

# Living Well

Oct./Nov./Dec. 2008  
Volume 4, No. 4

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# DIRECTOR'S CORNER

I was a volunteer for the Lincoln Seniors Foundation social transportation program this morning. I picked up my passenger at 9:30 in her apartment driveway where she was ready and waiting. We folded her four-wheeled walker into my backseat, buckled her in and off we went to Westfield/Gateway Shopping mall.

We chatted and she shyly admitted she was really excited to be doing this on her own. She's gone with friends, but on this trip she would do what she wanted, when she wanted, for as long as she wanted. Another driver would pick her up at 2:00 p.m. at a designated location worked out before we left.

It made me smile to watch her energetically walk through the double doors at Westfield, knowing I contributed to her day of independent shopping, eating and likely visiting with others in the mall.

Transportation is a challenge in all our counties and many have addressed it using county funds and volunteer programs. The State Unit on Aging has a committee designed to identify what transportation services are available throughout the state and determine how existing programs work together to help elders get where they need and want to go.

It's what we all want; autonomy and the opportunity to make choices about how we spend our time. That's why my work at the Lincoln Area Agency on Aging is satisfying. I know that collectively, we are working with older adults in all eight counties to offer them personal choices that give them independence and control over their lives.



*Living Well* (ISSN 1556-9780, USPS 657-630) is published quarterly (January, April, July and October) by the Lincoln Area Agency on Aging and printed by News Link, 1845 S 11th Street, Lincoln, Neb. 68502. Last issue *Living Well* July 2008.

Periodical Postal Rates paid at Lincoln, NE. Issues printed: 27,500.

POSTMASTER-Lincoln Area Agency on Aging Address Changes to:

Living Well Magazine  
1005 O Street  
Lincoln, NE 68508-3628  
E-mail: [livingwell@lincoln.ne.gov](mailto:livingwell@lincoln.ne.gov)  
Fax: 402-441-6524  
Phone: 402-441-6146  
(collect calls accepted)  
Toll free: 1-800-247-0938 (NE only)

60+ Readership Level in LAAA's  
8 county area: 34,320+ (60% of 60+)  
Publisher June Pederson  
Editor & Advertising Deb Batten, 441-6157  
Mailing List & Accounts Debb Baines, 441-6146  
Production Coordinators News Link, 475-6397

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

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

*Living Well* is available FREE on cassette from: Talking Book and Braille Services Nebraska Library Commission, The Atrium, 1200 N Street, Ste. 200, Lincoln, NE 68508

**June Pederson**  
Director, Lincoln Area Agency on Aging

## ON THE COVER:

Michael Forsberg and Paul Johnsgard share a passion on photographing and learning about sandhill cranes.



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**SERVING THE LINCOLN AREA**

# Please Lock the Door When You Leave!

By John Henry (Jack) Zohner



John Henry (Jack) Zohner  
Owner of John Henry's Plumbing, Heating, & A.C. Co.

It's common for customers to call in for plumbing, heating, and air conditioning service that inform the dispatcher: "Nobody is home, but have the technician go right in because the back door is unlocked. Just have them lock the door when they leave."

That unsuspecting customer just let a stranger in their home that has ulterior motives.

The problem is many of us have that small-town trust as we let people into our lives. We hope for the best as we open our doors and wallets to strangers. It is at this moment we are the most vulnerable. Let's talk about reducing our risks when we have service performed in our homes.

It's important to understand many companies take the quick route when they hire employees. Their theory is "it is tough to hire good people." In a sense they are saying "all we can hire is warm bodies that show up to work each day so don't expect much."

Odds are these companies do not perform criminal history checks, drug testing, or thorough interviews. Their

turnover rate is typically high. Do you really want their employees in your home?

Risks go down with good hiring practices like criminal history checks. Such checks can tell us things that are not obvious during interviews.

For example, I interviewed a young man in his late 20s that was a great communicator. Gut instinct told me to hire him because he talked a great story, but there were red flags. The reality was he had a five-page criminal history report. Charges ranged from a series of assaults to various thefts and so on. Obviously, he was not a fit in our company.

One applicant had three aliases plus other violations and wanted to work in our Accounting Department! Two other applicants had bench warrants for their arrest. Police were notified and the applicants were handcuffed during the interviews. One was considered dangerous. Now, you can bet these two technicians are still working in the

trades. Who is that stranger in your home?

Drug and alcohol testing is another essential hiring tool. Drug-free companies have less absenteeism and accidents. Their employees perform better. It is important every applicant pass drug and alcohol tests before becoming an employee.

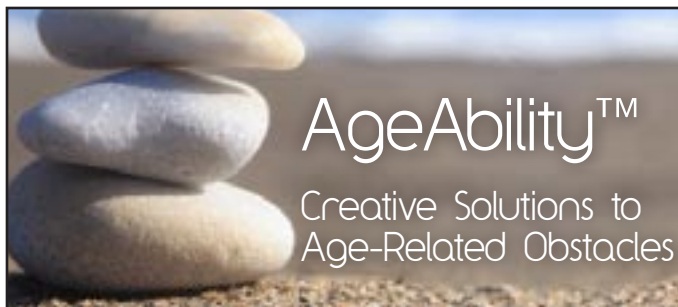
The Better Business Bureau is another good source to contact before service is performed in your home. They can be contacted by phone or on line at its Web site [www.bbb.org](http://www.bbb.org). Its history records of businesses are impressive. The Better Business Bureau also offers a referral magazine called The Solution.

The goal of this article is to keep you safer by understanding the hidden risks of strangers. Your odds of success go up dramatically with companies that make solid efforts when hiring. They hire the best technicians to improve customer service and reduce their risks of problems. They typically have a good reputation and provide the best service.

We started this article with the technician that was supposed to lock the door as he left. If he was a trustworthy technician, things should be OK. If not, that may be like shutting the gate after the horses are gone.

What kind of technicians work in your home?

“Just have them lock the door when they leave”



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# NEW SENIORS FOUNDATION PRESIDENT TAKES HELM

Alice Skultety was named President of the Seniors Foundation July 1.

Skultety, who has been a board member nine years, looks forward to keeping up the momentum set by previous presidents.

Throughout the year, Skultety said the board will need to fill the newly-vacated Director of Development position. She hopes to continue progress on the Lincoln Seniors Transportation program.

“It’s one of the most important parts of a community to keep seniors

active,” she said.

After conducting research, the foundation learned that transportation is an increasingly important issue for Lincoln citizens as they continue to age, she said.

Through the transportation program, seniors can get rides to places such as grocery stores and hair cutters, said Meldene Dorn, Seniors Foundation Coordinator.

Although transportation services are available to seniors needing medical treatment, the Lincoln Seniors Transportation service supports transportation for social activities.

The service is also beneficial to Lincoln’s economy, because it allows older adults to continue patronizing businesses they might not have been able to without transportation, Skultety said.

Dorn said Skultety has played an important role in the foundation’s work during her years of membership.

“She’s a great advocate for the foundation,” Dorn said.

Skultety also administers trusts with Union Bank and Trust. Many of her clients are older adults, she said, which is what started her interest in the foundation nine years ago.

“It was a natural fit for me,” she said.



Alice Skultety will be President of the Seniors Foundation for the next year. She hopes to continue work on the Seniors Transportation Program during her year in office.

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# EMPOWERING STRENGTH

Lorraine Sandusky knows firsthand the importance of staying physically fit. In April 2008, at the age of 79, Sandusky fell and broke a hip. The next day she was in the hospital having hip replacement surgery.

"It did hurt in the beginning but I did as I was told," she said.

Fast Forward to a hot day in July, three months after she broke her hip. Sandusky walked, with the assistance of a cane, into the LAAA/Lifetime Health program's Forever Strong Health Club. Her mission? To get back to the fitness routine she has been doing for 10-plus years prior to her fall.

