LivingWell

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Living Well 1005 O Street Lincoln, NE 68508-3628



Embracing Change:

Lessons for Successful Transitions

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Director's Corner

We've had a series of issues that featured articles on reinventing yourself that have been interesting and we hope, helpful.

With this issue, we embark on a new focus—planning ahead. Jim Rembolt, featured on our cover, provides us with an interesting read about a true gentleman who, throughout his career, has focused on helping people plan ahead.

Aging Partners is running a series of advertisements in the *Lincoln Journal Star* that feature a photo of what looks like three generations in a family, likely outdoors in a country setting. The headline states, "Peace of mind is a gift of love."

The short text in the body says, "One of the best gifts you can give comes from planning ahead. Start the conversations about home, money and health needs with your loved ones. Then, relax and enjoy your time together."

These conversations are easier to have before a crisis occurs. Have them now, while you and your loved ones can discuss your wishes calmly and clearly.



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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.

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

June Pederson, Director, Aging Partners

Are you moving? Call 402-441-6146

to change your mailing address.

New Website Feature

new feature on the Aging Partners' website offers a quick and easy look at upcoming events on a calendar.

The easily accessible calendar now provides glimpses of events in

both a weekly and monthly view. Follow this link to make sure you

don't a miss a thing: aging.lincoln.ne.gov click on Calendar of Events.





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Exercise Keeps Vandenack Fit for Artwork

er creativity, expertise and deft fingertips earned Sharon Vandenack the honor of Visual Artist of the Year, but she thanks Aging Partners for giving her the strength to keep up with her passion.

Vandenack was honored June 7 at the Mayor's Awards Banquet with the Artistic Achievement Award-Visual Arts, which recognizes excellence and accomplishment in the arts.

A graduate from the University of Nebraska-Lincoln with a bachelor of fine arts, Vandenack is a member of the Lincoln Handweaver's Guild and an associate member of the Burkholder Project.

A weaver for the last 45 years, she specializes in wall hangings and rugs. But after almost half a century at the loom, where does Vandenack get the energy?

The answer lies at the Aging Partners Fitness Center. For the past decade, she and husband Tom have been the first ones at the door every Monday, Wednesday and Friday morning.

The duo have even been featured in two exercise videos for older adults, demonstrating easy exercises to do at home.

"I have to keep my strength up for my weaving," she said. "My big loom has a weaving width of 60 inches. I need to be strong enough to push the treadles and agile enough to bend and throw the shuttle." Since the couple began their exercise routine at the center, Vandenack has noticed a discernible difference, especially when at the helm of one of her four looms.

Staying fit helps her tackle even the biggest projects that come her way, including a 9-by-10 foot wall hanging she made for Omaha's Saint Michael's Lutheran Church.

"Exercising at Aging Partners has kept me strong enough to use my equipment and just continue with my life," she said. "It's kept me healthy." \[\sqrt{\sqrt{w}} \]



Sharon Vandenack's workouts at the Fitness Center keep her fit so she can use her looms to create colorful works of art.

Who do you know that needs a Guardian Angel?

Our staff of professional caregivers are available a few hours a week, or 24-7. We provide assistance for seniors, wherever they call home. Personal care, companionship, meals, transportation and more. Call Guardian Angels to learn more about services offered.

402.474.4000

Guardian Angels Homecare, Inc.

Russell's Volunteer Experience Leaves Memorable Mark

e may be retired, but Larry Russell doesn't spend his days lounging around the house or puttering in the garden.

Since retiring in 2006 as a sergeant in the administrative support division of the Lancaster County Sheriff's Office, he has remained an active member of the community.

Russell serves as an RSVP volunteer and coordinator for TRIAD, two organizations he says go hand-in-hand. TRIAD is an organization that partners older adults and law enforcement together to prevent crimes against older adults.

"Being a public servant for 39 years, it was just natural that I wanted to continue to help members of the community," he said. "It's a great feeling to know you're using your experience to help others. You get a feeling of accomplishment."

Much of the approximately 40 hours per month Russell serves as an RSVP volunteer is spent giving TRIAD presentations to groups in retirement homes and churches regarding potential frauds and scams that target older adults.

But, during the Special Olympics USA National Games held in Lincoln July 18-23, Russell had the exciting opportunity to put his expertise in action in a more unique volunteer setting: a bowling alley.

His law enforcement experience earned him the honor of serving as a security volunteer during the bowling events held at Sun Valley Lanes. He even had the special privilege of presenting ribbons to finalists on the last day of the competition.

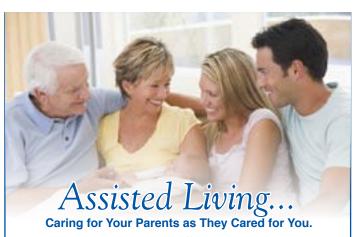
"To work with bad guys all my life, and then get involved in this event and see the camaraderie of the athletes and their families, it gave me goosebumps on the back of my neck," he said. "I was really proud to get to know the athletes. It was just so refreshing, and I was really humbled."

Russell has led an exciting career that's included flying an airplane for the fugitive extradition unit and attending the prestigious FBI academy, but his time spent as an RSVP volunteer with the Special Olympics ranks among the most memorable experiences of his life.

"Meeting my wife, bowling my first 300 game and going on my first solo flight were big moments in my life," he said. "This experience is equal—it's right there with those moments."



RSVP Volunteer Larry Russell, left, enjoyed every minute of his experience during the Special Olympics USA National Games.



As your parents age and have difficulty managing on their own, you may begin to worry. Are they taking their medications? Are they eating well? Exercising? What if they had an emergency and couldn't reach the phone?

We can help. With 24-hour certified staffing, a menu of healthy and savory foods, and a variety of activities, you can feel secure knowing that your parents have what they need.

Call today to schedule your personal tour.



7208 Van Dorn St. Lincoln, NE 68506 402-486-0011 A Capital Senior Living Community www.cslretirement.com/van_dorn



Eat To Your Health

The Big Apple

In the month of October we celebrate and pay tribute to the oldest known cultivated fruit: the apple. Ancient Greeks and Romans enjoyed apples, and there is archeological evidence apples were eaten in 6500 B.C.

Grown the world over, the top producers of apples are China, the United States, Turkey, Poland and Italy. Apples are one of the few fruits that can be grown in northern climates; apple trees blossom late in spring, minimizing frost damage.

Americans eat approximately 16 pounds of apples per year. With 2,500 varieties of apples grown in the United States, 100 of which are available in our food supply, the options are myriad. For an even fresher taste, seek out apples in farmer's markets and grocery stores that are locally grown.

This shiny red fruit is not only delicious, it's also a great source of nutrition. Apples are low in calories and high in fiber, pectin and phytochemical quercetin. The soluble fiber and pectin both have cholesterol lowering effects, and quercetin has anti-inflammatory effects that can potentially reduce the risk of several cancers and allay gout symptoms.

An apple a day really does help keep the doctor away.



Squash Any Doubts About this Fruit

Do you have your doubts about preparing and eating squash? Don't.

Best in quality and quantity in November and December, squash is a harbinger of the winter ahead. Winter squash, members of the Cucurbitaceae family and relatives of both the melon and cucumber, comes in many varieties. While each type varies in shape, color, size and flavor, all have hard protective skins that gives them a long storage life of up to six months.

