Play, exercise together



Stay connected, support each other



Keep learning together

**Healthy Living
Healthy Aging
Healthy
New Year**



**Partnership for
a Healthy Lincoln**

*Made possible with funding
from the Centers for Disease
Control and Prevention*

Spotlight on Polk County

*By Jan Noyd, program director,
Polk County Senior Services*

The mission of Polk County Senior Services is to provide quality, essential, responsive service to older residents of Polk County, their families and caregivers. The well-being of Polk County's older residents impacts the entire community, and it's our goal to support independence, encourage life satisfaction, and promote vital aging resources for these treasured seniors now and into the future.

The Polk County program began in the fall of 1980 with nutrition services as its keystone. Congregate and home-delivered meals were identified as significant needs in a 1979 countywide survey. The need was great enough to guide the program developers to seek funding for a countywide central kitchen. The City of Stromsburg combined City funding, an Older Americans Act grant from Aging



Morning coffee at the Stromsburg Senior Center. Clockwise from front left, Coral Boden, Wanda Larson, Rogene Dickson, Minnie Anderson, Linda Clauff, Deann Fleck, Roberta Pauls, Willis Pauls and Vern Behr.

Partners and energy conservation funding to renovate a community building to include a central kitchen and senior dining hall as part of a community senior center. Development did not stop there. Within one year, community leaders and volunteers also organized meal services in the three other Polk County communities: Shelby, Osceola and Polk. In 2015, the program celebrated its 35th anniversary.


Services provided to older adults in Polk County include congregate meals for all ages and home-delivered meals for residents age 60 and over, as well as for those with medical conditions under age 60. This fiscal year, we are on track to serve over 18,000 meals from the central kitchen in Stromsburg. Not only is that an amazing number for a county of 1,500 seniors with an unduplicated user count of 495, but those meals are prepared Monday through Friday by a staff of one.

Other services include the evidence-based class, Stepping On, which is coordinated with Aging Partners and the county hospital. Cyber-seniors is a program that pairs a high school student with

one or a group of senior citizens to teach them how to use their smart phones, tablets and computers.

The agency also provides health services such as blood pressure clinics and pedicures, and educates seniors about the ever-changing subject of nutrition through information received on a monthly basis from Aging Partners.

Busy Wheels is provided in two of the four communities served, as well as in-home assistance and medical equipment service coordination. Easy access to daily activities in all four centers enables seniors to meet with their peers and socialize to their heart's content.

Polk County Senior Services is a vital part of the heartbeat of each of our four small towns in the county. For the past two years, Polk County was named the healthiest county in Nebraska by the Lincoln Journal Star. With a population of just over 5,000 and with one-fifth of that population being over the age of 60, our senior population has to be healthy. We believe our program contributes largely to that end. Stop by and see us sometime. The coffee is always on. 



Carolyn Ekstrand, left, is ready to provide a ride home following lunch at the Stromsburg Senior Center for Deann Fleck. Ekstrand serves as one of the Busy Wheels drivers at the Stromsburg Center.

Live & Learn Gains Four New Hosts

Four new faces with a wealth of radio and television experience joined Live & Learn late last year.

Bill Ainsley

Bill Ainsley turned radio into a hobby as a child. At 12, he played records and made announcements for the local veterans hospital radio station in Miles City, Montana.

Later moving to Beatrice, Ainsley attended Nebraska Wesleyan and participated in student radio. He received his history degree in 1969. With low demand for history teachers at the time, he moved to Superior, Nebraska, where he worked three years at a TV news station before working in TV news in Norfolk, Albion and Kearney.

"I learned the TV business from scratch," he said.

After spending 12 years in TV news, Ainsley moved back to Lincoln, where he took masters-level classes at the University of Nebraska. He became an adjunct professor helping with broadcasting labs and taught a communications class at the state penitentiary.

He later became a volunteer narrator for the Nebraska Library Commission's Talking Book and Braille Service (TBBS). It provides free audiobooks, audiomagazines and Braille through the mail and digital downloads to individuals with a visual or physical condition, or a reading disability, which limits the use of regular print.

At the in-house sound studio,

volunteers record audiobooks or magazines from Nebraska and regional authors, or about Nebraska and the Great Plains. Ainsley served as a volunteer narrator from 1983 until 1989, when he became the studio manager. He worked at TBBS 25 years, retiring in 2014. He still serves as a volunteer narrator.

He looks forward to hosting Live & Learn, featuring topics such as proper footwear for winter.

"It's a job where you can do something that makes a difference for someone," he said.

Kim Hachiya

Starting her writing career at the Hastings Tribune, Kim Hachiya graduated from the University of Nebraska-Lincoln in 1977. A few



years later, she returned to Lincoln to join the Lincoln Star's copy desk, working her way up to higher education reporter.

In 1988, she joined UNL's communications efforts. Her duties included editing magazines, public relations writing, researching papers, accreditation reports and speech writing for chancellors.

"I capitalized on my talents as a writer and editor," Hachiya said.

She went on to do similar work at NET in 2012 before retiring in 2014. Now, she works as a freelance writer, including grant writing.

Hachiya has volunteered with Husker Cats since 2008. The organization manages the population of feral cats on UNL's campus by feeding, trapping, spaying/neutering and vaccinating them. This keeps down the population because if completely removed, more strays would come from downtown.

Knowing about Live & Learn from former host Ruth Ann Lyness, she saw a news release in the newspaper asking for hosts and thought it might be fun to try.

"I'm excited about being on TV," Hachiya said. "I am usually the one behind the scenes."

Her segments will highlight Aging Partners' services.

Tom Johnson

Tom Johnson has enjoyed working in radio — beginning in 1953 while in high school. He went into the Navy in 1955, where he did record hops and shows for the Navy and United Service Organizations (USO) aboard two ships. Four years later he returned to Colorado, moved to Indiana and then Nebraska in 1967.

"Radio is such a fun thing," he said. "It has allowed me to do fun things, go places, meet people and see things."

Johnson enjoyed meeting various actors, actresses and other celebrities. The most notable were former President John F. Kennedy, composer Nelson Riddle, trumpeter Louis Armstrong and football coaches such as Barry Switzer, Tom Osborne and Bo Pelini.

With the creation of the Nebraska Lottery in 1993, he was one of the first three to be hired, spending 22 years there as the media and special events manager. The highlight was giving away \$365 million to eight Nebraska winners in 2006.

Johnson is excited to feature various topics on Live & Learn, including scams, the difference between alone and lonely, and other fun and serious topics that benefit older adults.

In retirement, he plays golf and works at CHI Health St. Elizabeth's three hours daily in the patient admittance area.

Jerry Renaud

Born and raised in Lincoln, Jerry Renaud will bring a range of topics to Live & Learn.

He plans to highlight musicians, authors and documentaries from connections made through his experience.

Renaud plays guitar, mandolin, banjo, fiddle and harmonica. He performs in various bands, including Swing Fever and Jean and Jerry.

Born and raised in Lincoln, he used his TV and radio background to return to UNL for an advanced degree. In 1989, he became a professor, teaching radio and television news, then expanded into documentary and production classes. He later taught multimedia classes, online journalism, and graduate multiplatform and video classes.

Renaud's time as a professor has allowed him the opportunity to travel. He taught online journalism classes in Kosovo through a partnership with a university in Norway. He also traveled to France, Cuba, Sri Lanka, New




I wanted to do something to help the organization I feel offers so much to the community."

— Jerry Renaud

Orleans and other locations for a in-depth reporting class. Students produced documentaries on the 125th anniversary of the Battle of the Little Bighorn, how third- and first-world countries rebuild after natural disasters, and native cultures.

He is excited to take on a new role as Live & Learn host. He learned about the opportunity while looking for something he and his wife could do together. They ended up in a tai chi class, and he learned all that Aging Partners had to offer. He also learned of the show through Leta Powell-Drake, Live & Learn host.

"I wanted to do something to help the organization I feel offers so much to the community," Renaud said. 

New Live & Learn hosts from left, Tom Johnson, Kim Hachiya, Jerry Renaud and Bill Ainsley.

Tabitha's Therapy Includes a Man's Best Friend

“I always leave feeling like we made someone's day a little easier, a little lighter,” Bruce Hahn said. “The residents light up and forget about all their other issues, even if it's just for a few minutes.”

Hahn and his therapy dog, Riley, volunteer at Tabitha Health Care Services. Their therapy animal program has been in place more than two years. Tabitha specializes in custom care tailored specifically to each elder and has used therapy animals to meet the unique wishes and needs of its clients. If an elder wants a visit from an animal, Susan Stearns, Tabitha Hospice volunteer coordinator, carefully matches up the right owner, pet and older adult.

“It's a wonderful program,” she said. “Typically I've seen the animal and owner become the elder's friend.”

Dogs are typically used because they have the right type of personality and can be easily trained. They are required to be certified, have their vaccines, health records and, along with their owners, go through Tabitha Hospice volunteer training. Dogs, cats, horses and even miniature ponies have participated in these heartwarming interactions.

Riley The Therapy Dog

Tabitha elders are always thrilled to see Riley, a 5-year-old English Cocker Spaniel. He and Hahn visit weekly.

He was introduced to pet therapy by a friend, who



Bruce Hahn and his therapy dog, Riley, volunteer at Tabitha Health Care Services to visit elders.

volunteered with his two cocker spaniels. He searched for Riley with therapy in mind.

“I had done some other volunteer work and wanted a different approach,” Hahn said.