In 1996 Sandusky had a hip replacement surgery on the other side, followed by a knee surgery on that same side. After that first surgery, she made a decision to take charge of her life. She joined a support group that helped her to lose weight. She quit smoking, learned to eat healthier and started

taking a strength class that she saw advertised at the Downtown Active Age Center.

"I wanted to learn to work out properly so I didn't hurt myself and Kris Thaller showed me the right way to lift weights," Sandusky said. "People our age need to work out so we can continue to stay strong and independent."

Terri Swanson and Tracie Foreman, Personal Trainers with the Lifetime Health /Forever Strong program, see the benefits fitness brings to the lives of older adults every day. Swanson works in the fitness center on Tuesdays and Thursdays helping adults 60 and older develop personal cardio and strength programs. Foreman assists Swanson in the fitness center and works in the community with caregivers developing fitness programs for them in their homes.

"We help people work on improving cardiovascular health,

strength, balance and flexibility. The results we see are remarkable," Foreman said.

She has seen a 78-year-old woman go from using a walker, to a cane and to needing no assistance of any kind because she became stronger through exercise.

Swanson knows that adults can empower themselves to live healthier, happier lives just by taking that first step.

"We're seeing people who want to stay independent and vital in their daily lives and it's as simple as including exercise as part of each day," she said.

For more information on the Forever Strong Health Club at 1005 'O' Street, call 441-6687 or 441-7575.



Lorraine Sandusky

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There are wonderful stories in all the issues of Living Well and by visiting the Lincoln Area Agency on Aging Web site, you will find current and the past issues. Feel free to print out the whole magazine or just the pages you're interested in. Call Debb Baines at 402-441-6146 or e-mail her at [dbaines@lincoln.ne.gov](mailto:dbaines@lincoln.ne.gov) to sign up now.



## EDUCATIONAL

### Live & Learn

This is an entertaining video magazine show for and about older adults on station 5-City TV channel 5. Call 441-6688 for schedule information and 441-6156 if you have an idea for future shows. You can watch past and present shows by visiting [lincoln.ne.gov](http://lincoln.ne.gov) and click your mouse on the 5-City logo. The shows are then found through the Video On Demand (VOD) services. *Live & Learn* is made possible by the Seniors Foundation.

### Long-term Care Residents Honored During Residents' Rights Week

Oct. 5-11, "Recipe for Home: Defining and Creating Home in Long-Term Care Facilities." Lieutenant Governor Rick Sheehy will sign a proclamation for Residents' Rights Week Thursday, Oct. 2 at the state capital. Nursing home facilities in the Lincoln Area Agency on Aging's eight-county service area have been invited to attend this event.

## LEISURE EVENTS

### The Lincoln Area Agency on Aging Presents: "Sheridan & The Historic Boulevards of Lincoln"

A Presentation by Lincoln Historian Ed Zimmer  
Thursday, Oct. 16, 9:30 a.m., Edgewood Theatres,  
56th & Highway 2

Wednesday, Oct. 29, 9:30 a.m., Edgewood Theatres,  
56th & Highway 2

Ed Zimmer has been the historic preservation planner for the City of Lincoln Planning Department for 23 years. Since 1985, he has presented more than 1,500 slide talks, walks and bus tours for audiences of all ages. Don't miss his latest presentation which covers the 99-year history of the Sheridan Boulevard area, one of Lincoln's most beautiful and historic neighborhoods. Free soda and popcorn and the show all sponsored by the life. Call: 402-441-7158, to get your free ticket(s).

### Travelogue

All films at the Edgewood Theatre, 56th & Highway 2

Show times at 2 & 7 p.m. on Tuesday

2 p.m. for the Wednesday Showing.

Tickets at The Door are \$8 for Adults. Children 12 and Under \$6.

Oct. 14, 15 - "Burma & Cambodia: Lands of Conflict"

Nov. 18, 19 - "Inside the Tuscan Hills"

Dec. 9, 10 - "St. Vincent & the Grenadines"

Call 441-7158 for information.

## ACTIVAGE CENTERS

**Call 402-441-7158 for information or reservations.**

On The Road to Jamesport, Mo.

— Friday, Oct. 10

Visit the Amish Country of Northwest Missouri.

\$50, includes transportation and a Jamesport Amish Dinner.

Call 441-7151 for more information or to register.

Digital TV Changeover 2009: What You Need To Know  
Nebraska Educational Television NET, will present



# G NEWS AND EVENTS

three digital transition workshops during October. Learn all about this and more along with the schedule for NET's transition to digital.

Tuesday, Oct. 7, 10:30 a.m., Eiseley Branch Library, 1530 Superior

Tuesday, Oct. 14, 2 p.m., Walt Branch Library, 6701 So. 14th

Thursday, Oct. 16, 2 p.m., Gere Branch Library, 56th & Normal

## **Page To The Stage: "As You Like It"**

Oct. 20 – Nov. 17, 3:30 – 4:30 p.m.

UNL Temple Building

A special in-depth class featuring a backstage look at the UNL Theatre's production of Shakespeare's "As You Like It." Offered jointly with OLLI (Oscher Lifelong Learning Institute.) COST: \$40.

## **Orson Welles' "War of the World"**

### **Live Radio Dinner Theatre**

Thursday, Oct. 30

To celebrate the 70th Anniversary of "The Mercury Theatre of the Air" broadcast of "War of The Worlds," the Downtown ActivAge Center will be staging a live recreation of the show to be broadcast on KZUM. Dinner will be served at 5:30 p.m. and the Show will begin at 7 p.m. The price is \$7 for people over 55; or \$8 for people under 55. Van is an additional fee of \$2 round trip. Show only is \$4 at the door.

## **Veterans Dance**

Thursday, Nov. 6, 1 p.m.

Celebrate our Veterans at this FREE dance featuring the big band sounds of the Lou Arnold Orchestra. Auld Recreation Center

## **Veteran's Dinner and USO Show**

Thursday, Nov. 13, Dinner 5:30 p.m. and showtime 7 p.m.

Downtown ActivAge Center

\$7 for people 55+ and \$8 for people under 55.

Price at the door is \$2 more. Van transportation, an additional \$2 round trip.

Show only tickets, \$4.

## **Downtown Holiday Lights Tour**

Thursday, Dec. 4

The fun begins at 5:30 p.m. with holiday treats and music at the Downtown ActivAge Center. Vans will shuttle party-goers to see the lights and sights of the season.

## **Pete Penguin's Holiday Parade Picnic**

Saturday, Dec. 6

Hot beverages and rolls at 9 a.m. at the Downtown ActivAge Center. Stay for chili and hot dogs at 11 a.m. Kids activities and visits with Santa.

## **Dinner and a Show: "Holiday Edition"**

Thursday, Dec. 18, Dinner 5:30 p.m., Showtime 6:30 p.m.

A delicious Holiday Menu and songs of the season from Lincoln Southeast's

## **HEALTH PROMOTION EVENTS**

### **Health & Wellness, Classes & Screenings:**

Lifetime Health Senior Health Promotion Center.

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1005 "O" St.

9:30 a.m. - 2:30 p.m.

– Oct. 2, 7, 9, 14 & 16

– Nov. 4, 6, 11, 13, 18, 20 & 25

– Dec. 2, 4, 9 & 11

### **FLU SHOTS**

– Oct. 21 & 23, 9:30 a.m. - 12:30 p.m.

Lifetime Health Office - 1005 "O" Street

Present your Medicare B card or \$21 for Non-Medicare.



# MULTI-COUNTY CALENDAR OF EVENTS

## BUTLER

### Monthly Activities

1st Friday: Accordion Jamboree,  
10:30 a.m. - 2:30 p.m.

2nd Tuesday: Foot care

2nd Thursday: Bus trip to Sloan, Leave  
David City at 7:45 a.m.

2nd Friday: Potato Bake Fundraiser,  
11:15 a.m. - 12:45 p.m.