The major types of winter squash include:

- Butternut squash: Shaped like a large pear, this squash has creamcolored skin, deep orange-colored flesh and a sweet flavor.
- Acorn squash: With dark green skin speckled with orange patches and pale yellow-orange flesh, this squash has a sweet, nutty and peppery flavor.
- Hubbard squash: A larger-sized squash that can be dark green, grey-blue or orange-red in color, the Hubbard's flavor is less sweet than many other varieties.
- Turban squash: Green in color and either speckled or striped, this winter squash has an orange-yellow

- flesh whose taste is reminiscent of hazelnuts.
- Pumpkins: The pumpkin with the most flesh and sweetest taste is the small sized one known as sugar or pie pumpkin.

To prepare your squash:

- If you can't cut into the squash, place it in a preheated 400 degree oven for 12 minutes or microwave on high for three minutes. The heat will loosen the skin enough to let a knife inside—but be careful of steam escaping from the inner core.
- Clean out the seeds and fibers in the squash cavity. Now the squash is ready for a water bath bake in a 350 degree oven until the shell can be pierced.
- Winter squash (especially butternut) can be peeled with a vegetable peeler or paring knife. The peeled squash easily cuts into cubes that are ready for oil. Roast in a 400 degree oven.

One cup of cooked winter squash has few calories (around 80) but is high in both vitamin A (214 percent of the recommended daily value) and vitamin C (33 percent), as well as a good source of vitamins B6 and K, potassium and folate.

Why See a Registered Dietitian?

Registered dietitians can be a helpful resource, especially if you are caring for an aging parent. The dietitian can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds.

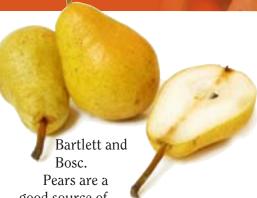
Registered dietitians are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training and credentials that back a registered dietitian are vital for promoting positive lifestyle choices. Lw

"Pear"fection

To get the most flavor and nutrition out of your fruit, it's important to buy in season. Fall is peak season for one especially delicious fruit: pears.

When purchasing pears, remember that they continue to ripen after harvesting. To ensure best quality, purchase firm pears and let them ripen at room temperature for a few days. To check for ripeness, gently press the pear near the stem end; if it gives slightly, the pear is ripe. As pears ripen from the inside out, don't wait for the round middle section to become soft; by then, the inside will be over ripe.

Not only are pears delightful when eaten raw, out of hand, they're also very flavorful when roasted or poached. Although there are many varieties of pears, the most common ones found in our markets are Anjou,



Pears are a good source of vitamin C, copper and fiber, all of which are important nutrients to our health.

Treat your taste buds to a delectable, juicy pear, and you'll be treating your body to 11.1 percent of the daily value for vitamin C, along with 9.5 percent of the daily value for copper.

At four grams of fiber per pear, you are getting 16 percent of your daily needs for this health-promoting dietary component. Fiber promotes regularity and improves lipid profiles, helps with weight loss and balancing blood sugars.

The Season for Cranberries

all may mean slimmer pickings for fresh fruit, but it's the perfect season for cranberries. Fresh cranberry season runs from October through December.

Cranberries have been valued for their ability to reduce the risk of urinary tract infections. Their protective effect is thought to be due to a specific type of tannin, found only in cranberries and blueberries, which interferes with projections on the bacterium, preventing it from sticking to the walls of the bladder and causing infection.

Cranberries are good sources of vitamin C, manganese, vitamin K and fiber. Their vibrant red color also makes them good sources of elusive phytochemicals including proanthocyanidins and phenols.

Fun facts about cranberries:

- Cranberries are only one of three major native North American fruits. Some cranberry beds have been around more than 100 years. They grow on vines in boggy areas and were first cultivated in Massachusetts around 1815.
- The name cranberry was given to this plant because the Pilgrims believed it looked like the head of a sandhill crane and was originally named 'craneberry.' Over time, the 'e' was dropped.
- Most of the U.S. cranberry crop is grown in five states: Massachusetts, Wisconsin, New Jersey, Oregon and Washington. Each year, more than 110,000 metric tons of cranberries are produced in the United States. More than one-third of the cranberries grown in the United States are made into juice.

Let Aging Partners Prepare Your Next Meal

Are your meals full of the proper nutrition that's vital to living a long and healthy life? Let Aging Partners help.

We offer three convenient meal options to help you stay full and fit. For a suggested donation of \$3 for Lancaster County residents over 60 years of age, enjoy a sack lunch, handy meal or hot noon meal in the dining room.

Check our website or center newsletters to find out what delicious meal will be available each day. Sack lunches feature such goodies as chicken salad sandwiches, chili and cold fried chicken. Take a handy meal home with you to keep on your shelf until you need it. Or, for the best value in town, stop by our dining center for a hot meal that includes a beverage and dessert.

All meals meet the Dietary Reference Intake standards to ensure you're getting the proper nutrition you need.

Unsure of how your meals stack up? Take the Aging Partners nutrition assessment and sign up for a screening or consultation.

Local "Heroes" Keep Meal Service Running

ero isn't a word heard much outside of Hollywood's silver screen, but it's a fitting description for the members of the Wahoo community that stepped up to ensure area seniors didn't go hungry.

When the diner adjacent to the Wahoo Senior Center was closed Aug. 1, the center's seniors were left without a place to receive their lunchtime meals.

Program Monitor Martha Hakenkamp credits Wahoo Mayor Jerry Johnson for stepping up to fill the gap left by the diner's closing.

"He took it upon himself to make all the arrangements so they would have almost uninterrupted meal service," she said. "He's a hero."

Johnson drew up a proposal that was approved by the city council to

have daily meals catered into the senior center by Valley Vending.

As the interim program is not funded by the government, older adults pay \$3.50 for the meal and must place their order by 1:15 the afternoon prior.

Volunteers from area churches stop by each day to serve the meals and clean up afterward. Johnson himself has been known to volunteer to serve a hot meal.

The interim program is slated to run until Oct. 1. By then, Johnson said the new countywide coordinator should have a new countywide program in place.

So far, the mayor has received a positive response from his efforts.

"Everyone has been appreciative of what we were able to do as a community," he said. "I'm just glad it's working for the seniors and the city was able to come forward. I just put the pieces together. I appreciate the comments, but I don't do it for the glory."



From left, Donald Veskrna and his wife, Norma, discuss the importance of senior meal programs with Wahoo Mayor Jerry Johnson.

A Quilted History

Colorful pieces of history were on display July 7 at the Butler County Senior Services Program in David City, during its first-ever Quilt Day.

Approximately 30 quilters showcased their masterpieces to more

Showcasca their master pieces to more

Olga Lehr

than 50 members of the public who stopped by to admire the handiwork.

Once everyone had the opportunity to admire each quilt, the artists stepped up to talk about their work.

Because the event received such a great response from the community, Linda Vandenberg, Butler County Senior Services Program Manager, is considering holding the event again next year.

"Quilters are artists, and they enjoy sharing and learning about each other's work," she said. "They all enjoy quilting and are proud of what they do. This gave people a chance to 'ooh' and 'aah' over their work, and it made them feel good about what they do."

Olga Lehr, a quilter for more than 65 years, brought five quilts to the event. She enjoys the pastime because it is relaxing and brings her together with friends. And, at times, Lehr said the hobby can even be exciting.