He and Riley took classes at the Greater Lincoln Obedience Club to get their pet therapy certification.

This included passing 10 tests such as sit and stay. The ultimate test included leaving Riley with a stranger and disappearing for five minutes.

The training is vital to ensure Riley's reaction in any circumstances.

“If you get into a situation, you

can rely on them to behave,” Hahn said. “You want to be able to tell your dog what to do and have the dog do it. You have to trust that dog to be around other people or animals.”

With their American Kennel Club certification in hand, he and Riley began visiting assisted living and nursing homes — but it wasn’t working for Riley’s temperament. He needed consistent people to visit.

So they began working with Tabitha, and over time, that consistency builds friendships.

“I relate well and I’m a huge animal lover, and I know how I would feel if I was in their position,” Hahn said. “This way, I can have my dog and have him do some good.”

It’s always tough when they lose a client, but the rewards outweigh the pain.

“I find it rewarding,” he said. “I hope that if I’m in that situation someday someone visits me.”

Hahn lives in Lincoln, works full time and volunteers with other organizations. He and Riley visit their Tabitha clients weekly for about 20 minutes each.

“We go and chat,” he said. “I ask lots of questions and talk about their interests.”

Riley sits and enjoys being petted. Hahn has learned interesting things and met unique people.

“You develop a relationship with the people, too,” he said. “If you spend enough time with them, they smile and are ready to talk. It’s something I’ve found difficult at times, but it’s worth it.”

Riley is a big hit when entering the living community. He and Hahn often stop by the common room as well.




Lasting Benefits

Therapy animals can provide a long list of benefits. They primarily serve as a way of non-pharmaceutical treatment.

“I’ve worked with elders in living community settings more than 30 years, and these visits sometimes decrease anxiety meds,” Stearns said. “They relax and some reach out to pet the animal.”

According to Paws for People, the simple act of petting an animal releases an automatic relaxation response. This helps lower anxiety, reduces loneliness and boredom, and increases mental stimulation, comfort, and provides physical contact. Visits also can lower blood pressure and improve cardiovascular health.

A 12-minute bedside visit with a dog can reduce anxiety levels by 24 percent in heart failure clients, according to Paws for People.

For more information about Tabitha’s volunteer therapy animal program or to learn about other volunteer opportunities, visit www.tabitha.org or call 402-486-8506. 



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Spotlight on Saline County

By Amy Hansen, director

The Saline County Aging Services office is located in the Czech Capitol of the United States — Wilber, Nebraska. Working under the mission of “improving and enriching the quality of life and independence of older persons in Saline County,” it is known for helping older individuals maintain independent living and remain an active and vital part of their community.

It strives to reach individuals who have recently retired and offers a plethora of services and assistance available to individuals age 60 and over, regardless of income status, and their caregivers.

Amy Hansen serves as the director, and Laura Mackeprang is the program assistant. They are hiring a new community outreach coordinator.

The Saline County Aging Services staff are certified counselors through the Senior Health Insurance and Information Program (SHIIP), a division of the State Department of Insurance. They are able to assist beneficiaries with various Medicare-related questions and issues. They offer help in applying for Medicaid, Homestead Exemption filing assistance, and general Social Security information and assistance.

Other services include:

- Foot care clinics
- Home-delivered meals
- Congregate meals
- Lumosity lab, memory strengthening games
- Health fairs and immunization clinics
- Caregiver retreat



Saline County Aging Services provides a range of tools for older adults.

- Farmers Market coupons
- Tai Chi: Moving for Better Balance classes
- Stepping On: Fall Prevention education classes
- Caregiver support and assistance
- Information and assistance
- Durable Medical Equipment loans, at no cost

The Saline office recently unveiled an innovative pop-up senior center model, known as Full Circle. This program has been well-received and allows the opportunity to reach underserved areas in our county.

The program also offers presentations to any civic, religious

or business organization that needs a speaker. Topics include an overview of services and ABCs of Medicare. Groups are welcome to call the office for an updated list of presentations.

The DeWitt Senior Center participants enjoy delicious and nutritious lunches every Wednesday. The lunch is followed by lively presentations that are either educational, entertaining or both. After the presentation, the afternoon is busy with rousing games of dominos or cards. Other days there is a quilting group hard at work, Tai Chi classes in session, breakfast pizza outings, and a line dancing class. **LW**

Please call to learn more.
Saline County Aging Services
402-821-3330 or 800-778-3309
109 W. 3rd St.
PO Box 812
Wilber, NE 68465

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ahansen@lincoln.ne.gov

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Bev Plihal, senior center manager
dewittsc@diodecom.net

Planning Ahead



Julie Masters speaks during the Nov. 16 Quarterly Outreach Breakfast at the Downtown Senior Center.

Approaching Death and Dying Ahead of Time

If you knew you were dying, what would you do? Would it change the way you live? Would you communicate your wishes to family and friends?

Julie Masters, Ph.D., of the University of Nebraska at Omaha Gerontology Department, presented “The Grace and Value of End of Life Planning” during the Nov. 16 Quarterly Outreach Breakfast at the Downtown Senior Center.

“Life is precious, and when we see that end of life is a reality, it shapes how we look at life in general,” she said. “Every moment, every second becomes even more valuable.”

Each of us will face death, but often no one wants to talk about it unless it is imminent.

In 1900, the leading causes of death were influenza, pneumonia, tuberculosis, gastritis and diseases of the heart. The average life expectancy was 45. Today, the leading causes are heart disease, cancer and chronic low respiratory disease, with a life expectancy of 78. Approximately 75 percent of health care costs are for treating chronic conditions.

“That leaves us an opportunity to plan,” Masters said.

Making decisions for a loved one

without expressing their wishes can be overwhelming for many. Masters recommends taking advantage when opportunities present themselves by discussing wishes, which will produce informed future decisions.

“When we do not tell our families what we want, it puts a bigger burden on them,” she said. “They may second-guess if they did the right thing.”

So, why is it important to discuss death and dying now? Because when illness strikes you may not have the resources or time.

“What if we approach our death with the same enthusiasm with which our parents prepared for our birth?” Masters asked. “When we have that kind of enthusiasm, and we are an active participant in the process, we look at life differently.”


It’s important to be prepared for death, but if we begin thinking about it only when we are terminally ill, our reflections will not give us the support we need.

We all miss our loved ones who die before us, but it is a different feeling to believe we have let them down, prolonged their pain or failed them if we do not discuss what they wanted after their death.

“The more we try to hide from aging, the more we find ourselves missing out on the great benefits of aging,” Masters said. “The more we hide from dying, the greater loss we have at the end because we didn’t take advantage of what was in front of us. The more we hide from caregiving, the more we lose out on an opportunity to discover a new relationship with someone at the end of life.”

Masters encouraged attendees to consider and discuss wishes with friend and family, including:

- **Ethical will** — Sharing your life philosophy with others.
- **Advance directives** — Living will, durable power of attorney for health care.
- **Will** — Distribution of physical property.
- **Funeral/memorial service** — What do you want? Do you want to be cremated or have an earth burial?
- **Obituary/death announcement** — What would your life say about you?
- **Headstone/monument/marker** — A place for people to remember you.

“We need to begin with the end in mind,” she said. “When you accept death, it brings freedom.” 

When to Give Up the Keys: Having Successful Conversations About Driving

Driving provides a sense of freedom and independence for many people. But there comes a time for each of us when we can no longer safely drive. So, when is that time?

A survey by Home Instead Senior Care found 95 percent of surveyed older adults had not talked to their loved ones about driving, though nearly one-third said a conversation with family recommending a transition away from driving would make them reconsider their driving habits.

The Meaning of Driving

For many people, driving is part of their identity. For others, it's a way to get places. As Americans, we live in a culture that values driving as a privilege and skill. But at some point, we may need to think and plan for life without being able to drive, for ourselves or for others.

Giving up driving can be a significant life change. Most older adults will voluntarily limit driving in response to changes of getting older, such as limiting driving at night, in poor weather conditions and heavy traffic.

But aging adults, especially those older than 75, have a higher risk of being involved in a collision while

driving. Because older adults are less able to withstand physical trauma resulting from a serious crash, the rate of fatalities is higher, regardless of fault.

When driving comes into question, older adults face tough decisions on how to change driving habits for their changing health, safety, security and happiness. Driving provides flexibility, independence and freedom to drivers of all ages. Often, suggesting someone limits or stops driving can cause negative feelings.

Range of Emotions

You should be ready for a variety of reactions when talking to someone about limiting or stopping driving. Negative feelings, both from you and the older driver, are a normal part of conversations about limiting or giving up driving. If they emerge, stay calm, acknowledge them, and try to become as informed as you can. Focus on using productive discussions to diffuse any negative emotions.

Encourage your older driver to talk to you about his/her feelings. It will help you understand each other better, have more meaningful conversations and come up with a solution. It's important to remember that while negative feelings may be directed toward the messenger, they are usually about the message.

Remind the older driver that you understand and remind him or her that driving may represent more than just a way to get places. Make him or her feel validated that they might have difficulty with the decision.

You also may feel angry, frustrated or guilty for depriving your loved one from the freedom

of driving. You may even be afraid to start a conversation about it. If there are valid safety concerns, it's better to begin having conversations than to wait. Do not postpone the conversation because you fear the reaction or the responsibilities you will assume.

Observing Driving Skills

Before initiating conversations about driving, it might be helpful to observe your older driver's skills behind the wheel. Observing driving habits long before you think there is a serious problem allows you to establish a better understanding.