3rd Thursday: Caregiver Support  
Group, 12:30 p.m.

4th Tuesday: Moving On – A support  
group for those who have lost a loved  
one, 10 a.m.

### Thanksgiving Lunch, Nov. 27

Designed for those individuals without  
family and friends to share the holiday  
with. Lunch is served at noon. Butler  
County Senior Services provides the  
turkey and dressing, mashed potatoes  
and coffee and tea. Persons attending  
are encouraged to bring a salad or  
dessert and their table service.

### Winter Holiday Lunch, Dec. 18, at noon

Designed for those who would like to  
share some holiday reminiscing and  
lunch.

## FILLMORE

### Antique Road Show! Saturday, Oct. 11, in Exeter

Fillmore County Senior Services will be  
holding an Antique Road Show at the  
Exeter Legion Hall. Registration is 11  
a.m. to noon. Event begins at noon.

### Fillmore County Health Fair to be held in Geneva

Fillmore County Fairgrounds, Thursday,  
Nov. 6, 11 a.m. - 6 p.m.

## POLK

- Diabetes program in  
Shelby, Oct. 8, 12:30 p.m.
- File for life in Shelby, Oct. 9,  
9 a.m.
- File for life and breast cancer  
awareness program in  
Stromsburg, Oct. 23, 9 a.m.
- Halloween Dinner Countywide  
event, Oct. 31 (Shelby, Osceola,  
Stromsburg and Polk)
- Flu informational program  
in Shelby and Osceola, Nov. 5
- Flu informational program  
in Stromsburg and Polk, Nov. 12
- Fall prevention program in  
Osceola, Nov. 19, 12:30 p.m.
- Thanksgiving Dinner, County-  
wide event, Nov. 21, (Shelby,  
Osceola, Stromsburg and Polk)
- Winter Holiday Dinner,  
Countywide event, Dec. 19,  
(Shelby, Osceola, Stromsburg and  
Polk)

## SALINE

### Recognition Luncheon

Volunteers, donors and community  
leaders will be honored for their con-  
tribution to services for older adults  
in Saline County. It is scheduled  
for Monday, Oct. 27 at the Wanek  
Community Center in Crete. The meal  
begins at noon, program to follow.

### Saline Eldercare Satellite Office in Crete!

The new Saline Eldercare Crete  
Satellite Office will open Wednesday,  
Oct. 1. Located on the first floor of  
Tabitha, (formerly the Crete Area  
Medical Center). The Saline Eldercare  
Crete Satellite Office, Wednesday's 9  
a.m. to noon and by appointment. An  
Open House Oct. 1, 9 a.m. to noon.

## SEWARD

### Seward Lied Center

- Potato Bake - Oct. 24, 11 a.m. - 1 p.m.
- Halloween Party, date TBA
- Potato Bake - Nov. 20, 11 a.m. - 1 p.m.
- Veterans' Day Celebration,  
Nov. 7

### Milford Senior Center

- Halloween Celebration,  
Oct. 31 – Little Leaps Daycare  
Costume Parade

### Utica Senior Center

- Potato Bake, Oct. 12, noon
- Halloween Kids' Costume  
Parade Party, Oct. 31
- Veterans' Day Celebration,  
Nov. 5
- New Year's Eve Party, Dec. 31



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# Saving Seniors Money

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## Seminars:

<b>October</b>	<b>15</b>	<b>21</b>	<b>27</b>	<b>31</b>
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### Topics discussed in the seminars:

- Save money on the Prescription Drug Plans! How to select the right plan!
- Save money on your Medicare Supplement! Are you eligible for lower rates?
- Save money with Medicare Advantage Plans! Where is your comfort level at?

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# LAAA Senior Companion TAKES HONOR FLIGHT

Ken Martin of Lincoln didn't know if he'd ever get the chance to see the World War II monument in Washington, D.C.

But in July, Martin, World War II Army Infantryman and LAAA Senior Companion, was one of hundreds of Nebraska veterans taken to the nation's capital for one day to see the memorial built to honor their service during World War II as part of the Heartland Honor Flight.

Martin said going to the memorial was an emotional reminder of the sacrifices Americans made during the war, both on the battlegrounds and at home.

"I found it thrilling to find so many people that really appreciate what we did," he said.

In the day-long trip, veterans left Lincoln early in the morning to take a chartered plane to Washington. After arriving, the veterans - who wore matching jackets and hats - went to the memorial and then visited other sites included the Vietnam Memorial wall and Arlington National Cemetery.

The National World War II Memorial opened April 29, 2004. The memorial, located near the Washington and Lincoln memorials, was built to commemorate the 16 million Americans who served and the 400,000 who died during the war.

Since it opened, organizations nationwide started fundraising efforts to arrange for World War II veterans to visit the memorial. The Heartland Honor Flights were started because organizers worried veterans would not get to see the memorial in their lifetime.

Two honor flights have already made the trip to memorial, and more are planned for the future. Fundraising efforts continue as honor flight organizers hope to get every veteran who would like to see it to the memorial.

Since the honor flights started, some veterans slated to go on the day-trip to Washington were unable to go because of health problems. A few veterans died before they could go on the trips, which adds to the urgency of helping the former soldiers get to the memorial.

Taking the honor flight to the memorial is the chance of a lifetime for some veterans.

The July honor flight made headlines



Ken Martin, LAAA volunteer senior companion and World War II veteran, shows pictures taken during his trip to Washington, D.C., to see the World War II Memorial as part of the Heartland Honor Flight.

after one of its passengers died on the return flight from Washington. Donald Dragoo, of Lincoln, died when it was about 20 minutes away from the Lincoln Municipal Airport.

Martin and other veterans from his flight attended Dragoo's memorial service to honor their fellow passenger. Martin said the veterans stood in a line and saluted Dragoo's casket as it left the hearse for its plot in the cemetery.

After the service, Dragoo's daughter spoke with each of the veterans and thanked them for being there.



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*Community*

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# LINCOLN AREA AGENCY

## LINCOLN AREA AGENCY ON AGING

**Butler, Fillmore, Lancaster, Polk, Saline,  
Saunders, Seward and York counties**  
**1005 'O' St./Lincoln, NE 68508-3628**  
**402-441-7070/800-247-0938**

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

**KEY FOR SERVICES: L = Lancaster only**

### MISSION

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

### LIVING WELL MAGAZINE

402-441-6156

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

### LIVE AND LEARN

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

### FIRST SERVICE

#### Information and Referral

LIFE provides help for individual older persons and their caregivers to resolve questions, and concerns, occurring with aging. Services include referrals, counseling, social work and care management. First Service is the starting point in determining alternatives, and arranging services for individuals and their families in the LAAA eight-county service area.