"I get a high when I see a pattern I've got to try and make," she said. "It's almost like a drug; it's a thrill when I can put colors together that people like. I love it."

Lehr enjoyed the outing and the chance to display her hard work.

"We all enjoyed it," she said. "It's been a boost, mentally and socially, for all of us quilters." •

Utica Senior Center Thrives

f in search of the secret to a successful senior center, one only need travel through the rural Nebraska countryside to a town with a population of less than 1,000.

While other centers may be struggling, a look at the numbers shows the Utica Senior Center is flourishing: the center has seen a 60 percent increase in participation during the last two years alone.

Joyce Schriner, Utica Senior Center Manager, has a simple answer for the reason behind this shining success story.

"It's the participants," she said.
"They are what make this place work."

Open Wednesdays and Fridays, the center has been in its current downtown location 11 years.

Residents from Utica and the surrounding area arrive like clockwork each Wednesday morning for an organized activity. Music presentations, speakers and games of Bingo keep participants lively and involved until a lunchtime meal is served by volunteers.

Friday afternoons are filled with shows and games, and one Sunday each month has been affectionately dubbed Sunday Night Sundaes for its delicious meal and ice cream sundaes.

"The people here are so involved and kind," Schriner said. "They have many interests and are accepting of everyone." She also credits the support of volunteers to the center's continued success. Schriner never worries about having help and appreciates the positive outlook of each volunteer involved.

The community has also played a large part in the center's rise to success. Each of its three annual fundraisers were well-supported.

"Everyone wants the center to be successful, and they are so excited when they see positive results," she said. "We have a fabulous support system."

LaVern Stuhr, Utica Aging Commission President, also believes the community has played a large role in getting the center to where it is today.

"Joyce and the volunteers work as a team to make it successful, and we have fun doing it," he said. "We're a close-knit family and community."

Christine Erks has been visiting the Utica center for more than 15 years and enjoys having a place to socialize.

"It's a place to get away from home so you don't have to eat by yourself," she said. "I see a lot of friends and make new acquaintances."

And, thanks to its participants, volunteers and supportive community, the Utica Senior Center reaps the rewards. Because participation is so high, the center



From left, Barney Pozehl and LaVern Stuhr joke while playing a game of Cribbage.



Evelyn Staehr's lucky numbers won her a prize during Blackout Bingo.

will receive additional funding and the opportunity to apply for a grant for an ice cream machine and salad bar.

Ehrenberg joins Saunders County

A ging Partners welcomed Donna Ehrenberg Aug. 26 as the new Senior Program Developer for Saunders County.

"I'm excited to take on this new role, and I'm looking forward to meeting everyone," she said. Ehrenberg's prior training and experience in health care, nutrition and senior center management will make her a valuable asset to the team as she works closely with the towns and communities in Saunders County to re-develop senior center meal programs.

She will also re-energize the nutrition program for older adults who depend on



Donna Ehrenberg

home delivered meal service. W

Aging Partners News and Events

Start Electronically Receiving Your Copy of Living Well Magazine Today!

When you receive *Living Well* magazine by e-mail, you have direct access to many services. Click your

mouse on any website listed and you are linked directly to a service or advertiser's website. Some will let you e-mail questions



e-mail questions about the provider services. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print out the whole magazine or just the pages that interest you. Call Deb Baines at 402-441-6146 or e-mail her at dbaines@lincoln.ne.gov to sign up.

Health and Wellness

Aging Partners Fitness Center

Monday through Friday 8 a.m.-4 p.m. 233 S. 10th St., Suite 101 A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m.-2 p.m., or by appointment. \$10 suggested monthly donation for 60+; \$15 for 60 and under.

Senior Health Promotion Center

Oct. 5, 7, 12, 14 Nov. 2, 4, 9, 16, 18, 30 Dec. 2

Free services available to people 60 years and older include comprehensive foot care, ear care, blood pressure and blood glucose checks, Sahara Bone Density screenings and health education. The

clinic is open on the lower level of the Downtown Center on most Tuesdays and Thursdays. Call 402-441-7575 for information. Contributions accepted.

Occuvax Flu Shot Clinics

Bring your Medicare Part B card, or \$25. Stay for lunch afterwards. Call your nearest center for more information.

- Wednesday, Oct. 13, 9 a.m.-noon Lake Center 2400 S. 11th St. 402-441-7157
- Friday, Oct. 15, 10 a.m.-noon Maxey Center 2032 "U" St. 402-441-7849
- Tuesday, Oct. 19, 9 a.m.-noon Northeast Center 6310 Platte Ave. 402-441-7151
- Tuesday, Oct. 19 and 21, 9 a.m.-noon Downtown Center 1005 "O" St. 402-441-7154
- Wednesday, Oct. 27, 9:30 a.m.-noon
 Hickman Center
 Presbyterian Church
 300 E. 3rd St.
 402-441-0423
- Thursday, Oct. 28, 9:30 a.m.-noon Bennet Center American Legion Hall 402-441-0423

University of Nebraska Cosmopolitan Mobile Nursing Center

Free services available to people 60 years and older are blood pressure, blood glucose, body mass index (BMI) and cholesterol with HDL breakdown.

 Monday, Oct. 4, 9:30 a.m. - Noon Burke Plaza 6721 "L" St., Lincoln

- Monday, Oct.18, 9:30 a.m. Noon David City Senior Center 592 "D" St., David City
- Thursday, October 28,
 9:30 a.m. Noon
 Oxbow Living Center
 1617 Bills Drive, Ashland
- Monday, Nov. 1, 9:30 a.m. Noon York Area Senior Center 725 Nebraska Ave.. York
- Tuesday, Nov. 9, 9:30 a.m. Noon Indian Center 1100 Military Rd., Lincoln
- Tuesday, Nov. 16, 9:30 a.m. Noon Stromsburg Senior Center 118 E. Third St., Stromsburg

Educational

York SHIIP Meetings

York Area Senior Center— Wednesday, Nov. 17, 10:30 a.m. York Leisure Home Dining Room Thursday, Nov. 18, 10:30 a.m. McCool Village Office Friday, Nov. 19, 12:30 p.m.

Bob Ross Oil Painting Classes

Paint along with certified instructor Donald R. Belik in this one-day painting class for painters of all abilities. Students will enjoy fun and sure-fire results. All materials and supplies are provided. Classes are on Saturdays from 9:30 a.m. to 3:30 p.m. at the Northeast Center, 6310 Platte Ave. Call 402-441-7158 for reservations. \$50 fee per class must be pre-paid.

Saturday, Oct. 9 – Enchanted Falls Saturday, Oct. 23 – Days Gone By No classes in November or December.

Call 402-441-7158 for event information. aging.lincoln.ne.gov



Free Senior Computer Education Classes from Community Action Partnership & Aging Partners

Computer Classroom, 210 "O" St., lower level Learn how to: Explore the Internet, send and receive e-mail and become an active participant in the computer age. Class size is limited to 14 students. A brief one-time 30-minute orientation is required before attending classes. Call 402-441-7158 to register. *Participants must meet income eligibility quidelines*.

- Class 1: Keyboarding
 Wednesday, Nov. 10
 8 a.m.-noon
 Learn the basics of computer
 typing and how to use the
 keyboard.
- Class 2: Microsoft Windows XP
 Wednesday Oct. 13 and Nov. 24
 8 a.m.-noon
 Introduction to Windows and
 the computer. Opening, closing,
 re-sizing and exploring Windows.
 Creating, saving, copying, deleting
 and moving files and folders.
- Class 3: E-mail and the Internet Wednesday, Oct. 27 and Dec. 8 8 a.m.-noon
 Learn how to search for information on the Internet, as well as how to set up and use an e-mail account.