Find opportunities to ride along with your older driver as a passenger, and take notes of what happened and when. This can help identify patterns of frequent or serious mistakes. You also can use your notes to talk with family or the older driver.

Making assumptions without first making observations can make it difficult to come up with reasonable and appropriate solutions. For some, writing down observations may indicate the problem is more serious than first thought.

When you are in the car with an older driver, look for changes in his or her driving skills. Warning signs that an older driver is at serious risk include:

- Getting lost in familiar areas.
- Car accidents and near misses.
- Swerving or driving over curbs.
- Having difficulty with left turns.
- Driving at inappropriate speeds.
- Less or infrequent driving, such as not driving at night.
- Confusion at highway exits.
- Failure to stop at signals or red lights.



- Confusing the gas and brake pedals.

While observing, ensure you differentiate between common, everyday mistakes and more serious safety risks. Less serious or infrequent warning signs that might indicate a need to limit driving include:

- Incorrect signaling.
- Scrapes on the car.
- Decreased confidence while driving.
- Failure to notice traffic signs.

Remember, you should only ask an older driver to give up driving if you have real and specific safety concerns. Age alone is not a reason to curtail driving.

Choosing the Best Messenger

People typically prefer to speak confidentially about driving safety with someone they trust: a spouse, adult child, friend or doctor. Carefully choosing the best messenger is important for success.

The nature and quality of the relationship with the older adult can influence how receptive they might be. Choose someone who lives nearby, has a strong relationship and whom the older driver believes has his or her best interest in mind. Do not assign the most outspoken or authoritative family member or friend to begin the discussion.

How to Plan Successful Conversations

Carefully planned, early, occasional and candid conversations establish a pattern of open dialogue about driving safety. This should happen well before an older driver needs to change his or her behavior to allow time for everyone involved to make appropriate modifications. Don't wait for a crash before initiating conversations.

Look for ways to approach the conversation, such as talking

about road conditions, local car accidents, changes in health or medications, or appointments with a doctor. You also can talk about other older adults in your family or community who have given up driving.

When you have small, frequent conversations, you start to lay the groundwork for more serious conversations and decisions.

When older adults modify their driving in small ways without guidance from others, families should praise self-regulation positively. For example, don't discourage an older adult who is limiting night driving by leaving a family gathering before dark. Be supportive and express your willingness to support his or her transportation needs.

About 75 percent of older adults think a significant change in health is a legitimate reason to have driving discussions, and 70 percent say that getting lost while driving could be cause for conversation. Getting lost in a familiar place may suggest potentially serious cognitive health issues that could affect driving skill. This also may be a good time to get a doctor involved in the discussion.

Fifty percent of older drivers said having a serious crash is an opportunity to start a conversation, while about 33 percent said a minor crash or narrowly avoiding a crash should trigger a conversation. In situations where an older driver was not at fault, families might want




Many older adults adjust their driving as skills decrease, such as avoiding driving at night.

to discuss diminishing ability to drive defensively. In all cases, these discussions are more productive if not held at the crash scene, where tensions and emotions are high.

When driving becomes limited, you want to help prepare an alternative transportation plan, which can include arranging transportation with friends and family, getting information on alternatives such as public transportation and special transportation, and planning for the costs of alternative transportation.

Most of us begin thinking about an older driver's safety before it becomes a serious problem. Ideally, the transition from driver to passenger would be gradual, giving time to adjust. Still, the decision is difficult and hard. Your support and understanding is necessary before, during and after driving changes are made.

This information was used with permission from the "We Need to Talk: Family Conversations with Older Drivers" online AARP seminar. To view the free seminar for more tips and advice, visit http://www.aarp.org/home-garden/transportation/info-11-2010/wntt_mod1.html. 

StarTran Implements New Routes

Since Nov. 1, StarTran riders have noticed changes to the bus system in Lincoln.

StarTran switched from the flag-stop policy to a designated stop policy, one of the recommendations


from the Transit Development Plan (TDP). With a

designated stop policy, riders must be at the bus stop sign to board the bus. When riders onboard buses pull the stop cord, they will be dropped off at the next designated stop.

Mike Davis, StarTran Transit Manager, said the benefits of the designated stop system include increased speed and reliability, safety, marketing and data collection. New green and blue bus stop signs with route numbers were installed throughout Lincoln.

Davis said other improvements include more frequent service on some routes, evening service and crosstown service. Other new routes reach Yankee Hill Road, 84th Street, S.W. 36th Street and the airport.

The TDP was developed with rider input and evaluated existing service in the areas of route design, service levels, ridership and rider amenities. The study also evaluated population characteristics, travel patterns and employment densities for high-demand areas. The plan identified service gaps, needs and opportunities for improvements.

For more information and to see route maps, visit StarTran.lincoln.ne.gov or call 402-476-1234. 



On Nov. 1, StarTran implemented new bus routes. New green and blue bus stop signs around Lincoln list the bus number.

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Five Things to Avoid While Funeral Planning

Making buying decisions at one of the most vulnerable times in your life can result in unforeseen consequences. Debbie Way, a life celebrant and funeral professional for more than 15 years, has witnessed emotional overspending by countless families as they plan their loved one's funeral.

Here are the top five mistakes to avoid made when planning a funeral.

1. Choosing a funeral home because it is the one your family always has used.

People often choose a funeral home based on name recognition, connection or experience. However, the name doesn't always reflect ownership and experiences.

"The past few years have seen dramatic changes in the Lincoln funeral/cremation service market," Way said. "There are 10 funeral service providers in Lincoln now. This means an array of prices and services."

Take the time to research and learn which provider meets your needs. Research online by Googling their name and reading the comments or ask for recommendations from friends and family. Call to make price comparisons, which may impact your choice.

If you're reluctant to visit a funeral home and are part of a group or club of older adults, get a couple of people together and make appointments to visit funeral homes.

"Go in with a checklist and rate them," Way said. "Ask to speak to the owner, meet a couple of funeral directors, and write a synopsis and deliver it to the rest of the group."

If prearranging, remember to think about who you want to serve your family after you are gone.

"I encourage everyone to visit funeral homes — even if you will be gone, you should care because these are the people who will be taking care of your family," Way said. "This is who you choose to serve your family."

Receiving mail from a specific funeral home can be a red flag.

"Someone is paying for that mailing, and it's going to be in their overhead costs," Way said.

2. Planning funeral arrangements during vulnerable times.

There is no reason to feel pressured into making arrangements, especially when tired, stressed or grieving. Refrigeration and cremation nearly eliminate the need to make arrangements immediately, and allows time to create a meaningful and healing service.

Often, funeral homes will follow up with a spouse after someone passes to prearrange *their* funeral — don't.

"Like anything else, when you're feeling vulnerable and grief-stricken, you wouldn't go out and make a major purchase," Way said. "I advise the widow or widower to wait at least six months before making those decisions unless necessary."

Five Things continued on page 18



Debbie Way, life celebrant

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Jim Love



Pat McCashland

Five Things to Avoid While Funeral Planning

Continued from page 17

Take time to reflect and review the service before making a choice when prearranging. How were you treated? Is this who you want taking care of your family? Did you have any additional concerns?

3. Not asking an emotionally detached friend to accompany you when making arrangements.

Planning a funeral is daunting, and having someone with you who is not emotionally connected, especially while grieving, can help. This person could be a co-worker, boss, neighbor or friend. They can help

you determine what services are important and help keep you from overspending on unneeded items.

4. Not setting a budget before you arrive at the funeral home.

Having an idea of how much you are willing to spend reduces your vulnerability to overspending. It is important to discuss in advance what services are desired and a comfortable amount to spend on services. Choose a budget you are able to pay for comfortably, even with prearrangements.

Prices vary quite a bit, even when making prearrangements,

so knowing the price range for the specific items you want is important.

The Federal Trade Commission Funeral Rule makes it possible for you to choose only the goods and services you want or need, and to pay only for those you select, including when making prearrangements. The rule allows you to compare prices among funeral homes and select the arrangements you want at the home you choose. The rule, however, does not apply to third-party sellers, such as casket and monument dealers or cemeteries that do not have an on-site funeral home.



You can call a funeral home and ask for pricing of specific items, which they must give you. If you stop in at a home, they must give you a general price list.

Find more about the Funeral Rule, and a funeral costs and pricing checklist, at: <https://www.consumer.ftc.gov/articles/0300-ftc-funeral-rule>.

You don't have to spend a lot of money to remember someone. If you are prearranging, consider writing each family member a simple thank-you note, telling them what they meant to you, and put it in your funeral file.

"That letter can be better than any funeral you can put together," Way said. "I've seen it happen, and it's absolutely heart stopping. The effect it has on the family when they receive that letter from mom or dad, a real letter of love and

appreciation, has a lasting impact and will eclipse any amount of money you spend on a funeral — and it costs nothing."

5. Buying an unnecessary cremation casket.


Wood cremation caskets can cost \$1,000 or more. Many families purchase these out of emotional turmoil or feelings of guilt, but all that is required by Lincoln cremation providers is the minimal container costing about \$150.

Make sure you get everything in writing, even prearrangement information, on the funeral home's letterhead.

If you have made prearrangements, check on them periodically. Ensure the funeral home has it on file and go over it with them to be certain it's how

you want it, and update material such as contact information. Make sure your family knows you have prearrangements and where they are.

Planning a funeral is a daunting service, but it doesn't have to be. These tips can help reduce anxiety and plan a meaningful service.