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

### SENIORS FOUNDATION

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

402-441-6179 or <http://www.seniorsfoundation.org>

### ACTIVAGE 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. Seven centers in Lincoln and five in Lancaster County. L 402-441-7158

### ACTIVITIES & CLASSES

- **Health** - Physical activity and exercise classes to improve health and fitness. L 402-441-7575
- **Travelogue** - Travel films by professional photographers. L 402-441-7158

## CAREGIVING

402-441-7070 or 800-247-0938

- **ElderCare Connection** - Caregivers receive information, support and assistance. <http://www.eldercare.gov>
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Homebound older adults receive companionship. L 402-441-7026.
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575

## LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 402-247-0938

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

## EMPLOYMENT

402-441-7064 or 800-247-0938

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

## FINANCIAL

402-441-7070 or 800-247-0938

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



# ON AGING SERVICES

## HEALTH & FITNESS

402-441-7575

- **Lifetime Health Program**
- **Forever Strong Health Club** - Fitness equipment and consultations with certified personal trainers.
- **Senior Health Promotion Center** - The University of Nebraska-Medical Center and LAAA provide Health screenings. L 402-441-6687
- **Alzheimer's Disease** - The LIFE office provides information and referral. 402-441-7070 or 800-247-0938 <http://lincoln.ne.gov> keyword: aging
- **Widowed Person Service** - Support for people who are widowed. L 402-441-7026
- **Fit to Care** - Tips from a registered nurse, dietician and certified personal trainer to help decrease the effects of chronic tension often associated with caregiving. Free service.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5-CITY TV, Channel 5. L

## HOUSING & HOME REPAIRS

- **Home Handyman Service** - Handyman services from mowing to leaky faucets, painting and broken light fixtures. L 402-441-7030
- **Assisted Living and Nursing Facilities** - Listings are available from the LIFE office. 402-441-7070, 800-247-0938 <http://lincoln.ne.gov> keyword: aging

## NUTRITION

402-441-7158

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

## TRANSPORTATION

- **Transportation to the ActivAge Centers.** L 402-441-7158
- **Lancaster County Rural Transit** - Fixed schedule transportation from rural Lancaster communities into Lincoln. L 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070 <http://lincoln.ne.gov>, keyword: aging

## VOLUNTEERING

- **RSVP/Retired & Senior Volunteer Program**  
Volunteer experiences for those ages 55+. Coordinates between community needs and the talents of the volunteers. L 402-441-7026
- **Foster Grandparent Program 402-441-7026**
- **Guardian and Conservatorship 402-441-7070**
- **Long-Term Care Ombudsman 402-441-7070**
- **Senior Companion Program 402-441-6105**
- **SHIP 402-441-7070**
- **Widowed Persons Service 402-441-7026**

## MULTI-COUNTY PROGRAMS

- Butler County Senior Services 402-367-6131
- Fillmore County Senior Services 402-759-4921
- Polk County Senior Services 402-764-8227
- Saline Eldercare 402-821-3330
- Saunders County Senior Services 402-443-4896
- Seward County Aging Services 402-761-3593
- York County Aging Services 402-362-7626

## CONTACT US

### All Counties: 800-247-0938

- Butler County: Becky Romshek 402-367-4537
- Fillmore County: Brenda Motis, and Rhonda Stokebrand 402-759-4921
- Polk County: Amy Theis 402-747-5731
- Saline County: Trudy Kubicek 402-826-2463
- Saunders County: Mary Dailey 402-443-1097
- Seward County: 800-247-0938
- York County: Lori Byers, and Nancy Hoblyn: 402-362-7626
- Donna Mulder, Aging Program Coordinator: 800-247-0938
- Martin Morse, Case aide: 800-247-0938
- Lisa Osborne, Rural Medicaid Waiver Supervisor: 800-247-0938
- Sue Kramer, SCO and Waiver intake: 800-247-0938
- Avis Blase, Rural Waiver Services Coordinator: 800-247-0938
- Nancy Kohler, Rural Waiver Services Coordinator: 800-247-0938
- Wendy Hanshaw, Rural Services Coordinator: 800-247-0938
- Sandy Oswald, JoAnn Currie and Shirley Vickinovac, Senior Care Option: 800-247-0938

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

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

# FOR THE BIRDS!

For Michael Forsberg, Lincoln native and locally renowned conservationist photographer, “if you eliminate serendipity in your life, what is the point?”

Although unpredictable events happen, life is about striving for and maintaining balance.

In 2000, Forsberg and Patty, his wife of 16 years, opened a freelance business selling prints from their home. She began working alongside him performing administrative duties the following year. In 2002, they opened Michael Forsberg Gallery, 100 North 8th Street, in Lincoln’s Historic Haymarket.

Forsberg’s passion for geography became unearthed during his freshman year at the University of Nebraska-Lincoln. Previously set on a career in sports medicine, he took a geography course to fill a humanities requirement.

“I was really curious about the world and always have been,” he said. “Then all of a sudden, here is this class is teaching me about what I love. I quickly changed my major.”

While taking undergraduate studies he

worked at Outdoor Adventures, which he prepared him for his job today. Forsberg led canoe, mountaineering, boating and bicycle trips in various states.

“It taught me how to plan,” Forsberg said. “Planning is a tremendous responsibility. The more planning is done, the more prepared, the better the end result. You set yourself up for success that way.”

He started taking a camera with him on trips. It soon became another passion.

“It instantly made sense and helped me connect with the world in a way I hadn’t connected before,” Forsberg said. “It captured me. One passion fit with the other and I never would have expected it in a million years.”

When he completed his bachelor’s degree in 1989, he knew “deep down inside” he wanted to be a photographer, but, he didn’t know how to make it happen.

In the summer of 1990, he applied and was awarded a five-month competitive geography internship at National Geographic Society in Washington, D.C.

Forsberg edited raw documentary film footage from wildlife filmmakers and did background research for the environmental editor about possible stories.

He then entered a graduate program at the University of

Minnesota’s Geography Department. He left the program in 1992, knowing he wanted something more.

After brief stints as a park ranger with the National Park Service, Forsberg began freelance photography specializing in nature photography. In January 1993, he began working for the Nebraska Game & Parks Commission as a full-time photographer and writer at “NEBRASKAland Magazine.”

“I had more I wanted to do, but they were things not necessarily just in Nebraska,” he said. “I decided I wanted to go out on my own.”

Since then, Forsberg has become widely recognized for his extraordinary photographic work of Sandhill Cranes. Many revere his crane images as among the best in the world.

In 2001, he won an Award of Excellence in the Science/Natural History category at the 58th Annual Pictures of the Year competition for his image of a burrowing owl titled “Balancing Act.” His image of Nine-Mile Prairie, titled “October in the Tallgrass,” was selected by the USPS for an International Postage Stamp released in 2001.

Forsberg was recognized as a Highly Commended winner for his image of a sandhill crane and chick at the British Broadcasting Corporation’s 2003 International Wildlife Photographer of the Year competition. In 2004, he was awarded the Conservation Education Award from the Wildlife Society for his outstanding accomplishments in disseminating conservation knowledge to the public.

His work has appeared in “National Geographic,” “Audubon,” “Natural History,” and “National Wildlife” and in



Michael Forsberg, local conservationist photographer, is passionate about life and his craft.



# EDUCATION MEETS PHOTOGRAPHY

books published by National Geographic and Smithsonian, among others.

In 2004, Forsberg completed his first book, “On Ancient Wings: The Sandhill Cranes of North America.” The journey took him north to western Alaska, near the edge of Bering Sea, and south to Cuba. “On Ancient Wings: The Sandhill Cranes of North America,” is in its third round of printing.

Forsberg also has a traveling exhibition titled “On Ancient Wings,” at the Nebraska State Museum. The exhibition began in 2004 and has been displayed in California, Colorado, Utah and Iowa.

Forsberg is producing a yet-to-be-titled book about the Great Plains, which should be on shelves in fall 2009.



A native of Wahpeton, N.D., located along the Red River Valley near Fargo, Paul Johnsgard has resided in Lincoln since 1961 when he began teaching at the University of Nebraska-Lincoln.

In June 2001, he retired from a long, fulfilling career “to write additional books on almost everything.” Johnsgard couldn’t stay away from academia. He returned to teaching this summer at UNL’s Cedar Point Biological Station and Johnsgard has no plans for a second retirement.

Now a Foundation Professor Emeritas of Biological Sciences, Johnsgard has taught freshman to graduate level courses in ornithology, ecology, animal behavior and general zoology.

“I like everything,” Johnsgard said. “I have lived a green life. I have gone just about everywhere in the world I have wanted to go. I’ve seen all the interesting birds one can imagine.”

Through writing and lecturing, he has

been able to share his experiences.

“What more could you want?,” Johnsgard said.

Although his original goal as a graduate student in the 1950s was to write one book, he quickly overshot it. As of June 2008, he had written 51 books, most of which deal with natural history, birds, conservation or American and Native American history.