Entertainment

Veterans Celebration Luncheon: "Other Stories from WWII"

Wednesday, Nov. 10, 10 a.m. Lincoln Firefighters Reception Hall 241 Victory Lane Join us for a delicious lunch and a special showing of "Other Stories from WWII," an inspiring film by award winning-filmmaker, Larry Cappetto. This documentary features first-hand accounts from veterans. More than 60 years ago, as young men, these veterans found themselves fighting for their lives and the freedoms we enjoy today, in Europe and the Pacific. This inspiring film chronicles the attack on Pearl Harbor in 1941; D-Day, June 6, 1944; The Battle of the Bulge, 1944; The Battle of Iwo Jima. 1945: the liberation of the concentration camps in Europe, 1945; and the atomic bombing and impending invasion of Japan, 1945. Co-sponsored with Roper & Sons Funeral Services. Call 402-441-7158 for reservations. 60-plus suggested meal contribution is \$3.

Happy Holidays: Songs of the Season, featuring: The O.K. Chorale

This special event will be presented at two locations on two different dates. Enjoy a catered meal and the vocal talents of some of Lincoln's finest entertainers providing musical memories.

- Tuesday, Dec. 7, Downtown Center, 1005 "O" St.
- Thursday, Dec. 9, Northeast Center, 6310 Platte Ave.
 Dinner 5:30 p.m. Show starts at 6:30 p.m.
 Dinner, 60-plus suggested contribution is \$3. Call 402-441-7158 for reservations. Show ticket price \$3. Transportation \$2.

Fall Arts & Crafts Fair

Saturday, Oct. 30, 9 a.m.-3 p.m. Northeast Senior Center 6310 Platte Ave.

Start your Christmas shopping early! Find some of the finest craft items in the area, shop at our bake sale or take a chance to win one of our great raffle prizes. Join us for lunch, too. Sack lunches are available, \$3 suggested donation for those 60 and older. Call 402-441-7151 for more information.

Halloween Dinner Dance Spook-Tacular!

Thursday, Oct. 21, 5:30 p.m.
Dinner and Dance 6:30-8:30 p.m.
Cotner Center Condominiums
66th and Holdredge
Join us for dinner followed by a
Halloween Dance featuring the
Shrine Dance Band. Wearing a
costume isn't required, but you can't
win a prize without one! Dinner is
a suggested contribution of \$3 and
dance reservations are \$5. Call
402-441-7158 with reservations.
Payment due by noon Oct. 19.

Day Trip Tours:

Reasonably priced Day Trips featuring entertaining places and activities. A minimum of 20 riders is necessary to confirm these tours. Call 402-441-7158 for trip details and reservations.

 Nebraska City Arbor Day Living History Days: Kimmel Apple Orchard

Sunday, Oct. 17, Cost: \$35
Enjoy a beautiful autumn day
in Nebraska City. Our first stop
will be for brunch at Valentino's
(\$9 on your own). Next stop, the
beautiful, historic Arbor Lodge,
where we'll enjoy the annual Living
History Days events, including
hay rack and carriage rides, cider
pressing demonstrations, costumed
characters and more. After that
we'll stop by Kimmel Orchard for a
bit of shopping, then home we go.
Call 402-441-7158.

Continued on page 12.

aging.lincoln.ne.gov

News and Events

Continued from page 11.

Centers

Holiday Meals at the Centers

Have a delicious holiday meal at one of the centers as a special part of your holiday plans. 60-plus only \$5, under 60 is \$8. Contact your center for reservations.

- Thanksgiving Meal Menu:
 Week of Nov. 15-19
 Turkey, dressing, whipped
 potatoes and gravy, green beans,
 cranberry salad, rolls with
 margarine, pumpkin pie and
 topping, and milk, coffee and tea.
- Winter Holiday Meal Menu: Week of Dec. 13-17
 Prime rib, twice baked potato, California vegetable casserole, rolls with margarine, berry pie with ice cream and milk, coffee and tea.

Weather Closing Information

KFOR, 1240 AM, has been designated as the official radio station for news on closing and cancellations of the Senior Centers. If the Lincoln Public Schools have closed, it is Aging Partners policy to close all centers.

Holiday Closings

Aging Partners Centers will be closed Thursday, Nov. 11, for Veterans Day and Thursday and Friday, Nov. 25 and 26, for Thanksgiving. It will also be closed Fridays Dec. 24 and 31.

Services

Home Handyman Program

Call 402-441-7030 for your work order requests.

Senior Health Promotion Center

or more than 10 years, Aging Partners and the University of Nebraska Medical Center College of Nursing have worked together to bring health services to adults age 60 and older.

The Senior Health Promotion Center began in 1999 with a three-year grant from the Nebraska Health Care

Cash Fund and continues to grow thanks to support from Aging Partners, UNMC and free will donations.

Services include foot care, ear wax removal, bone density screenings, blood glucose screenings, cholesterol screenings and blood pressure and medication review.

Services are provided by UNMC students during their gerontological nursing class clinical rotation. Rita Antonson, Nurse Practitioner and Director of the Clinic, said the clinic is a wonderful learning opportunity for students to work with ambulatory elders.

"It's very reciprocal," she said. "The clients get the care, and the students learn about gerontology."

Kathryn M\(\text{SKee Dwinell,}\) 105, has been using the clinic's services for several years. She goes about every two months to

Earl Holland treats himself to the Senior Health Promotion Center's foot care services.

have her feet and ears cleaned and taken care of.

"Any pampering makes you feel good," she said. "I appreciate all they do."

Participants are encouraged to give free will donations to cover the costs of supplies, but there are no fees. Transportation is also offered at no cost to clinic participants.

For clinic dates, times and transportation scheduling, call 402-441-7575 or 402-441-6687.



Clinic Dates Oct. 5, 7, 12, 14

Dec. 2

these dates.

Nov. 2, 4, 11, 16, 18, 30

Flu shots will be available Oct. 19 and

21; other clinic services

will not be available on



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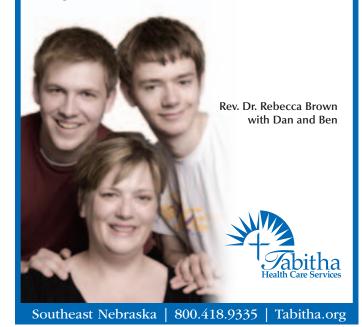
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Key for Services: \triangle = Lancaster only

MISSION

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

Being Well

NUTRITION

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

HEALTH & FITNESS

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

▲ 402-441-6687

- Caregiver Support Services -
- Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575
- 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** 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.
- Alzheimer's Disease Information and referral. 402-441-7070 or 800-247-0938
- Widowed Person Service Support for people who are widowed.

▲ 402-441-7026

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

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

SENIORS FOUNDATION

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

Staying Involved

VOLUNTEER!

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

SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and five in Lancaster County.

▲ 402-441-7158

EMPLOYMENT

402-441-7064 or 800-247-0938

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



JERS SERVICES



Living at Home

CAREGIVER SUPPORT

402-441-7070 or 800-247-0938

- Caregiver Support Groups Discuss issues and problems of caregiving with other caregivers.
- Senior Companion Program -Home-bound older adults receive companionship.