For more information, consider attending a free hourlong presentation "Five Costly Mistakes Made at the Funeral Home and How to Avoid Them" at 8 a.m., Jan. 17, 31 or Feb. 14. The presentation takes place at Celebration Center at Colonial Chapel Funeral Home, 5200 "R" St., in Lincoln, and a continental breakfast will be served. You can RSVP for the date of your choice by calling 402-467-5200. 

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Joy Blythe, instructor, teaches chair yoga at the St. Mark's Vermeer Education Center.

Health and Fitness Partnership Benefits Older Adults

What began in 2015 as a trial partnership among Aging Partners, UNMC College of Nursing Lincoln Campus and St. Mark's United Methodist Church has blossomed into an ongoing effort to better the Lincoln aging community.

"We were looking for a location in that part of town, and St. Mark's is community-oriented," said Peggy Apthorpe, Aging Partners Health and Fitness coordinator. "It is a great partnership for us and the community."

In September 2015, the Senior Health Promotion Center opened at St. Mark's Vermeer Education Center, 8550 Pioneers Blvd., located north of the church.

Student nurses, under the

guidance and supervision of Rita Antonson, geriatric nurse practitioner/UNMC nursing instructor, offer bone density, blood pressure, cholesterol and blood glucose screenings, toenail trimming and health promotion education. The program helps student nurses gain experience and better use their skills.

"The clinic is wonderful," said Phyllis, a class participant. "The students are fun to visit with, and it's nice that I can help with their training."

The Senior Health Promotion Center at St. Mark's offers better accessibility for older adults who want to visit the clinic.

"This is a good location and more accessible than downtown," Apthorpe

said. "For many who live in the area, it is more convenient."

The clinic is open from 9:30 a.m. to 1:30 p.m. most Wednesdays from September through April. No appointments are necessary. There are no fees for services for those 60 and over, but a \$15 contribution is suggested. Limited transportation to the center is available. Call 402-441-7575 for more information.

New at St. Mark's in 2016, Aging Partners began offering Dynamic Movement and Chair Yoga. Dynamic movement is a one-hour class that focuses on stretching, breathing and a unique combination of exercises to isolate muscle groups, enhance flexibility, increase heart rate and

Health and Fitness continued on page 21

Health and Fitness Partnership

Continued from page 20

improve strength. Most routines are done from a chair or standing near a chair.


"I feel so good after a session of dynamic movement," said Erma, a class participant. "It has helped me to be more limber, and the teachers are great."

Chair Yoga is one of its gentlest forms. It adapts yoga positions and poses through creative use of a chair. Poses are done while seated with the chair used for support during standing and balance poses. An emphasis on balance and breathing allows you to take things at your own pace.

"My husband and I love both classes, Dynamic Movement and Chair Yoga," said Carolyn, a class participant.

Suggested donation for classes is \$4 for those over age 60 and \$5 for those under age 60.

More classes may be added to the St. Mark's location.

For information on these services and classes, or for information on other classes offered in the community, please contact the Aging Partners office at 402-441-7575. 



Ann Heydt, Aging Partners Health and Fitness outreach and education, stretches during Chair Yoga.



Balance is key for Clara Bernodt and Rose Seeman during Chair Yoga.



Vermeer Education Center exterior and grounds

Senior Health Promotion Center at the Vermeer Education Center

Wednesdays 9:30 a.m.-1:30 p.m.

- January 11 – foot care only
- January 25 – all services
- February 1, 8, 15 and 22 – all services
- March 1, 8, 15 and 29 – all services

Dynamic Movement in the St. Mark's Gymnasium

- Tuesdays Jan. 17-March 7, 3:30-4:30 p.m. (8 weeks)
- Tuesdays, March 14-May 2, 3:30-4:30 p.m. (8 weeks)
- Thursdays, Jan. 19-March 9, 3:30-4:30 p.m. (7 weeks, no class Feb. 2)
- Thursdays, March 16-May 4, 3:30-4:30 p.m. (8 weeks)

Chair Yoga at the Vermeer Education Center

- Wednesdays, Jan. 18-March 8, 3-4 p.m. (8 weeks)
- Wednesdays, March 15-May 3, 3-4 p.m. (8 weeks)



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March is National Nutrition Month

“Put Your Best Fork Forward” is the theme for National Nutrition Month® (NNM) 2017, celebrated every March by the Academy of Nutrition and Dietetics. This year’s theme serves as a reminder that each of us holds the tool to make healthier food choices. Making small changes during NNM helps improve health now and into the future. As nutrition experts, Academy members can help guide the public to gradually shift toward healthier eating styles by promoting NNM activities and messages during March.

The Best Forks

How about a fork of lean protein that is fresh, not processed? Perhaps a bite of grilled salmon or turkey breast would be appropriate. Or some whole grain pasta or brown rice.

Try a morsel of fresh greens mix that has dark green and purple-hued varieties mixed together. To finish our set of forks, try some brightly colored fresh orange sections, or one or two red grapes.

The Food Brain Connection

Last fall, I participated in a webinar presentation titled “The Food-Brain Connection: The Role of Diet in Maintaining Cognition and Memory,” by Dr. Elizabeth Johnson and Dr. Chris Rosenbloom. The researchers first found a physical measure that could be used to determine cognitive “fitness.” Dr. Johnson,

a Tufts University researcher, studied the macular pigment density in the back of the eye. She found that the higher the pigment density in the macula, the better the cognitive function. The pigment is primarily made up of the two phytochemicals, lutein and zeaxanthin, which are found in our diets and absorbed into the bloodstream. Interesting information, but maybe this is just observational data.

Another researcher at the University of Georgia noted that the higher blood stream levels of lutein and zeaxanthin were found in subjects with normal cognitive function. Again, maybe this is just observational data.

Research done at Tufts

University was a randomized, double-blinded, placebo-controlled intervention trial. The subjects were healthy women age 60 to 80. The four interventions were: 1. placebo (no supplement), 2. lutein, 3. Docosahexaenoic acid (DHA), and 4. lutein plus DHA. The results showed significant changes from baseline testing for group 4 on three tests of cognitive health:

1. verbal fluency
2. learning a shopping list, and
3. memory in reality apartment test.

You may ask, “Where do I get that

Fruit-tacular Salad For Your Fork

- 2 apples, peeled, cored and diced
- 1 banana, peeled and diced
- 1 kiwi, peeled and diced
- 2 clementine oranges or tangerines, peeled and separated
- 1/2 cup diced strawberries, check the freezer case for individually quick frozen (IQF) as fresh is not in season
- 2 tablespoons honey
- 2 tablespoons fresh lemon juice


To make the Fruit-tacular salad, use a large salad bowl, combine all the fruit, stir in honey and lemon juice, and combine thoroughly.

Source: USDA’s The 2016 Healthy Lunchtime Challenge Cookbook.



magical elixir?” Well, food is the best way and you have many more safety assurances when buying food than an unregulated supplement. Food sources of lutein include leafy greens such as spinach, kale, turnip and collard greens, and romaine lettuce; eggs, broccoli, Brussels sprouts, peas and corn. DHA is one of the omega 3 fatty acids, which our usual diet is short of because many of us don’t eat much fatty fish, especially in the Midwest. The highest DHA foods are fatty fish including anchovies, salmon, herring, mackerel, tuna and halibut; and organ meat such as liver; eggs; and algae.

The final study tested a lutein/zeaxanthin supplement versus avocado or egg added to diets that were naturally low in lutein and zeaxanthin. Results found that while the supplements raised blood serum levels, both of the food interventions raised the macular pigment density substantially. Remember, macular density measure is a physical marker for healthy cognition. The researcher concludes that avocado or egg’s fat content aids in the absorption of the natural lutein/zeaxanthin consumed, and improvement of macular density.

Try an avocado today and eat an egg more often. 

Avocado Slaw

Ingredients

2 ripe fresh avocados, halved, pitted, diced and divided
1/4 cup white vinegar
2 tablespoons water
1 tablespoon sugar
1/2 teaspoon ground cumin
4 cups sliced green cabbage (check out the precut packages)
2 cups grated carrots
1/2 cup sliced red onion
1/4 cup chopped cilantro leaves (optional or try parsley)

1. Place one avocado, vinegar, water, sugar and cumin in a blender or food processor.
2. Blend or process until smooth.
3. In a large bowl, combine the cabbage, carrots, onion, cilantro or parsley and one diced avocado.
4. Pour dressing over cabbage mixture, toss gently and season to taste with salt and pepper.







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Rich Hubka, volunteer, delivers meals to Mary.



Meal prep for Tabitha Meals on Wheels begins early each morning.



Meals are sealed using a specialized machine that keeps the foods from mixing during delivery.



Helping Elders for 50 Years: Tabitha Meals On Wheels

For some older adults, all that is needed to live independently in their home, is a hot meal. For 50 years, Tabitha's Meals on Wheels program has served more than 4 million nutritious meals to Lincoln residents.

What Is Tabitha Meals on Wheels?

In 1967, Tabitha's Martha Maseman, a pioneer in elder care, recognized the need to provide proper nutrition to elderly and disabled to live safely in their home, and created Tabitha Meals on Wheels — the first and only program of its kind in Lincoln.

Tabitha's nutrition department prepares hot meals delivered daily by volunteers to more than 550 clients year-round. The meal plans are well-rounded and can include vegetarian options. Along with being provided nutritional information, Tabitha's menu is published every Saturday so clients can view the week's upcoming menu.