“I decided one book was too easy and I’d better keep going,” Johnsgard said.

Johnsgard, an avid conservationist, received the Callison Award, a national award, June 12. It is the highest award given by the National Audubon Society to recognize individuals for volunteer work and conservation efforts.

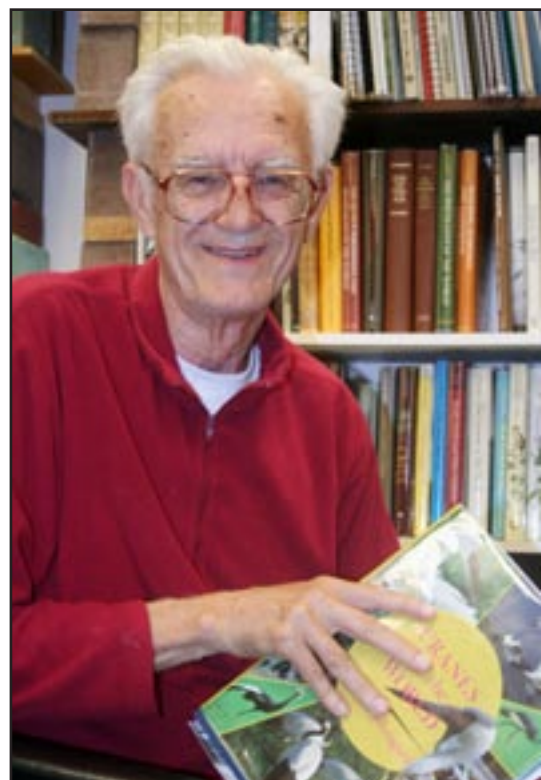
He was also awarded the 2007 Chairman’s Award from the Nebraska Partnership for All-Bird Conservation and the 2004 Conservation Achievement Award from the National Wildlife Federation.

In 2003, Johnsgard was named one of the 700 most famous Nebraskans, and was inducted into the Ak-Sar-Ben Court of Honor for his educational contributions to the state.

In 2001, he received the Fred Thomas Nebraska Stewards Award from the Nebraska chapter of the National Audubon Society and the Lifetime Achievement Award from the Nebraska Wildlife Federation.

In 1999, Johnsgard was chosen by the Lincoln Journal Star as one of “100 people who have helped build Nebraska the past 100 years”, and as one of 100 “Extraordinary Nebraskans” of the past century by the Omaha World Herald.

In 1984, he earned an Outstanding Research and Creative Activity Award from the University of Nebraska-Lincoln,



Paul Johnsgard, University of Nebraska-Lincoln Foundation Professor Emeritas of Biological Sciences and avid conservationist, is a UNL icon who possesses great scientific knowledge.

was named Honorary Life Member of the Nebraska Ornithologists’ Union, and received a Mari Sandoz Award by Nebraska Library Association for his contributions to Nebraska literature.

His talents go beyond a professor to a writer and conservationist.

More than a thousand of Johnsgard’s drawings have been published. One of his wood sculptures of a life-sized trumpeter swan is in the Sheldon Gallery’s permanent collection. Several of his drawings are in the Great Plains Art Museum collection.

Johnsgard has been married to his wife, Lois, since 1955. They have four children and seven grandchildren, who live throughout the U.S.

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# FOR THE BIRDS!

continued from Page 17



Cranes are among the oldest living and most endangered birds on the planet. They have existed in Nebraska for nine million years.

Each spring, 500,000 sandhill cranes arrive to the Platte River valley in central Nebraska to rest and refuel for several weeks during migration on their way to nesting grounds in the North. The spectacle is the largest gathering of any crane species in the world.

With about a dozen Crane Festivals throughout the nation, the Sandhill Cranes have a following

unlike any other in the country. Even Dr. Jane Goodall, who travels about 300 days per year, visits the Platte River annually to see the cranes.

Paul Johnsgard, University of Nebraska-Lincoln Foundation Professor Emeritas of Biological Sciences, and Michael Forsberg, Conservationist Photographer, found the Sandhill Crane experience magnetic and the mission to sustain the endangered birds awe inspiring.

Sandhill cranes serve as ambassadors for the wetlands and grasslands they need to survive.

Similarly, Johnsgard and Forsberg are stewards of the natural world.

“The Sandhill Cranes are one of the greatest wildlife spectacles in the world and it is right here in our own backyard,” Forsberg said. “If you spend time with these birds you realize how human-like they are. They wear their emotions on their sleeves.”

A partnership among the two avid conservationists resulted. The relationship began when Johnsgard, who knew well of Forsberg’s abilities and interests, invited Forsberg to



Paul Johnsgard, left, University of Nebraska-Lincoln Foundation Professor Emeritas of Biological Sciences, and Michael Forsberg, local conservationist photographer, are avid, diehard conservationists with flair for photography and the written and spoken word. Their utmost concerns are Sandhill Cranes and the preservation of the wetlands and grasslands the birds inhabit.

# EDUCATION MEETS PHOTOGRAPHY

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collaborate with him on an art exhibit for a crane migration symposium.

“I think we thereby broaden our exposure, by him working with photography and myself as a writer,” Johnsgard said. “We have different strengths and apply them to our advantages. Everyone loves mountains and beaches, but it is a lot harder to love and protect the grasslands.”

“Our work is important,” Forsberg said. “Just like the Plains, wetlands and grasslands aren’t so sexy at a glance. The land and wildlife don’t have a voice, so we help provide that voice; we help facilitate that.”

In 2002, they presented an art show called “Migrations of the Imagination,” at the Great Plains Art Museum.

Since his college days, Forsberg said Johnsgard has “always been there.”

“I have tremendous respect and appreciation for him,” Forsberg said. “He is a very prolific author and writer. He is very sure and confident in what he knows, and does what he does well. He is a great statesman for the environment.”

The charismatic Sandhill Cranes are a good story line, one Johnsgard and Forsberg know well. They spread the Sandhill Crane message in their own ways.

Johnsgard has taught more than 7,000 students and reached nearly 250,000 people through his books.

“For me, writing is the most effective way of reaching people,” Johnsgard said. “Beyond that there are speeches and television appearances, but writing is what I am best at.”

His latest work was “Wind Through the Buffalo Grass: A Lakota Story Cycle.” His first crane book was “Those of the Gray Wind: The Sandhill Cranes,” published in 1981. His second, “Cranes of the World,” was completed in 1983. In 1991, he published “Crane Music.”

Johnsgard’s books have been distributed nationwide and worldwide and several have been translated into various languages. Hundreds of his illustrations, various drawings and photos, have been published in books and magazine articles.

Although the written word is Johnsgard’s largest medium of measure, he also is an avid photographer. He began photography in high school and sold his first bird pictures in 1949.

Since the dawn of digital technology, Johnsgard has taken approximately 5,000 to 10,000 photos per year. He boasts more than 15,000 slides captured throughout 40 years of film photography.

“Photography has helped progress our nation’s conservation efforts,” Forsberg said. “It is one step away from actually being there. There are thousands of advocates for

these birds.”

Forsberg uses a steady viewfinder complimented by written words to create his preferred final product. In 2004, he completed his first book, “On Ancient Wings: The Sandhill Cranes of North America.” The exhibition began in 2004 and has been displayed in California, Colorado, Utah and Iowa.

While the Sandhill Cranes are never far from Forsberg and Johnsgard’s minds, the two hope to enlighten others on a variety of topics.

Johnsgard is creating an upcoming art exhibit for the 200th anniversary of Darwin’s birth at the Great Plains Art Museum, his third exhibit displayed at the museum. The exhibit will include his photographs and paintings from three other collaborators who visited the Galapagos Islands in 2005 to retrace Darwin’s steps in 1835.

For his current, untitled book about the Great Plains, Forsberg hopes to create and include a multimedia format with music, pictures and live performance. He continues to do field work for his book about, which should be done by Thanksgiving.