▲ 402-441-7070

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- Care Management Services
- SentryCare/Lifeline Emergency Response System - 24-hour emergency access at the press of a button.
- Long-Term Care Ombudsman -Protects the rights of residents in longterm 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 for older adults.

▲ 402-441-7070

HOUSING & HOME REPAIRS

• Home Handyman Service - Minor home repairs and maintenance from mowing to leaky faucets, painting and broken light fixtures.

402-441-7030

- Assisted Living and Nursing Facilities

 Listings are available at 402-441-7070
 or 800-247-0938 or at aging.lincoln.ne.gov.
- · Subsidized and Independent Housing

Shared 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 areas. Handicap accessible.

▲ 402- 441-7031

• Other options in the community - Listings available at 402-441-7070

LIVING WELL MAGAZINE

402-441-6156

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To receive *Living Well* by e-mail instead of in the mail, call 402-441-6146 or e-mail dbaines@lincoln.ne.gov.

LIVE AND LEARN

A monthly TV show for and about older adults on 5-CITY TV, Channel 5 and video-on-demand at lincoln.ne.gov.

MULTI-COUNTY PROGRAMS

- Butler County Senior Services,
 Linda Vandenberg, 402-367-6131
- Fillmore County Senior Services, Brenda Motis, 402-759-4922
- Polk County Senior Services, Maureen Stearns, 402-764-8227
- Saline Eldercare, Amy Hansen 402-821-3330
- Saunders County Senior Services, Donna Ehrenberg, 402-318-1471
- Seward County Aging Services, Kathy Ruzicka, 402-761-3593
- York County Aging Services, Lori Byers, 402-362-7626

MULTI-COUNTY CARE MANAGEMENT

All Counties: 800-247-0938 Aging Program Coordinator, Donna Mulder

- 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 402-443-1097
- Seward County: 800-247-0938
- York County: Nancy Hoblyn, 402-362-7626

MULTI-COUNTY SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

- Sue Kramer, Intake
- Avis Blase, Nancy Kohler & Wendy Hanshaw, Services Coordinators
- Ann Bussey, Sandy Oswald & Shirley Vickinovac, SCO Nurses 800-247-0938

aging.lincoln.ne.gov



Rogers Instills Trust

t's not often someone feels blessed to have a broken toilet, but that's exactly how

Louise Lotman describes the situation that took place last winter.

When LeRoy Rogers arrived at Lotman's home to repair what she thought was a leaking toilet, he discovered a much bigger problem. Water was running down the home's driveway and the water meter was quickly spinning.

Upon further investigation, he realized the entire crawl space under Lotman's home was filled to the subfloor's rafters with flowing water thanks to a frozen pipe that had burst.

Rogers called in reinforcements, and he and another specialist turned the water off and used sump pumps to drain the water from the crawl space into her bathtub. Though he had saved Lotman's home from further damage and costly repairs, Rogers continued to go above and beyond. He kept Lotman calm during the ordeal, and even retrieved fresh drinking water from his own home to sustain her until the water could be turned back on.

"The Handyman Program is a wonderful service and I recommend it to everyone," Lotman said. "LeRoy did more than you expect from anyone. He's a very nice guy and very good with plumbing problems."

Rogers has been involved in the Home Handyman Program about eight years. He has owned a home repair business the last 30 years and in addition spends about four hours per day five days a week completing work orders for the Aging Partners program.

Rogers enjoys serving as a handyman seniors know they can trust.

"The program protects them from unscrupulous people who may try to take advantage of older adults," he said. "It's my job to instill trust in them, guide them through their decision process and show them I'm there to help. I'm absolutely on their side."

His time at Lotman's home isn't the only instance Rogers has been there to save the day. In July, he was working on a leak in the home of Maureen Schutte when she had a varicose vein burst.

Rogers kept a clear head, dialing 911 and instructing Schutte to apply pressure to the bleeding. He also made sure her husband was able to ride along to the hospital.

Now, whenever Schutte needs electrical or plumbing repair, she asks for Rogers.

"When we were going to the hospital, LeRoy told me he would make sure the doors were shut and everything was taken care of," she said. "There was nothing undone, he had done everything. It's wonderful you can trust somebody to do that these days."

Rogers is just thankful he has the opportunity to give back.

"It creates a definite feeling of service to the community, as well as the individual you're helping," he said.

The Aging Partners Home Handyman program supports older homeowners by performing minor home repairs and maintenance tasks they may be unable to do. Projects include minor plumbing, electrical, and carpentry projects, door and window repairs, gutter cleaning, home safety improvements and mowing and yard clean-ups.

Safe Homes for Seniors

New this year is "Safe Homes for Seniors," a joint effort between the Lincoln-Lancaster Health
Department and the Aging Partners
Home Handyman Program geared to assess homes for potentially hazardous products that may harm the homeowner's health and safety.



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• 3777 North 58th St.
Ph 402.466.3777



Gordon Recognized as America's Outstanding Oldest Worker

hen an older adult is part of the work force, their company benefits from a level of expertise and knowledge that comes only from years of experience.

Experience Works, a national nonprofit training and employment organization that promotes the hiring of older adults, recognized Lincoln's own Sally Gordon as America's Outstanding Oldest Worker.

The 101-year-old, who has served as assistant sergeant-at-arms in the Legislature for 26 years, was honored Aug. 10 in the Capitol Rotunda.

Billy Wooten, Experience Works Executive Director, said honoring Gordon highlights the advantages of working with older adults.

"It's an opportunity to use outstanding older adults such as Sally to inspire individuals everywhere to remain active and continue to make valuable contributions to the workplace," he said. "We hope to inspire employers who are looking for dedicated and enthusiastic staff."

According to Wooten, older adults who stay active in the work force improve their own quality of life, as well as the quality of life of their families and communities.

Governor Dave Heineman said Gordon is an institution in the state capitol and serves as an inspiration.

"She's an outstanding Nebraskan, someone we're really proud of not only in this capitol, but all across the state of Nebraska," he said.

Senator Ben Nelson said Gordon proves age is more of a frame of mind than anything else.

"We can all learn a lesson from Sally," he said. "She's a Nebraska treasure and a living legend. She continues to do something very few people do, and she's an inspiration to the rest of us."

For Labor Commissioner Catherine Lang, Gordon represents a life of social and civil engagement at every stage of life.

"I am so pleased to have this opportunity to publicly sing my praises of this amazing and vibrant woman," she said. "She serves as a representative of 40,000 other Nebraskans who are a necessary part of our state's social and economic engine. Thank you, Sally, for your desire to remain an active part of our community and serve as a mentor."

Gordon, who has no plans to leave the work force anytime soon, hopes her story serves as an inspiration to others.

"This is truly a special day," she said. "I am honored to be here and I appreciate the opportunity to serve as a role model." ...



Currently celebrating 45 years, Experience Works is the nation's largest training and employment organization for older workers. Formerly known as Green Thumb, its mission is to improve the lives of older adults through training, community service and employment.

Senator Ben Nelson congratulates Gordon on her achievement.



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seniorsfoundation.org

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

FALL 2010

Letter from the President

Taving served on the Seniors Foundation Board for several years, I look forward to my year as President of this energetic organization. The Seniors Foundation has a long history of leading community support for older adults. As we all know, it takes a community to support a community. The board will be kicking off a new program this fall; "Seniors Foundation – Partners." We are asking you to stand with us as one of our "Partners" in enriching the lives of older adults in Lincoln and Lancaster County. I encourage, and look forward to, your participation.