"When the menu changes, we send a printout to each person so they can plan out their meals and make informed decisions," said Shirley Smith, Tabitha director of food and nutrition.

Tabitha Meals on Wheels also provides educational material from Aging Partners and has a Food Box program, where 50 of the most in-need clients receive a box of supplemental food once a month.

Knowing a Tabitha Meals on Wheels volunteer will interact and check in on their loved one with each meal delivery, provides peace of mind for families.

"The volunteers typically do the same route and get to know clients," Smith said. "Most importantly, this program is much more than just delivering a meal, it is a friendly face and chance to check on the well-being of clients."

For some recipients, volunteers are often the only person they may have contact with for the day. If something seems unusual, the emergency contact on file is called



Gloria Larson, volunteer, loads coolers of meals into her vehicle for delivery. She and her husband, Larry, deliver the same route every Friday.

and in some instances, Tabitha enlists the Lincoln Police Department to conduct a wellness check.

More than 1,000 people volunteer monthly and are essential in providing this much-needed service to the community.

"The volunteers are a major part of this program," Smith said. "We couldn't do it without them."

Meals On Wheels continued on page 26



Nutritious hot meals are delivered each day of the year by Tabitha Meals On Wheels volunteers.

Coolers await to be picked up by volunteers.

Helping Elders for 50 Years: Tabitha Meals On Wheels

Continued from page 25

Volunteers Larry and Gloria Larson have delivered the same route on Fridays for the past six years and often fill in when needed.

“We enjoy doing it and feel there’s a need,” Gloria said. “We get to know the recipients and sometimes they just want to chat or need a hug.”

Volunteers come in all ages. Leah Elliot began volunteering while in high school, and now, as a college student, delivers meals as a way to give back.

“It’s a good way to help the community,” she said. “I enjoy talking with the clients and the interaction.”

With their own time, vehicles and gas, volunteers deliver meals year-round, including holidays. Deliveries are split into 44 routes Monday through Friday, and about 38 routes during the weekend.

Volunteers arrive at Tabitha around 10:30 a.m. each day to pick up their route sheets and coolers of food. For many, it is part of their daily routine, and they enjoy being able to give back to the community — even delivering meals in extreme weather.

Community Impact

The Meals on Wheels program is run and funded by Tabitha. In addition, grants and donations are generated through the tireless work of the Tabitha Foundation including support from Aging Partners to assist in furthering this community-enhancing initiative.

“This service is valuable, as it allows individuals to live independently in their homes — that’s why we never turn anyone away solely because of financial constraints,” Smith said.

The need is great. More than 70 percent of the 550 clients served daily cannot afford the \$6.25 cost for a meal and safety check. Low-income individuals receive a discounted fee and many cannot afford to pay at all. Despite a 74 percent growth rate in the past decade, Tabitha has not capped recipient numbers. As long as Tabitha has the community support, it will continue to say “yes” to those in need.

The Tabitha Foundation raises money each year to keep the program running. As Tabitha Meals on Wheels celebrates 50 years in 2017, Tabitha invites you to be part of the communitywide “March for Meals” celebration.

If interested in volunteering, donating or learning more about receiving Tabitha Meals on Wheels, call 800-267-2986. 



Larry Larson, volunteer, prepares to deliver his route of meals.

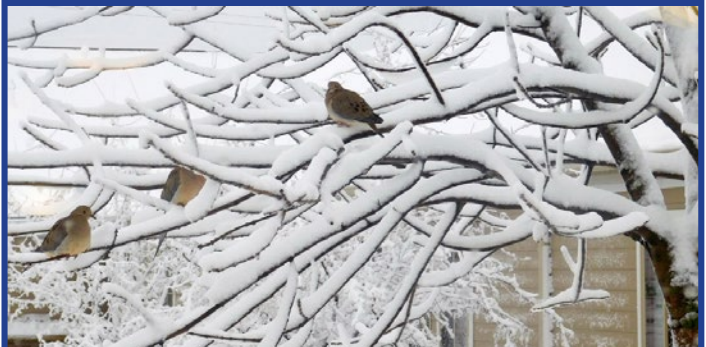


Leah Elliott, volunteer, enjoys volunteering as she has time while attending college.


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where it's always warm and cozy.**

Independent, Assisted Living & Memory Care

Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

Hello and welcome to a new Living Well format. For a number of years, you've read about how the Home Handyman program can help you maintain your home and keep you in it. It dawned on me prior to writing this issue's article that a number of folks knew about Home Handyman, but not the other areas of our service that also help our clients stay in their homes and be self-sufficient.

Transportation

I hope everyone is familiar with the Community Activities and Services (CAS) section of our agency. We provide transportation in two distinct areas. The CAS transit system provides curb-to-curb service from clients' homes to their designated senior centers within Lincoln. To schedule a ride, simply call your designated senior center and request to be put on the list for the days you wish to ride. Rides are scheduled for a week at a time. You will be picked up at your home, delivered to the center, and then returned home after the meal.

The other transit system is Lancaster County Public Rural Transit. This system is a public transit system providing rides within Lincoln city limits to outlying areas in Lancaster County, and vice versa. To learn more about scheduled routes, call 402-441-7031 and speak to Diana or Linda.

Lifeline

If you or someone you know would benefit from the security

of an emergency response system, then Lifelines is the program for you. Having the freedom of living in your own home, combined with 24-hour emergency assistance available at the touch of a button, is something that can't be beat.

Lifeline offers two products, one of which is sure to fit your specific needs. Our base unit is for clients who only travel outside of their home in the company of family or friends. The Go Safe unit allows you to travel anywhere in the continental United States with the same security as being in your own home. Please call 402-441-8816 and speak to Suzanne about pricing and details on what unit is best for you.

Durable Medical Goods

A relative newcomer to CAS, the Durable Medical Goods program has been a part of Aging Partners for many years. We accept donations of gently used items, such as wheelchairs, shower benches, walkers and other similar goods, and make them available for clients who need them. The item may be used for a relatively short period, such as during a recovery from surgery or rehabilitation. If the item is needed for a longer time, that can be worked out.

There are no fees required for this service, but financial contributions are happily accepted to allow this area to continue operating. If you have a need for a product of this nature, or have items you would like to donate, please call Carol at 402-441-3025.

Home Handyman

Most clients know about our Home Handyman program.



It is designed to provide help to our clients in maintaining their property. We are not a construction company and do not do major remodels or jobs requiring a City permit. Our handymen and handywomen are eager to do minor home repairs and lawn service.

In the past year, we have done jobs as simple as changing burned out light bulbs to replacing faulty light fixtures, and a whole lot in between. Fees are based on a sliding scale of the individual's income. Please call Diana or Linda at 402-441-7030 to get signed up for this area and/or to request work.

I hope everyone learned a little bit about the various facets of our CAS section. I am fortunate to work with a dedicated staff that recognize and support our clients' independence and self-sufficiency. It is our main goal to help keep our clients in their homes. When we can provide a ride, offer a sense of security, help with a needed piece of equipment, or even something as simple as mowing a lawn, it makes our day. We look forward to hearing from you soon.

— Mitch

Online Banking Tips to Keep Accounts Safe

With technology today, you can access just about anything on a website — photos, driving navigation and bank account information. But with this advantage comes scammers looking for every chance to steal your money, identity or anything else.

It is estimated half of Americans use computers or smartphones as their primary banking method, and one-third prefer to use a computer.

Either method is more safe than mailed statements, but with their location tracking abilities, secure banking apps and other advances in mobile software, smartphones may have an advantage over traditional computers.

Below are some tips from AARP to make the mobile and online banking experience more secure:

- Use best password practices — this means always using a different password for banking than for other accounts and changing it every 90 days. It helps to make it at least 15 characters, combining uppercase and lowercase letters, numbers and symbols.
 - Ensure the two-factor authentication — now offered, and sometimes required, by most banks. This often uses a unique image or code after you sign in but before you enter your password. Some banks offer a security token, which provides ever-changing codes after you register your smartphone. Whatever method used, it should be obvious and consistent. Don't proceed with your password if that familiar photo is missing without first contacting your bank.
 - Have a plan if your phone is lost or stolen. Check with your wireless provider about features that let you remotely erase or turn off access to your device and bank accounts. Apple's iPhone has the "Find My iPhone" app, and Android devices have "Where's my Droid." Be sure to download apps from a reputable source and remember to activate them.
 - Use only official bank apps. Download these directly from your bank's website or ask your bank where you should get its app, most likely from a trusted app store. With banking apps, information is typically encrypted and more secure than texting or email.
 - Do not use online banking from a public Wi-Fi hot spot because most do not have encryption. Change your laptop, tablet or smartphone settings so you have to manually select the Wi-Fi network so it doesn't automatically connect.
- "We emphasize that people should not access their email, online bank or credit card accounts using public Wi-Fi such as at coffee shops, hotels or other places that offer free Wi-Fi," said Devorah Lanner, AARP Nebraska director of communications. "Consumers are vulnerable to having their identities stolen and bank accounts hacked on public Wi-Fi."
- Con artists can trick unsuspecting customers by setting up networks with similar names. Do not let your mobile device automatically connect to Wi-Fi, or use an unknown public network if the website requires sensitive

information, such as online bank account passwords or online shopping.