“I take things one day at a time and one project at a time,” he said. “I want to put a face to a region that I love, the Great Plains, where many people don’t appreciate or understand the environment.”





## RSVP awards ceremony

Approximately 300 of the Lincoln Area Agency on Aging RSVP members gathered Aug. 23 to honor the service of its members – an annual event of camaraderie, food and fun.

“The RSVP program betters the life of all of us,” said Mayor Chris Beutler. “On behalf of the City of Lincoln, thank you for all your service.”

Jokes, laughs and sarcasm filled the room before the day’s performance, by the Lincoln Continentals Chorus.

The Continentals, chartered in 1948, performed for the crowd asking participants to join in the fun through whistles, claps and song. Touches of the entertainment include Disney songs such as, “Heigh-Ho,” “Zip-a-Dee-Doo-Dah,” and “When You Wish Upon A Star.”

Laurie McAdams, RSVP Director, defined treasure and said “it is all of you,” to the crowd at the Volunteers, Treasures of the Community, RSVP Award Brunch.

Milestones for the number of volunteer hours were recognized including 50, 500, 1,000, 5,000 and 10,000. In addition, 10-, 15-, 20-, and 25-Year Service Awards were distributed. The ceremony was closed with the highest honors for the RSVP Awards Luncheon – the Presidential Service Awards and the 2008 Living Bell Awards.



The Lincoln Continentals Chorus entertained at the event.



Lincoln Mayor Chris Beutler thanks LAAA members for their dedicated service to our communities.

# surprise!

Carol Mohr, LAAA member, accepts the Governor's Award, signed by Nebraska Gov. Dave Heineman, for volunteering 10,000 hours in the community.

Carol Mohr, who has volunteered 10,000 hours between Matt Talbot, the Food Bank of Lincoln and Saint Elizabeth's Hospital, was surprised she received the Governor's Award because the time since she began volunteering has passed quickly.

“Years ago, I used to drive the elderly to their appointments,” she said. “I loved it – it makes you feel nice to do something like this instead of sitting when you retire.”

Mohr began volunteering in 1989 after she retired from Lincoln Public Schools as a secretary at Eastridge Elementary School.

“It was so nice working with the young kids,” she said. “My job was to be sure all the children were at school and plan for the school day.”

Mohr remembers one of her first responsibilities at the school – acquiring the census numbers for the City of Lincoln in the Eastridge School area.

“It was just our responsibility; each secretary did this at their school,” she said. “It was a matter of going to the houses and if you couldn't find anyone home; then, it was phone calls back to the home.”

Mohr and her late husband, Marvin, have two children, Randy, 53, Smithville, Kan., and Sue Gabriel, 60, Lincoln. Mohr has six grandchildren and one great-grandchild.

“They are all boys,” she said. “We love them; it is always wonderful at family gatherings.”



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Clinical/Vestibular Audiologist

**Angela Grasse, AuD**  
Clinical/Vestibular Audiologist

**Donna Taylor, MA, CCC-A**  
Clinical/Vestibular Audiologist

**Wanda Welch, MS, CCC-A**  
Clinical/Vestibular Audiologist

# ActivAge Programs Provide Budget Saving Ideas

*-submitted by Deb Peck, Administrator Community & Activities Services Division*

LAAA ActivAge Centers Programs & Events have services that can help you stretch your shrinking dollar. Many of these programs are offered at a low or reduced cost, to help you get the help that's needed at a price you can afford.

## Food

The ActivAge Centers in the Lincoln area provide noon meals five days a week for a suggested contribution of \$3 for people over 60 years of age. What exactly is a suggested contribution? A suggested contribution means that you use a confidential envelope and pay only what you feel the meal is worth to you. Where else can you find a fully nutritious meal, usually with fruits, vegetables, milk, coffee and often a tasty dessert for that amount?

All you need to do is to call the center of your choice for reservations two days in advance. Besides the noon meal, the centers also have shelf stable meals that you can take home and eat when going to the center isn't convenient. We know that grocery shopping can sometimes be a difficult task, so many centers provide shopping assistance. There is a charge of \$1 (\$2 round trip) each way for this service that takes you from the center,

to the store and then to your home.

## Transportation

The high cost of gasoline is something about which we all complain. Besides the shopping assistance explained above, ActivAge provides transportation to and from the center each day for a charge of just \$1 each way (\$2 round trip.) Just let the manager of your nearest center know that you'd like a ride when you make your meal reservation. We also offer you transportation to a variety of center events that we provide. Often the charge is just \$1 each way.

Lancaster County Rural Transit provides everyone in Rural Lancaster County with a ride to Lincoln twice a week. The charge for the service is \$2 each way (\$4 round trip.) Quite a bargain! Please reserve your ride at least one working day in advance.

## Home Maintenance and Repair

LAAA's Home Handyman program can provide home repairs, yard work and other minor home maintenance. The program charges for services based on your income.

## Staying Fit & Healthy

There is the old saying, an ounce of prevention is worth a pound of cure. The Lifetime Health Program provides very affordable exercise and wellness options to give you that ounce of prevention. There are no expensive membership fees for the Lifetime Health Forever Strong Health Club at the Downtown ActivAge Center, 1005 O Street.

You are welcome to drop in Monday through Friday, from 9 a.m. to 4:30 p.m. Personal trainers are available by appointment to help you learn how to use the wide array of strength training equipment available for your use. There's no

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# Medicare covers diabetes screening

If knowledge is power, the Lincoln Area Agency on Aging Lifetime Health program leaders hope to make older adults in the multi-county area more powerful when it comes to diabetes.

Lifetime Health Program was named a recipient of a \$2,500 grant to help raise awareness about diabetes as part of the Medicare Diabetes Screening Project.

“We are excited to inform older adults in our eight-county area about the risk factors associated with diabetes, the importance of prevention and/or management and the fact that Medicare does pay for screenings and treatment,” said Peggy Apthorpe, Lifetime Health Program coordinator.

There are more than 35 million Americans age 65 or older and about 17 million of them have undiagnosed diabetes or pre-diabetes.

Government, professional and private sector organizations, co-chaired by the American Diabetes Association, Healthcare Leadership Council, and Novo Nordisk, Inc., are joining forces to create awareness of the screening benefits for diabetes and pre-diabetes available through Medicare.

Millions of older adults are not getting the treatment they need to help prevent heart disease, stroke, blindness, kidney disease and amputations, while millions of others may be missing a chance to prevent or delay the onset of diabetes.

For older adults at risk, Medicare covers all costs of getting checked for diabetes. If you have family history of diabetes, high blood pressure, high cholesterol, are overweight or had diabetes during pregnancy, ask your doctor to check you for diabetes.

## GO DIRECT for federal benefits

Older adults and individuals with disabilities can realize a positive outcome by going direct with their deposits of federal benefits, according to the Go Direct campaign.

Go Direct, sponsored by the U.S. Department of the Treasury and Federal Reserve Banks, encourages people who receive federal benefits, such as Social Security, by paper check to switch to direct deposit.

Direct deposit can be the safest, easiest way for people to receive federal benefits. It can eliminate the risk of stolen checks and forged signatures, and helps protect people from identity theft. Last year, nearly 60,000 Treasury-issued checks — totaling an estimated \$56 million — were fraudulently endorsed.

Go Direct makes it easy to sign up for direct deposit. Older adults can call the toll-free Go Direct help line at 800-333-1795, sign up online at [www.GoDirect.org](http://www.GoDirect.org), or visit their local bank or credit union.



### Some Small Steps To Get You Started

Ask your doctor or other health care provider about a free test to see if you have diabetes or pre-diabetes. And do it soon.