Another important project at the foundation is the Lincoln Seniors Transportation Program. We are working to recruit volunteer drivers to give a senior a ride.

There are many older adults who no longer drive and have no children or relatives close by to help with errands or trips. You might have a parent or know a neighbor that needs to go shopping for groceries, get a haircut, go to church or to a movie with no affordable way to get there. Every senior's dream is to stay healthy and active in order to maintain independence in their own home! We currently have more riders than we have volunteer drivers. We need your help. This is a wonderful chance to give back to your community! A couple of donated hours a month would make all the difference in the life of an older adult. Please contact Deb Hynek at 441-6143 for more information.

You will be so glad you did!

Seniors Foundation has been busy working on making the Aging Partners One Campus concept a reality. We have been at work developing partnerships and looking at locations for the One Campus. Older adults in Lincoln and Lancaster County need a place to go that has ample parking, easy public transportation, and provides all of the Aging Partners services they need in one safe and accessible location; a one-stop shop for all aging services. The families of older adults need this, too. Many people, agencies and businesses will come together to make this happen. It is a good thing for Lincoln. As you can see, there are exciting things on the drawing board for the Seniors Foundation Board of Directors. Stay tuned for more news in upcoming editions of Epoch Voice.

The Seniors Foundation Board of Directors appreciates anything you can do to assist us in helping Aging Partners make each day a better day for all seniors in our community. We thank those that have supported us and welcome those that will in the future. Together, we can make Lincoln and Lancaster County a better place to live for older adults, their families and those that love and care for them.

I look forward to working with my fellow board members and the community this coming year.

Helen E. Griffin Seniors Foundation Board President



Helen E. Griffin Seniors Foundation Board President



Find us on f Facebook

Join our Facebook Community

Stay up-to-date on the happenings at the Seniors Foundation. You can join our facebook group by going to seniorsfoundation.org and clicking on the Facebook link. If you're already on Facebook, search Seniors Foundation. "Like" us to be a part of the conversation.

Harold's Story

Over the past few issues, we have shared the story of Harold, a widower in his 70s, in a small Nebraska town served by a senior center.



I is Story—Harold retired from farming at age 70. He and his wife, Vera, were healthy, active in the community and enjoyed their connection with the local senior center. They visited there frequently for Harold's blood pressure checks and Vera's diabetes education. They joined many neighbors at the center for lively conversations, meals and celebrations.

When Vera died unexpectedly, Harold slipped into deep depression. At first he stayed connected to the center, but when budget issues cut into services, Harold couldn't be as active. He began missing meals and medications, never exercised and rarely socialized. In fact, he napped most of the time.

Alerted to her father's condition by hometown friends, one of Harold's daughters made an emergency trip to Nebraska from Colorado. The house that had been "spic and span" when her mother was alive was now not only dirty, but littered with papers and spoiled food. Her once strong father was clearly confused and disoriented. First shocked, then concerned and frightened about her father's appearance and surroundings, his daughter believed the only recourse was to place her father in a Lincoln nursing home. There she would be guaranteed that he would receive the care he needed.

In today's world, other than the funeral notice, that would have been the end of Harold's story.

A Brighter Future

But, fast forward a few years when Aging Partners has in place a One-Campus concept that empowers the client and embraces technology—Harold's story could have a very different ending. Read on...

Because the manager of the center had been in touch with Harold and his daughter frequently, she made an appointment for Harold when she noticed his absence from activities. She reassured them that there were other options.

The manager worked with Harold's Living at Home and Being Well team members, located both in Harold's community and in Lincoln, to create options for him. Many Aging Partners One Campus resources, such as the Tech Café and on-line grief support groups helped him learn to live independently. His manager encouraged him to enroll in teleconference classes about cooking and nutrition, exercise and grief recovery.

At first, this "new-fangled technology" worried Harold. But after a bit of coaching from his team, he warmed to every bit of it.

(continued on page 3)

Harold's Story (continued)

In fact, he was so proud of his new skills that he encouraged his family to get involved and to teleconference with him as well. That way, his family was confident that Harold was doing well. He could be more involved with their activities, despite the long distances between them.

Once he was active in the center again, the staff was able to remind Harold to take his medications and monitor his blood pressure. It wasn't easy to give up the life he had

enjoyed with Vera, but Harold knew that with the support he had found at the center that he could live happily and safely in the home that he had loved for so many years.

You Can Help

You have just read about two very different endings for our friend Harold. The second ending is within our grasp for him and all seniors in Lincoln and the surrounding counties that are served by Aging Partners.

For more information about how you can impact the lives of seniors now and in the future, contact Diane Rolfsmeyer, Executive Director, Seniors Foundation, 402.441.6179.

Honoring the Past, Planning the Future



Diane Rolfsmeyer, Executive Director, Seniors Foundation

By the time you read this letter, I may have already celebrated one of the two significant October dates in my life. One is my birthday; October is a wonderful month for a birthday! The other is the anniversary of my first day on the job at Seniors Foundation as executive director. I will be two years old in this position on October 30! I have been proud to be affiliated with such a worthy organization and I have to say, these two years have just flown by.

The board of directors selected their officers for the 2010-2011 year. Last year's President, Mary Jane Nielsen, is still with us as the immediate past president in support of our new president, Helen Griffin. The officers' term began on July 1. We have two new board members; Coleen Seng, former City of Lincoln Mayor and Dennis Buckley, Editor of *Neighborhood Extra*.

Sadly, we said goodbye to one board member who had served the maximum of three terms and, by special vote, an additional year. Alice Skultety has been a valued servant of the Seniors Foundation for ten years! She was a steady hand as president and brought a wealth of

understanding and expertise to the fiduciary responsibilities of the board. Alice became my mentor and close personal friend these last two years. While she is gone from our meetings, Alice still is a ready resource and only a phone call away in her support of Seniors Foundation efforts. Thank you, Alice.

We closed our fiscal year on August 31 and are getting ready to prepare our annual informational report to the Internal Revenue Service. This important document is the data source for our annual report. We already know that donations are up from the previous year as are our contributions to the programs and services of Aging Partners.

As our past has held great achievements, our future holds great challenges preparing for the coming swell of older adults in the 'Boomer' generation. I feel firmly that Seniors Foundation is ready for what lies ahead and has charted a course that secures success. I look forward to the work of the Foundation in the coming year and to the privilege of working with one of the finest boards assembled in the industry.

Stay tuned!

WANTED: Snow Removal for Seniors

Your donation can help:

- 1) Keep seniors safe
- 2) Keep those who serve them safe (postal workers, care providers, and others)
- 3) Keep neighbors and school children safe

Aging Partners is preparing for the inevitable Nebraska winter snow season. But they need your help. Their snow removal program is not within their budget. These sidewalks are shoveled only through the generosity of people like you.

The average recipient of the program's services is between 70 and 89 years of age and female. The snow removal program helps many others as well: postal workers, school

children, providers of services for seniors, as well as neighbors and the general public.

Your contribution helps secure the safety of Lincoln seniors and those who use public sidewalks spanning their property.

Please help! Pick up a pen right now and give so that a senior doesn't have to pick up a shovel this winter!