Other online banking tips:

- Secure your smartphone. Most phones offer the ability to be locked with a fingerprint or code. This prevents access to a phone should it be lost or stolen. Do not use easy-to-guess codes like 1234, 0000, 1111, or birth date or birth year.
- Always log out at the end of a banking session. This will require you to use your password to log in again, thus keeping your information secure if someone gains access to your device.
- Know what to expect in emails or text messages. Legitimate messages from your bank always should include your name and a portion of your account. Ignore "dear customer" messages and requests to verify or provide account information. Even with "personalized" bank messages, always type in the website address yourself, rather than trust embedded links.
- Check in often. Online bank accounts should be monitored at least twice a week — ideally, daily. It is especially wise to check your account after using a debit card for purchases or ATM cash withdrawals. **lw**



Online Only: Is It Right for You?

Through the past few years, you may have noticed banks are paying nearly nothing in interest on savings deposits and even certificate of deposits. You may have seen commercials or advertising for “online-only” or internet-based banks, which are offering higher interest rates than most local banks, yet still offer the same FDIC-insured security.

If you’ve been tempted to switch, but are afraid to take the plunge, here’s what you need to know:

Interest and Customer Support

Banks that operate entirely online do not have the expense of operating and staffing physical branch locations, so they often offer customers better interest rates on checking and savings accounts. Because interest rates are so low at physical banks, this is a big advantage of using an internet-only bank. In addition, as with any savings account, the interest rate on an internet-only account is subject to change.

Not everyone is a good candidate for an internet bank. If you prefer working with people face to face or are not comfortable transacting business on the internet, you should avoid using an online-only bank.

Because you can’t visit a branch, accessibility to customer service is an important consideration when choosing an internet-based bank. Check to see if the bank offers 24/7 phone support, email or live chat with customer service representatives.

Banking Convenience

Banking online gives you the ability to manage your finances using a computer or smartphone. This makes it easy to check your balance, review transactions, pay bills and transfer funds. Some online features


may exist to help you manage your finances, such as statements and budgeting tools.

If you require instant access to your money, be aware that it may take at least one business day to clear funds or complete a transfer. Some internet-only banks partner with a specific, limited network of ATMs. This is an important factor because it may be your primary means of accessing your funds in cash. You want to ensure you are not paying more in fees than you are earning in interest.

Do Your Homework

For most customers, an online bank does not replace a regular local bank, which is still needed for daily banking.

If you plan to choose an internet-only bank, remember to do your research and choose only reputable sources. Look at the range of services, interest rates, security, customer support and overall convenience offered.

Before opening an account, remember to check for monthly service fees, minimum balance requirements to avoid fees, and ensure the initial deposit is relatively low. With most online bank accounts, you may be able to set up alerts when certain activities occur on your account, including a changed password, statements and overdrafts. All of which are important to keep up to date on your financial situation. 



Caregiver Corner

Reaching Out: Relieving Caregivers In Times of Need

For many, taking care of a family member who is ill can leave little time for oneself. Without friends and family, it might be impossible. Lacking a good support system, many caretakers struggle to keep up with caretaking and daily life at home. The Caregiver Relief Fund is available to provide caregivers needed respite.

Started by the Caregiver Chicks, the Caregiver Relief Fund is founded through the Lincoln Community Foundation. It provides funds for much needed respite services for caregivers to loved ones age 60 and over who have tried all other funding options.

"This assistance is given when other means of payment have been exhausted, or there are no other payment options and continuing unmet needs," said Joyce Kubicek, Aging Partners Care Management program coordinator.

Each year, Aging Partners receives the interest from the fund's principle to distribute to caregivers in need of respite in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. These grants are used for caregivers who do not meet requirements for government programs or have unusual circumstances. The funds help them with support such as travel expenses or a third party to help with ongoing caregiving duties.

Surveys have shown that 37 percent of family caregivers die



Suzy Campbell accepts a check from AARP Nebraska to the Lincoln Community Foundation for the Caregiver Relief Fund. She was awarded the AARP's most prestigious volunteer award, the Andrus Award for Community Service. Photo courtesy of Ryann Lynn.

before the care recipient. Respite lowers this risk by contributing to the caregiver's emotional and physical health.

In 2016, Aging Partners awarded seven grants to caregivers in Lancaster, Saunders and York counties.

"Sometimes caregivers need to get away if something comes up suddenly, like going out of town for an emergency," Kubicek said. "They may need someone to help their parents or check in on them."

The chance for a moment of rest, relief and help for a caregiver is made possible by Suzy Campbell, a Caregiver Chicks member who gave the first \$1,000 in 2007 to start the Caregiver Relief Fund through the Lincoln Community Foundation. Although funds are limited, Campbell hopes it will continue to grow.

Campbell's Caregiving Journey

Campbell became a caregiver when she provided six years of end-of-life care for her father. She later provided the same care for her husband for 16 years.

She said having good support was vital. She never had to pay for respite, thanks to friends and family lending a hand when she needed to step away.

"I was fortunate to have a great support group," Campbell said. "Without them, I would have been in trouble."

Having a heart for the community, her concern was not limited to her own family. She recognized the need to help other caregivers, leading her to assist and maintain groups and programs throughout the years.

Helping the Community

In 1994, Campbell led her first team of volunteers at the Alzheimer's walk. For years after, her team won awards for the most walkers and most donations. She served as team captain until 2006, when her husband was too ill for her to continue. Now, she again raises awareness of the event, recruiting walkers, sponsors and forming a team with her son.

In 2005, NET hosted caregiver events and asked volunteers to help plan events in Nebraska communities. She co-chaired this effort and became the sole chair, planning outreach meetings to help support caregivers. When the event was over, she moved forward.

"I didn't want to lose that expertise and motivation, so we formed the Caregiver Education

Group," Campbell said.

The group held Caring for Your Parents panels at local hospitals, nursing homes, universities and assisted living facilities. They also sponsor an annual Celebration of Self for Caregivers, during which professionals educate and mentor caregivers and offer a monthly education and support meeting at Saint Paul United Methodist Church. From this group, the Caregiver Chicks was created.

"We began meeting and decided we needed all the information about a recipient's care in one place, so we put together the Caregiver Organizer," Campbell said.

The Caregiver Organizer is a dedicated three-ring binder with sections for information about the person for whom one is caring — including personal, medical, legal and financial. It also contains information about available services and resources.

Caregiver Chicks members meet with groups to explain the Caregiver Organizer and how to use it. It has been translated into Spanish and Vietnamese to better serve more people. The Caregiver Chicks knew that caregivers also needed relief, whether or not they realized the need.

"There are things that insurance does not cover, and often you do not have the money to hire someone," Campbell said. "If you don't have a good support group, you are stuck."

Many caregivers do not



People are willing to help, but you have to ask for it."

— Suzy Campbell

think about taking time for themselves, which can take a toll emotionally, physically and spiritually. She would have never gotten through her husband's last year without strong faith, a good support system and knowing the resources available.

"I never claim to be an expert," Campbell said. "I just want to pass on things I learned the hard way to make someone else's journey better."

She encourages caregivers to ask their faith community for help.

"People are willing to help, but you have to ask for it," Campbell said. "Be specific, but you need to let people help you."

She and the Caregiver Chicks encouraged the passing of the Nebraska Respite Bill in 1999, which formed the Nebraska Respite Network. It provides relief for caregivers. She has been on the board since its inception in 2000.

Aside from participating in various groups and organizations, she does a lot of speaking at caregiver education groups and raises awareness of the Caregiver Organizer.

"I always preach about caregivers getting relief," Campbell said. "We give out a folder of information and resources to help."

She also has served on the Nebraska Caregiver Coalition since *Reaching Out continued on page 32*

The Caregiver Education Group meets at Saint Paul United Methodist Church, 1144 "M" St., the fourth Tuesday of each month. Meetings are held in Room 155 on the main level at 1:30 p.m. The meeting includes a presentation, discussion and sharing. Parking is underneath the church. Please enter off of 11th Street, between "M" and "N" Streets.

For more information and events, visit the "Lincoln Caregivers Education Group" page on Facebook.

If you need additional information, you may contact Suzy Campbell at 402-802-2309.

Caregiver Corner

Reaching Out: Relieving Caregivers In Times of Need

Continued from page 31

its inception, attends monthly meetings and supports legislation benefiting caregivers. She has been trained in Respite Education and Support Tools so she can offer sessions to respite providers.

“Suzy’s empathy for caregivers came from her own life experiences which gave her firsthand knowledge about supporting families,” Kubicek said.

Campbell even represented the Nebraska Caregiver Coalition to push for the passage of the Assisting Caregiver Transitions Act during the 2016 legislative session. The

new state law helps support family caregivers when their loved ones go into the hospital, and as they transition home.


An Honor to Help Others

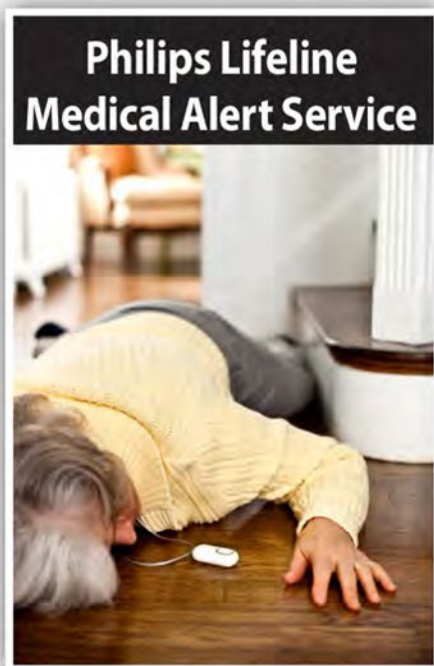
It is clear her efforts have reached many caregivers across Nebraska. Last year, she received the Andrus Award for Community Service, AARP’s most prestigious volunteer award. It recognizes outstanding individuals who are sharing their experience, talents and skills to enrich others’ lives.