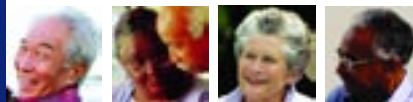
#### For information about diabetes and pre-diabetes:

American Diabetes Association  
1-800-DIABETES (1-800-342-2383)  
[www.diabetes.org](http://www.diabetes.org)

The National Diabetes Education Program  
1-800-438-5383  
[www.ndep.nih.gov](http://www.ndep.nih.gov)

Medicare  
1-800-MEDICARE (1-800-633-4227)  
[www.medicare.gov/health/diabetes.asp](http://www.medicare.gov/health/diabetes.asp)

## “Could I have diabetes and not know it?”



### Now seniors can get a free screening test and find out.

As you get older, your risk for type 2 diabetes increases. Most people who are age 65 or older are at risk for type 2 diabetes or pre-diabetes.

The next time you see your doctor or other health care provider, ask about a free test for diabetes, covered by Medicare.

**MedicareDiabetes**  
Screening Project



A National Drive to  
Find the Undiagnosed  
**MedicareDiabetes**  
Screening Project

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Public Service Announcement



# STEARNS WELCOMED

Maureen Stearns has been serving as the Senior Services Manager in Polk County since July. Previously, she worked three years at Region V Services in David City.

Her goals include implementing new programs to “educate older adults in health care issues.” This has successfully taken place in Osceola, where the Telecare program recently was introduced.

Stearns has received a lot of support at her new post.

“All the people are friendly,” she said. “They’re getting on board with me and I enjoy learning from the older adults. It’s very neat.”

More than anything, Stearns wants to make a difference.

“I really enjoy working with older adults,” she said. “I just want to do the best so that we can continue senior citizen centers.”

Outside of work, Stearns spends time with her family, keeping up with Nebraska football, singing, camping, and participating in the Christian Motorcyclists Association.

Stearns and her husband, Keith, reside in Osceola with their three children: Brittini, 20; Drew, 17; and Brooke, 15. Her stepson, Tom, is married to Jen; and they have a 3-year-old daughter, Heather.



Maureen Stearns serves as the Polk County Senior Services Manager.



## Perfect attendance for fitness

Lifetime Health Northgate Garden Estates Stretch and Tone Class Members who had perfect attendance in April and May include, from left, front: Jerry Wade, Vonnie Rotter, Virginia Sipma, Wick Uhlinger, Rose Haller, Barb Krenk; middle, Billie Clark, Mildred Kroeger, Mary Ann Guyer, Hedy Clark, Betty Moore, Dixie Hartshorn, Olga Pedersen, Dorothy Baker; back, Jeanne Carlton, Elaine Malick, Viola Mitchell, Helen Belling, Donna Eberly and Marge Ecklund.

Staying fit takes commitment.

A group of 19 people demonstrated that commitment during a Spring Fitness Challenge as they boasted perfect

attendance during the months of April and May. The LAAA Lifetime Health Northgate Garden Estates Stretch and Tone Class was instructed by Barb Krenk.

# Caring for your parents

The Lincoln Area Agency on Aging Life Office/Elder Care Connection will help sponsor a series of seminars for caregivers in partnership with NETV, Haven Manor Assisted Living, Care Consultants for the Aging, Angels Theatre Company, and the Caregiver Chicks.

These seminars are intended for those who plan to care for their parents. However, Donna Washburn, Lincoln Area Agency on Aging Eldercare Specialist, encourages others to come.

“People who are 60 or better might find this valuable as well,” she said.

Washburn notes that “most often caregivers don’t know there’s help out there for them.” These seminars are designed to support caregivers and inform them of available assistance.

“We’re here to help walk through the situation with them,” she said.

Each event will last approximately 90 minutes and feature a 20 to 30 minute video. Topics discussed include financial, legal and community resources. Professionals

also will be present to help caregivers find possible answers to their questions.

There will be seven sessions throughout October.

- Oct. 7 — Sheridan Lutheran Church, 6:30 p.m. - 8 p.m.
- Oct. 9 — St. Mark United Methodist Church, 6:30 p.m. - 8 p.m. (optional meal plan)
- Oct. 14 — Saint Paul United Methodist Church, 12:15 p.m. - 1:15 p.m. (optional meal plan)
- Oct. 16 — First Plymouth Congregational, 6:30 p.m. - 8 p.m.
- Oct. 19 — Southwood Lutheran, 9:45 a.m. - 10:45 a.m.
- Oct. 21 — Saint Luke United Methodist, 6:30 p.m. - 8 p.m.
- Oct. 28 — Madonna Rehabilitation Hospital, 6:30 p.m. - 8 p.m.

For more information regarding these seminars, or for resource options for elders and caregivers, call the LAAA Life Office at 441-7070 or 800-247-0938.



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## Budget Saving Ideas

continued from Page 22

charge for either the Health Club or the Personal Trainers, but your contributions are always welcome. The Senior Health Promotion Clinic is open most Tuesdays and Thursdays, providing health screenings like blood glucose and blood pressure, comprehensive foot and ear care, and health counseling and education. Contributions are encouraged for these vital services.

## Employment

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If you want to learn more about any of these programs, or where to find the ActivAge Center nearest you, please call the ActivAge office at 441-7158. Or look for us on the internet at [www.lincoln.ne.gov](http://www.lincoln.ne.gov) keyword, aging.





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# KUBICEK RECEIVES AWARD FOR LIFESAVING ACTION

Joyce Kubicek of the Lincoln Area Agency on Aging accepted the June 2008 Mayor's Award of Excellence.

The monthly award recognizes City employees who consistently provide exemplary service and work that demonstrates personal commitment to the City.

Kubicek serves as the Aging Program Coordinator for the Life division of LAAA, and has been employed by the City for about 30 years. She was nominated in the categories of customer relations and valor by co-workers Joanne Farrell, Donna Mulder and Barbara Straus. She was nominated for following her intuition regarding one of her cases involving an elderly couple.

A planned, routine home visit to the couple turned out to be a lifesaving event.

When she went to see the couple in March, they did not answer the door or the phone. The wife has dementia and

hearing loss, and may not have heard the doorbell or telephone. Kubicek thought it was possible they had forgotten her planned visit and went out.

Since it was the end of the work day, Kubicek went home but was unable to stop thinking about the missed visit. She tried to call the couple a few more times with no results.

Later in the evening, Kubicek called their daughter in another state and asked that she try to call the couple. She also advised the daughter to call the police if she couldn't reach them in a few hours.

The daughter was unable to reach her parents and called the police, who went into the home and found the elderly couple in terrible shape. Both of them were sick with the flu, dehydrated and weak. The two were transported to the hospital and admitted.

Kubicek followed her intuition and pursued help for the couple after

working hours. This resulted in the necessary emergency action being taken, which probably saved their lives. Both have recovered from their ordeal.

The nominators say that due to Kubicek's persistence and professionalism, the two are alive today.

The nomination stated that Kubicek always has been devoted to the older adults in the community. Throughout the years, she has helped thousands maintain their independence and quality of life.

This time, she made an even bigger difference.



Joyce Kubicek, Aging Program Coordinator for the LIFE division of the Lincoln Area Agency on Aging, right, accepts the Mayor's Award of Excellence for June from Mayor Chris Beutler.



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# CROPS growing "community"

Mahoney Manor residents came together to grow a community garden.

The CROPS Community Garden Project was sponsored by LAAA Lifetime Health, Mahoney Manor and Urban Development's Neighborhood Revitalization Project.

"It was a great success," said Peggy Apthorpe, LAAA Lifetime Health Program Coordinator, who hopes locations can be expanded next year.



## Lifetime Heal

The LAAA Lifetime Health Program is developing partnerships with various health agencies to expand its services throughout the multi-county area.

"We are looking forward to expanding into the multi-county area," said Peggy Apthorpe, Lifetime Health Program Director. "We hope to build on current partnerships and develop new ones to expand health promotion services to older adults and caregivers in our area."

Lifetime Health provides health prevention services to adults 55 and older with health assessments, screenings, classes and physical activities.