Send your contribution to Seniors
Foundation. Please write "Snow
Removal" in the memo line so that we
can accurately follow your wishes. Feel free
to return it in the enclosed reply envelope. You
can also donate online at seniorsfoundation.org.
Click on the Donate Now button and be sure to
specify the snow removal program.

Become a Partner!



Seniors Foundation Announces its 2011 Partner Campaign

Join us in our goal to raise \$250,000 annually to support the programs and services of Aging Partners. As a Seniors Foundation Partner, you will receive a host of benefits that include: links from our website, magazine and newspaper recognition, a display decal, seating at our spring awards event and sponsorship opportunities

on cable channel 5CityTV "Live and Learn" and *more!* You can choose from several levels of support.

Even better, you will receive the satisfaction that you have contributed to the well-being and options of our community's citizens aged 60 and over.

Contact Seniors Foundation at 402-441-6179 for more information.



of Lincoln & Lancaster County

1005 O Street P.O. Box 81904 Lincoln, Nebraska 68501-1904 Phone: (402) 441-6179 Fax: (402) 441-6104 seniorsfoundation.org

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Seniors, the foundation of our community



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

Funeral Options are Available

In a world full of uncertainty, there is one thing each of us will eventually have to prepare for: funeral arrangements.

But when money is a concern, this difficult time can become even more stressful. Fortunately, there are options for those struggling with finances.

Upon the death of an older adult with no money or assets, Aging Specialist Barbara Straus said the next of kin can turn to the Lancaster County General Assistance Program for help. Available only for Lancaster residents, kin can only apply after the time of death and need to produce records of the deceased's assets, or lack thereof. Any funds go toward the cost of cremation.

"This option is really a last stop, when there is no other resource or place to turn," Straus said. If a veteran dies without assets, their next of kin can apply for assistance at their county Veterans Service Center. The center will apply for assistance from the Nebraska Veterans Aid Fund, and will work with a funeral home to pay up to \$2,000 toward cremation, or \$3,000 toward funeral costs.

Straus said Nebraskans also have the option of donating their body to science at two medical schools in Omaha: University of Nebraska Medical Center and Creighton University, through the State of Nebraska Deeded Body Program. If they live within a 60-mile radius of Omaha and the body can be delivered within 12 hours of death, there is little to no expense for this program. For questions about the Deeded Body Program, call 402-559-4030.

If older adults plan ahead for their funeral, Straus said consumers can make informed decisions and keep costs down. By paying for the service up front or in monthly installments, older adults can lock in the current price for their funeral arrangements.

She also recommends those planning ahead to shop around at local funeral homes, which are legally required to disclose their prices. Approximately four years ago, Straus compared basic cremation prices at about eight funeral homes; prices ranged from \$700 to \$2,500 for the same service.

"People are wise to pre-plan and compare funeral options," she said. "The only time they can reduce costs and distress for their families is in advance of their death."

Understanding Hoarding

ensational stories in the media and the popular A&E television show "Hoarders" have given Americans a glimpse into some of the most extreme cases of hoarding. Recent stories in the news describe in terrifying detail the ordeal of an older Chicago couple buried alive for three weeks earlier this summer beneath a mound of their own trash and debris. In August, a Las Vegas man discovered the body of his wife who had been missing since April; he was sorting through a room full of clutter when he discovered her buried underneath.

Hoarding, a mental illness with obsessive compulsive tendencies, is the excessive collection and retention of things or animals until they interfere with day-to-day functions such as home, health, family, work and social life. To understand how a situation can grow so desperate, it's important to understand the underlying issues of

depression, desolation and dementia.

Statistics show that 81 percent of older hoarders who have OCD live in unhealthy and even hazardous conditions. Red flags include mold and dust odors; vermin; flies and gnats; numerous pets; fire hazards, such as blocked pathways, windows or doors; and stacks of flammable paper/trash near the stove, oven, water heater, space heater or furnace. Items collected may include: newspapers and magazines, paper, clothing, books, bags and food containers, food, anything that is free, specialty items, and animals. Though the collection may appear as trash to others, each piece has great value to the hoarder.

To treat the hoarder, Social Worker Joanne Farrell said it's important to focus on the person, and not the mess, by establishing a relationship and involving family, friends and caregivers. It's vital the interventions apply the correct measures that ensure the hoarder's cooperation and prevent emotional harm.

"The danger here is if people move too quickly," she said. "We want to spend lots of time working directly with the hoarder."

Farrell also recommends turning to the Harvest Project for help. A collaborative operation of Aging Partners, the Community Mental Health Center and CenterPointe, the Harvest Project case management services are cost-free and confidential for Lancaster County residents age 55 and older and diagnosed with a serious and persistent mental illness.

"The Harvest Project will work with families to understand the complexity of what is happening to their loved one," Farrell said.

For more information about the Harvest Project call 402-441-7070.



Embracing Change: Lessons for Successful

By Valerie Crook, Editor

You've heard it before — change is one of the only things you can count on. You've probably heard a corollary: Change is difficult...even scary.

Jim Rembolt has made a career of helping others find their way through life's changes. Since he's begun transitioning to retirement, we thought it timely for him to share his insights. A quick glance at Jim's resumé shows that he achieved successes early in life; so we'll begin there.

If you ask him, Jim may tell you his success story really isn't that special-he may even credit luck. His business card doesn't carry a title, although one can't help but notice that his name is on the letterhead and signage at Rembolt, Ludtke, LLP, a Lincoln law firm.

Jim's story does contain elements of luck: supportive parents who believed in education, honesty and hard work; a steady stream of teachers and mentors through graduate and law school; and his early work experiences.

Pave the Path with **Sound Decisions**

Jim knew making strong decisions would create the life he wanted. Choosing to uphold a positive attitude was one of his first decisions. An individual may not control a situation, but they can control their attitude. For Jim, optimism proved a self-fulfilling prophecy.

Jim says it remains important personally and professionally to take advantage of decisions you can control. During an early legal career that focused on business transactions, he often advised clients to "Make that 10-minute call;" to ask the consequences of an action before taking action. Only then can you have control over the outcome. It's much more difficult to correct the consequences of hasty decisions.

Give Back

Jim made an early commitment to give back to the community in which we are always both mentoring and being mentored. He said each person can choose whether to set a positive or negative example.

He has an admirable track record as a servant leader. Aging Partners and the Seniors Foundation would like to take this opportunity to thank him for his tenure on the Seniors Foundation board of directors, which included a year as president.

> Jim's time with the foundation started in the early 1980s, when the board was moving—

> > literally. The Downtown Senior Center had moved to its current location at 1005 "O" Street, thanks to the diligence of the new Seniors Foundation Board. The move allowed the center to

offer more services to older people in Lincoln.

Rembolt Ludtke, LLP, continued to supply board members with legal expertise since those early days.

"Aging Partners is one of the area's best kept secrets," Jim says. "It's a remarkable resource."

Explore a Variety of Interests

One might assume Jim was all work and no play. Early in his career, he trained as a United States Air Force pilot and flew

iets with the Nebraska Air National Guard. Flying was such a demanding mental pursuit; it forced him to think outside the

but I can adjust my sails to always reach my destination." - Jimmy Dean realm of his legal work. Other

"I can't

change the

direction of the wind,

sports, hobbies and interests also helped him grow as a person. Jim recommends keeping a "bucket list" of things to experience in life. He said it is important to try them out before retiring, because

they will be familiar friends to help ease the transition.