AARP Nebraska presented the Lincoln Community Foundation with a \$2,500 check

Sept. 16 on behalf of Campbell for the Caregiver Relief Fund. The organization matched the donation to help support caregivers, providing \$5,400 to the relief fund.

“It keeps growing,” Campbell said. “There will be more money next year to help more caregivers.”

Although she retired in 2006 after 28 years with Aging Partners, she continues to reach out and help caregivers slow down and take a breath of fresh air. 



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**For details on Aging Partners Lifeline
service, call 402-441-8816.**



*Assumes the location of the Lifeline Communicator is in an area with sufficient access to coverage by the AT&T wireless network. Button signal range may vary due to environmental factors. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help. No. 1 claim is based on number of subscribers.

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Free Tax Prep Service at Downtown Center

Need help with your 2016 taxes? Aging Partners and AARP have you covered.

You can participate in the free tax preparation from AARP Foundation Tax-Aide program Feb. 1 through April 13, Monday through Thursdays at the Downtown Senior Center, 1005 “O” St. Appointments, typically an hour, can be made beginning at 10 a.m. The last appointment is at 2 p.m.

AARP Tax-Aide volunteers will assist you with your 2016 federal income tax return, Nebraska income tax return, Iowa nonresident returns, and homestead exemptions.

“There are a number of people who do not want to do their own taxes, or do not want to pay to have a simple return done,” said Don Ellingson, local coordinator. “We are an alternative for them.”

This is the fifth year he has participated in the program.

“Based on what people tell us, commercially, their tax preparation would cost them \$100-200,” Ellingson said. “I like volunteering

because that is more than some people can afford, and we are helping people with something they have to do.”

Once a volunteer prepares a return, another volunteer ensures the data entry was correct and checks for errors. Last year, the site had a 97 percent acceptance rate on the first try. The remaining were accepted after minor corrections or some additional information from the taxpayer.

Volunteers are not able to perform tax returns for individuals who have rental homes, farm income, business income if expenses are more than \$10,000, and other instances.

“This has been a vital part of programming at the Downtown Center for more than 10 years,” said Bob Esquivel, Senior Center coordinator. “Tax time can be challenging and our older adults really appreciate the assistance they get from trained volunteers.”

If using the program, it is important to bring the needed items, including last year’s tax return.

Please remember to bring:

- Photo ID.
- A copy of last year’s tax return.
- Proof of health insurance.
- Social Security card.
- Wage and earnings statements (W-2s).
- Retirement income statements (Form 1099R or SSA 1099).
- Interest and dividends statements (Form 1099).
- Homestead Exemption forms.
- Any other information about your income and expenses.

“The IRS changed the software this year, so having last year’s tax return will help to answer questions and compare,” Ellingson said.

With 5,000 sites and 35,000 volunteers nationwide, the AARP Foundation Tax-Aide program is the largest volunteer-run tax service in the country.

“Last year, we filed 460 returns — that’s nearly 800 taxpayers,” Ellingson said. “We also met with another 100 taxpayers, looked over their information and determined they didn’t have a need to file.”

Appointments can be made beginning Jan. 23 by calling 402-441-7158. 





When you have questions about aging, *we have answers.*

AGING PARTNERS

1005 "O" St., Lincoln, NE 68508-3628,
402-441-7070 or 800-247-0938
aging.lincoln.ne.gov

Serving Butler, Fillmore, Lancaster,
Polk, Saline, Saunders, Seward and York
counties.

Key for Services: ▲ = Lancaster only

MISSION

Aging Partners plans, coordinates and advocates for older people in an 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 AND 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** - Pilates, yoga, stretch and tone classes are available at several locations. Daily fitness programs on 5 CITY-TV and 10 Health. ▲
- **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** - Providing professional assistance in assessing needs, planning and coordinating home care.
 - **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** - Specialized community support services are provided to individuals who are age 55 and over, live in Lancaster County and have severe mental health diagnosis. ▲ 402-441-7070

- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, 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

- **Aging and Disability Resource Center (ADRC)** - The Aging and Disability Resource Center is a pilot project whose mission is to assist seniors and persons of all ages with disabilities to obtain information, services and supports.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **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.

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 seniorsfoundation.org.

Staying Involved

VOLUNTEER!

- **Foster Grandparent Program**

▲ 402-441-7058

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 quarterly publication 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 David Norris at 402-441-6156 or email dnorris@lincoln.ne.gov. To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email delrod@lincoln.ne.gov.

LIVE & LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at lincoln.ne.gov (keyword: vod) or Live & Learn's YouTube channel at lincoln.ne.gov (keyword: live & learn). View on 5 CITY-TV or online at lincoln.ne.gov.

- Mondays at 11 a.m.
- Wednesdays at 5 p.m.
- Thursdays at 7 p.m.
- Fridays at 11:30 a.m.
- Sundays at 3:30 p.m.

These are minimum airing times. Show re-airs at various other times throughout the month.

MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**
Diana McDonald, 402-367-6131
- **Fillmore County Senior Services**
Brenda Motis, 402-759-4922
- **Polk County Senior Services**
Jan Noyd, 402-764-2252
- **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) AND MEDICAID WAIVER

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

402-441-7070

In Nebraska **800-247-0938**

aging.lincoln.ne.gov



A Pioneering Area Agency on Aging



Aging Partners News and Events

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mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*.

By visiting the Aging Partners website, you will find current and past issues. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Wellness

Aging Partners

Health and Fitness Center

Monday through Friday

8 a.m. to 4 p.m.

233 S. 10th St., Suite 101

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

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

UPDATE ON CLASS PRICES: For most Health and Fitness classes, there is a \$4 per class suggested contribution for people age 60 and over or a \$5 per class fee for people under age 60. Punch cards are available. Preregistration is required for all classes by calling 402-441-7575.

Chair Tai Chi

This ongoing 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. Aging Partners

Health and Fitness Center
233 S. 10th St., Suite 101
Tuesdays, 9:45 to 10:30 a.m.

Stepping On – Building Confidence and Reducing Falls

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a 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 information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls.

- Madonna ProActive
7111 Stephanie Lane
Tuesdays, 9:30–11:30 a.m.
Jan. 17 through Feb. 28

Dynamic Movement at St. Mark's

St. Mark's United Methodist Church
Gymnasium
8550 Pioneers Blvd.

Each class focuses on stretching, breathing and a unique combination of exercises and dance steps that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

- Tuesdays, 3:30 to 4:30 p.m.
(eight-week sessions)
Jan. 17 through March 7
March 14 through May 2
- Thursdays, 3:30 to 4:30 p.m.
(eight-week sessions)
Jan. 19 through March 9 (no class Feb. 2)
(seven-week sessions)
March 16 through May 4

Dynamic Movement at Cotner Center (eight-week sessions)

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
Jan. 23 through March 20
(no class Feb. 20)
March 27 through May 15

Living Well – Take Charge of Your Health (six-week sessions)

This evidence-based program developed at Stanford University over 20 years ago is designed to help participants improve self-management of their daily health and be the best they can be. It helps people take control of their health using small steps toward positive changes and healthier living. People with ongoing health conditions and those wanting to maintain and improve their health can benefit from this workshop.

- Vermeer House
Senior Health Promotion Center
St. Mark's United Methodist Church
4000 S. 84th St.
Wednesdays, 10 a.m. to noon
March 15 through April 19

Chair Yoga

(eight-week sessions)

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated or the chair is used for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners welcome.

- Vermeer House
Senior Health Promotion Center
St. Mark's United Methodist Church
4000 S. 84th St.
Wednesdays, 3 to 4 p.m.
Jan. 18 through March 8
March 15 through May 3
- East Lincoln Christian Church
7001 Edenton Road
Fridays, 11 a.m.-noon
Jan. 27 through March 17
March 24 through May 12

Contemporary Yoga

(eight-week sessions)

This renewing practice emphasizes body postures, breathing 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.



- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 9-10 a.m.
Jan. 23 through March 20
(no class Feb. 20)
March 27 through May 15

**Movement and Music
(eight-week sessions)**

Auld Recreation Center
1650 Memorial Drive

Join us in this new movement and music class that explores elements of dance in a no-pressure, social environment where music energizes, enriches and empowers. All levels of mobility are welcome. No dance experience is necessary. The class is at a comfortable pace. Research has shown that dance reduces stress and depression; improves flexibility, strength, balance and endurance; and reduces the risk of dementia.

- Mondays, 10:30 to 11:45 a.m.
Jan. 23 through March 20
(no class Feb. 20)
March 27 through May 15
- Thursdays, 10:30-11:45 a.m.
Jan. 26 through March 23
(no class on Feb. 16)
March 30 through May 18

**Tai Chi – Continuing 24 Form
(eight-week sessions)**

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

- Auld Recreation Center
1650 Memorial Drive
Fridays, 10:15 to 10:45 a.m.
Jan. 27 through March 17
March 24 through May 12
- Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 10:30 to 11 a.m.
Jan. 23 through March 20
(no class Feb. 20)
March 27 through May 15

**Beginners Tai Chi for Balance and Fall
Prevention Class - Basic 8 Form
(eight-week sessions)**

Auld Recreation Center
1650 Memorial Drive

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.