The program - previously funded by the city of Lincoln - now has state funding, which can be used to help the program grow in the multi-county area, Apthorpe said.

Denise Boyd, LAAA Multi-County Administrator, said expanding partnerships with more health facilities will help provide more price-reduced preventive health care to communities without those services.

Aside from cutting travel time, she said it is helpful to people to go through educational and fitness courses with people from their own community instead of strangers in another location.



Lifetime Health will partner with the University of Nebraska Medical Center College of Nursing Cosmopolitan Mobile Nursing Center in several events this fall to bring health screening and education to the multi-county area.

# th services expand in area

"You're motivated when you get that group support," she said.

Program officials are meeting with various health care representatives throughout the area to build partnerships to provide Lifetime Health's services.

One care provider has already signed on. The University of Nebraska Medical Center's College of Nursing Cosmopolitan Mobile Nursing Center will team up with the Lifetime Health to do preventive health screenings at various locations in September and October.

People can visit the different sites for blood pressure, body mass index, glucose and finger-stick cholesterol screenings.

"One of the goals of our agency is to enhance the health and independence of adults we serve," Apthorpe said. "We hope to do that more by going into the multi-county area."



Lifetime Health offers preventive health screening and education. With its expanded service area, services will be offered in the multi-county area.



Founded in Lancaster County in 1984, the Lifetime Health Program focuses on disease and injury prevention. Since expanding in 1997, the program offers services in Butler, Fillmore, Polk, Saline, Saunders, Seward and York counties.

"Your health is so critical to having a positive aging experience so whatever we can do to help people on that road is a good thing," Boyd said.

## UNMC Cosmopolitan Mobile Nursing Unit Fall 2008 Schedule

### Thursday, September 25:

**Stromsburg Senior Center**/118 E. Third St.  
(Viking Room Attached to Center)  
10 a.m. - Noon  
Polk County Manager - Maureen Stearns - 764-8227

### Tuesday, October 3:

**York Center Center**/725 Nebraska Ave  
10 a.m. - Noon  
Program Manager - Lori Byers - 362-7626

### **Utica Senior Center**/520 D Street

2 p.m. - 4 p.m.  
Center Manager - Joyce Schriener - 534-3435

### Tuesday, October 7:

**Wahoo Senior Center**/235 East 4<sup>th</sup>  
9 a.m. - 11 a.m.  
Saunders County Program Manager - Sheri Bachmeir - 443-4896

### **David City Senior Center**/592 "D" Street

1:30 - 3:30 p.m.  
Butler County Program Manager - Linda Vandenburg - 367-6131

### Tuesday, October 21:

**Valparaiso Senior Center**/312 S. Pine St.  
9 a.m. - 11 a.m.  
Program Manager - Beverly Bartek - 784-2234

### **Panama ActivAge Center**/310 Locust St.

9 a.m. - 11 a.m. (Panama Café)  
Program Manager - Audrey Roesler - 441-0423

### Tuesday, October 28:

**Burke Plaza**/6721 "L" Street, Lincoln  
9:30 - 11:30 a.m.  
Manager - Gina Grosenbach - 434-5500

### **Mahoney Manor**/4241 North 61<sup>st</sup>, Lincoln

1:30 - 3:30 p.m.  
Manager - Linda Hecht - 434-5570

### Thursday, November 6:

**Public Health Solutions**/975 East Hiway 33, Crete  
9:30 - 11:30 a.m.  
Saline County Manager - Kim Buser - 821-3330

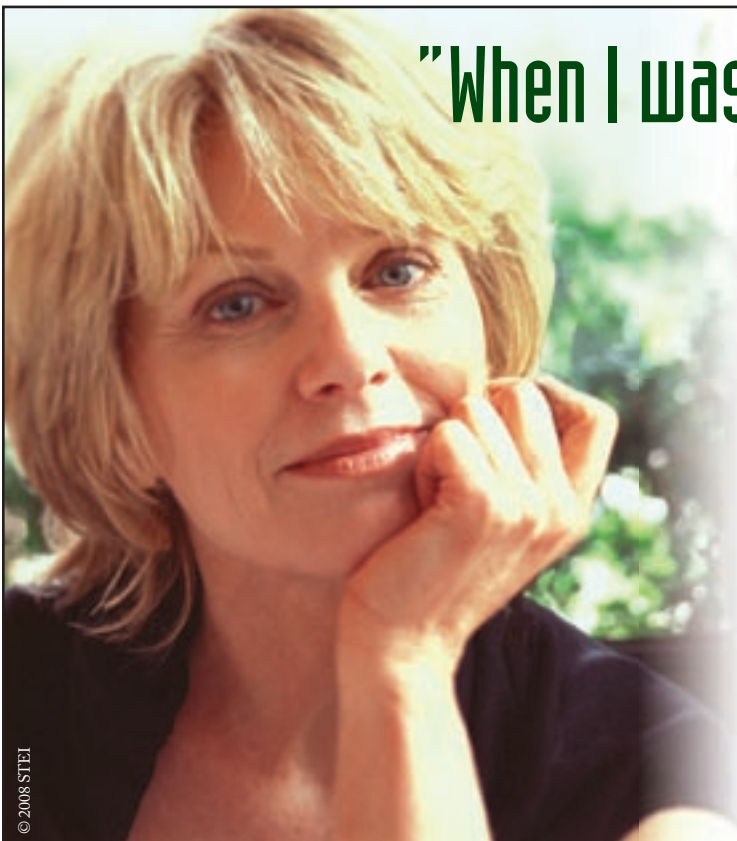


Lincoln Area Agency  
on Aging



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# Time off beneficial for **FAMILY CAREGIVERS**

When Tammara Rounds decided to provide full-time care to her mother and move her into her family's home more than three years ago, she didn't think it would change her life much.

While she continued to work her part-time job, Rounds hired nurses to care for her mother, who never fully recovered from breaking an ankle.

After a few months, Rounds decided to quit her part-time job so she could stay home with her mother and be her primary caregiver, which took some adjustments.

"You get to the age where your kids are grown up and now I reverted back to taking care of my mother," she said. "There are some days I can't just pick up and leave like I use to."

Although she now is a full-time caregiver, Rounds makes sure to take breaks – either short ones during the week or vacations every few months – to make sure she is still taking care of herself.

As the baby boomer generation ages and becomes caregiver to its parents, Donna Washburn, LAAA Life Elder Care Specialist, said it is important for family caregivers to plan time off to take care of their own needs.

Rounds said she has nurses come in for short amounts of time during the week to care for her mother, and during those times she takes breaks to run errands or meet with friends. She also arranges for her daughter or sister to stay overnight occasionally.

Despite some initial concerns about leaving her mother in someone else's care, Rounds said taking breaks helps keep her rested and allows her to provide better care.

Washburn said caregivers should take respite time every 10 days – if not every week. Respite time is a caregiver's time off from his or her care giving responsibilities for a period of time.

Money to help pay for respite care is distributed through Life's office from state and federal funding.

With life expectancy rates increasing, many baby boomers can expect to be a

caregiver for their parents for 17 or 18 years. Often, these caregivers balance their time between caring for their parents and their own children.

To make it work, people should consider their ability to be a caregiver before taking it on as a responsibility.

People should consider how much time they have in their schedule as it now stands and how they would be financially affected should they quit their job to become a full-time caregiver.

Being a caregiver means having concern and taking responsibility for a loved one – including a spouse, parent or child, she said. A person can be a caregiver even if they are not giving full-time, in-home care.

If a person cannot afford to become a full-time caregiver, there are other options available including finding a nursing home or nurse to care for the family member. It is important to plan ahead and talk it out as a family before making any final decisions, Washburn said.

Although becoming a family caregiver means more responsibility and life changes, being one is a rewarding experience for many children.

"The role of elder caregiver is probably the most loving thing children can do for their parents," she said.

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