- Thursdays, 9 to 10 a.m.
Jan. 26 through March 23
(no class Feb. 16)
March 30 through May 18

**Free Diabetes Self-Management Workshop
(six-week program)**

This workshop, developed by Stanford University, is designed to help you or someone you care for learn to live a healthy life with diabetes. You will learn how to manage symptoms, including fatigue and depression; use relaxation techniques; eat healthy; improve your communication skills; use medication effectively; monitor your blood sugars; solve problems and set goals; increase your self-confidence and feel better. For details or to register contact Julie at 402-326-2904 or email julie.chytil@nebraska.gov.

- Wednesdays, Jan. 18 through Feb. 22
1 to 3:30 p.m.
Gere Library, 2400 S. 56th St.

**Traditional Tai Chi – 24 Form
(eight-week sessions)**

Auld Recreation Center
1650 Memorial Drive

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

- Fridays, 9 to 10 a.m.
Jan. 27 through March 17
March 24 through May 12

Relax, Rejuvenate and Renew

This half-day mini retreat is for family caregivers or anyone looking to recharge their physical, emotional and spiritual batteries. Programs include “The Transformative Power of Music” and “Dream On,” presented by Tracie Foreman; “The Astonishing Power of Appreciation,” presented by Debbie Way; and “Yoga for Relaxation and Stress Management,” presented by Terri Swanson. Cost: \$29 (lunch provided)

Registration deadline is Thursday, April 20. Register online at <http://bit.ly/RegisterCE> or call 402-441-7575 or 402-437-2700 for a

registration form.

- Friday, April 28
9 a.m. to 2:30 p.m.
Southeast Community College
Jack Huck Continuing Education Center
301 S. 68th Street Place

Vermeer House

Senior Health Promotion Center

St. Mark’s United Methodist Church
4000 S. 84th St.

Services available to people age 60 and over include comprehensive foot care, blood pressure, blood glucose, cholesterol, osteoporosis screenings and health education. This clinic is located just north of the church. \$15 suggested contribution will help these services continue.

- Wednesdays,
9:30 a.m. to 1:30 p.m. on these days:
Jan. 11 (foot care only)
Jan. 25 (all services)
Feb. 1, 8, 15 and 22 (all services)
March 1, 8, 15 and 29 (all services)

Downtown

Senior Health Promotion Center

1005 “O” St., lower level

Services available to people age 60 and over include comprehensive foot and ear care, blood pressure, blood glucose, cholesterol screenings and health education. \$15 suggested contribution will help these services continue.

- Thursdays,
9:30 a.m. to 1:30 p.m. on these days:
Jan. 12 (foot care only)
Jan. 26 (all services)
Feb. 2, 9, 16 and 23 (all services)
March 2, 9, 16 and 30 (all services)

Educational

Black History Month Event

“The Roots of Black American Music From Africa to Today”

Featuring Charles Bowling, Angela Onuoha, Anita Elliott and Sue Hill

Cotner Center Condominium
1540 N. Cotner Blvd.

Thursday, Feb. 9

Dinner: 5:30 p.m.

\$10 suggested meal contribution for age 60 and over.

\$10 fee for under age 60.

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Aging Partners News and Events

Continued from page 37

Show Only: \$5 all ages
\$4 in-town roundtrip transportation contribution.

Join educator, choir director and vocalist Charles Bowling as he and his talented companions take us on a musical journey from the coasts of Africa, through the fields of slavery, to the birth of black gospel music and on to the song stylings of today's greats. You won't want to miss this fascinating and educational musical experience. Call 402-441-7158 for reservations.

Women's History Month Event "Still I Rise!"

Thursday, March 9

An evening of music and theater inspired by the writings of Maya Angelou, directed by Chet Kincaid.
Cotner Center Condominium
1540 N. Cotner Blvd.
Dinner and Show: 5:30 p.m.
\$10 suggested meal contribution for people age 60 and over.
\$10 meal fee for people under age 60.
Show Only: 6:30 p.m.
\$5 all ages
\$4 in-town round trip transportation suggested contribution.

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.

Bob Ross Oil Painting Class

Saturday, March 18
9:30 a.m. to 3:30 p.m.
Lake Street Center
2400 S. 11th St.

"Spectacular View" – A rustic hunting cabin sits on a secluded mountain ridge dwarfed by a snowy mountain range. Paint along with certified instructor Donald R. Belik in this one-day painting class

and take home this finished oil painting. No experience required. All material and supplies are provided. Registration required. Call 402-441-7158. Payment due by Fri., March 10. Mail payment to Aging Partners, Art Class, 1005 "O" St., Lincoln, NE 68508. Cost: \$50

Lincoln History Lunch Series featuring Jim McKee, Ed Zimmer and guest speakers

Lincoln Community Playhouse
2500 S. 56 St.
Noon

\$4 suggested meal contribution box lunch for people age 60 and over.
\$8 fee for people under age 60.

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

- Wednesday, March 29
- Wednesday, April 12 and 26
- Wednesday, May 10 and 24

Entertainment

Happy 82nd Birthday, Elvis!

**A musical birthday tribute to the King
featuring vocalist Kenny Miller**

\$4 suggested meal contribution for people age 60 and over.
\$8 fee for people under age 60.

Born on January 8, 1935, in Tupelo, Mississippi, Elvis Presley came from very humble beginnings and grew up to become one of the biggest names in Rock 'n' Roll. By the mid-1950s, he appeared on radio, television and the silver screen. On August 16, 1977 he died of heart failure at the age of 42. Since his death, Presley has remained one of the world's most popular music and film icons. If you love the "King of Rock 'n' Roll" and want to hear more about his music and amazing career, join Elvis fan

and performer Kenny Miller for fun, facts and music.

- January 19 - 10 a.m. Northeast Center. Call 402-441-7151 for meal reservations.
- January 24 - 10:30 a.m. Belmont Center. Call 402-441-7990 for meal reservations.
- January 26 - 10:30 a.m. Downtown Center. Call 402-441-7154 for meal reservations.

Jimmy Mack's Valentine's Day Malt Shop Show

Tuesday, Feb. 14

Downtown Center, 1005 "O" St.
11 a.m. to noon

\$4 suggested meal contribution for people age 60 and over.
\$8 fee for people under age 60.

In honor of Valentine's Day, let's re-live the romance of the '50s! Veteran performer Jimmy Mack will play our favorite '50s tunes to swoon and sway to. Join us for lunch as we enjoy a special nostalgic menu of cheese burgers, fries and chocolate malts. Bring out your poodle skirts, cat's eye glasses and saddle shoes, your white sport coats with the pink carnations, your roses and Baby Ruths. You won't want to miss this party! For meal and transportation reservations, call 402-441-7158.

All-Center Annual Fundraiser Paddy's Wacky Dinner and a Show

Auld Pavilion, 1650 Memorial Drive
Saturday, March 11 - 5 to 7 p.m.
Meal: \$12

\$4 in-town round trip transportation cost.

The Lincoln-Lancaster Senior Centers are thrilled to be able to offer a traditional St. Patrick's Day meal of corned beef and cabbage, plus a festive show with 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, bar room 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 Sponsor: Humana. Silver Sponsors: AseraCare, Camelot Transportation, Inc., Country House Residences, High Plains Alzheimer's Special Care Center, HoriSun Hospice, and Hospice Community Care of Nebraska. Transportation Sponsor: Right at Home. For reservations, call 402-441-7158 by Monday, March 6.

Free Income Tax Assistance

Monday through Thursday
Feb. 1 through April 13
10 a.m. to 3 p.m.
Downtown Senior Center
1005 "O" St.

AARP Tax-Aide Volunteers are back to help you with your 2016 income taxes.

Appointments start at 10 a.m. and the last appointment is scheduled for 2 p.m. Call early, but not before Monday, Jan. 23. Appointments go fast. Why not stay for lunch? Make your lunch reservation (served from 11:30 a.m. to 12:15 p.m.) when you make your tax appointment. Bring your photo I.D., a copy of last year's return, proof of health insurance, Social Security card, wage and earnings statements (W2s), Retirement Income statements (Form 1099R or SSA 1099), Interest and Dividends statements (Form 1099), Homestead Exemption forms, and any other information about your income and expenses. For an appointment, call 402-441-7158.

Winter Storm Closings

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 Senior Centers also will close. Please listen to KFOR 103.3 FM or 1240 AM radio for the most accurate and up-to-date senior center closings information.

Upcoming April Event


Belmont Senior Center "Active Age Fair"

Thursday, April 13

9 a.m. to 1 p.m.

Belmont Senior Center, 1234 Judson St.

The definition of "aging" has changed. Today's older adults are more active and engaged than ever before – always looking for an opportunity to try new things, to strive for wellness and find ways to celebrate life in the active age! Aging Partners' Senior Centers play a vital role.

Lincoln Parks and Recreation and Aging Partners are partnering to provide a fun opportunity to learn more about all the great things available at Lincoln and Lancaster County Senior Centers. Health and fitness and nutrition education screenings, live entertainment and lunch at 11:30 a.m. are just some of the attractions. Call Aging Partners at 402-441-7158 for the latest information. 

LivingWell

Investing in today's and tomorrow's older adults

Suggested Contribution Levels:

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

And receive,

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

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

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

A special invitation to the 57,200 age 60 and over 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 over. Join us in supporting healthy, full and independent living.

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

Name: _____

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

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Phone: _____ Spouse's name: _____

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

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

Email address required to receive *Living Well* online:

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