"See the Future"

As his business clients matured and his level-headed guidance gained their trust, Jim was asked to help plan more personal legal matters. As clients gained wealth, married, became parents and moved through the passages of life, their needs changed. Jim was there to listen, present options and help them accomplish

"God, grant

me the serenity

to accept the things I

cannot change, the courage

to change the things I can,

and the wisdom to know the

difference."

– Reinhold Niebuhr



Time is a dressmaker specializing in alterations." – Faith Baldwin their goals. He also accepted that similar changes would affect his own life over time. He literally "saw the future" through those he counseled.

This is the art of estate planning. This area literally comes to the heart of matters.

"Making an estate plan is a gift of love," he said. "An estate plan may be the most important document you ever sign."

Jim benefited from seeing plans that succeeded and plans that fell short. He also witnessed the consequences of good and bad decisions.

Lessons for Your Future:

What if you embraced change? What do you want your future to look like? What if you were so bold as to plan for it? These are the beginnings of a successful retirement and a legacy of love for those you cherish most.

How will you actually make this passage to retirement?

You will benefit from proactive planning. You cannot stop change, but you are more able to manage it while you are still capable. Jim's overarching advice is to make your own decisions, rather than burden your children or caregivers.

Put First Things First

You must be willing to take an honest look at where you are now.

Have the courage to stare down the human tendency to deny obstacles or realities that may be difficult to accept. Having a trusted advisor can help keep you honest with yourself.

What role has work played in your life? Even if you are looking forward to retiring, you will have a void to fill. What is your level of health? What is your level of activity and mobility? Consider your genealogy-what were the health issues and life spans of your parents and siblings?

Assess the strengths and weakness of your current home. Take stock of your current financial assets, including insurance, investments and property. Check to see if designated beneficiaries are current.

Anticipate Your Future

What you want to avoid is your children saving, "You need to stop driving, move to a safer home, etc." Again, "It is not the proactively make your

Anticipate changes at least three years in advance if possible. For example, if a change of residence will be in order, make that change three years before you anticipate it will be

own decisions.

"The key to

go of fear."

necessary. Gather up your courage and be honest. Those three years will give you time to become comfortable in your new change... is to let home. Moving to a new home under the duress - Rosanne Cash

of a health or other crisis will only make the transition more difficult.

What are your social and emotional needs? How will you make sure you have healthy food that you enjoy? Do you want to volunteer? What are your hobbies? How do you get from place to place?

Here's when your "bucket list" comes in handy. What will you try that you've always wanted to try? What "If nothing will you be able to ever changed, spend more time there'd be no doing? Who do

you want to spend

that time with?

strongest of the

species that survive, nor

the most intelligent, but

the one most responsive to

change."

- Author unknown

butterflies." – Author Unknown

Couples: Openly and honestly discuss your goals for retirement well in advance. You have probably developed a routine through the

vears. It can be a great time to reassess and create a new

> life together. Be sensitive to your spouse's needs, wishes and timetables. What hobbies and interests do vou share? Which do you maintain and explore independently?

Look for laughter.

Those who can approach situations with a sense of humor are armed with one of life's most potent elixirs. It can soothe and soften nearly Continued on page 26.

"When you are through changing, you are through." - Bruce Barton

Fall 2010

25



Continued from page 25.

any challenge. It helps bond you to those you value through joy and tears.

Put Your Affairs in Order

Death and taxes are two certainties in life. You do, however, have a say in how they are managed.

The following advice is not intended to be comprehensive. Please contact your own

personal advisor, who can help you assess your unique situation and recommend options.

Your estate plan is a living document and a gift of love for those you care about most.

If you don't have the following documents in order, the time to start is now. If you do, make it a policy to review it every three to five years (or any time a life-changing event occurs). In particular, update all individuals named as representatives and beneficiaries.

It is estimated that 70 to 80 percent of people in the United States die without a will.

A will is the cornerstone of any estate plan. Without a will, the state will distribute your estate according to its laws—which may not reflect your wishes. An advisor will help you with the "what if" questions and

help you weigh the consequences of your instructions to those you leave behind.

Avoid setting up future generations for conflict. When emotions run high, it may be tempting to lash out at an heir. The decision to punish or reward one family member, however, may have unintended consequences.

Siblings can be set up for a lifetime of resentment.

"After you've

done a thing the same

way for two years, look it

over carefully. After five years,

look at it with suspicion. And

after ten years, throw it away

and start all over."

- Alfred Edward Perlman

Whenever
possible, make
these decisions
with love. Also
be sensitive to
cultural practices
that may not be
understood by future
generations.

Anticipate these questions: Who will take care of your affairs if you become impaired or unable? Who can pay your bills? Who will have the power to make your medical decisions? At what point would you want to stop medical efforts to keep you alive? Do you have special wishes for your funeral or memorial service? How will these expenses be paid? Answer these questions and plan in advance to spare those you love from being forced to make these decisions under duress and ensure your wishes are carried out.

Jim's Notebook

Jim is practicing what he preaches. He recommends that once estate documents are in order, they should be organized into a binder with all financial and other necessary information. He titled it, "Jim Died Last Night," and told his loved ones where to find it.

My hope for Jim is that his notebook is opened a long, healthy and happy time from now. I'm guessing in the meantime, he will rest easier knowing that he made his own decisions while he had a clear gaze to the future. His loved ones will certainly mourn his loss, but they will not say goodbye while in crisis. His loving wishes will continue to steadily guide them. I'll also venture to guess that many who never had the pleasure of knowing Jim will be thankful for his legacy.

Why? Because he had the courage to face the present with open eyes, the foresight to anticipate the future and the grace and wisdom to plan for it.

"Be the change you want to see in the world."

– Mahatma Gandhi

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Caregiver Corner

Hospitals and Other Medical Mazes

Part II in the series "An Accidental Course in Caregiving" by Dr. Debra Mullen, Associate Dean, College of Education & Human Sciences, University of Nebraska— Lincoln.

The double doors slide open with effortless silence and I walk toward the staff who, on so many occasions, have greeted me. "We're back," I say, trying to be cheerful while the ambulance backs in. A nurse directs the ambulance crew to an open room as I turn to the woman who is waiting to check us in. It's a scenario I have repeated more times than I can count, and it requires a set of caregiver skills most of us learn as our loved one progresses through the medical system.

The policies and staffing of today's hospitals bear little resemblance to the hospitals of my youth. Along with advances in technology and new means of communication, there have been changes in staffing, length of stay and the role of the family doctor. Understanding and effectively interacting with this environment requires assertiveness, copious note taking and tenacity. Even in ideal situations, advocating for a loved one in a hospital environment is much like competing in "The Amazing Race."

The First Hours

Whether the hospital is large or small, the staff's initial step will be an assessment. The process will progress faster and more smoothly if you provide a list of current medications, insurance cards, a list of recent hospitalizations and any other information that might impact treatment. I discovered the ease of creating medication cards using

standard business cards from any office supply store. Using the template to ensure the correct margins, I simply type in my family member's name, date of birth, date the card was created, list of medications taken and time of day they are taken. On the back I write emergency contact information and allergies. These are easy to update, fit into a billfold and make accounting for each medication simple. A second card lists recent surgeries and implants.

Moving quickly through the check-in process and reuniting with your family member is important if he or she suffers even mild dementia. The climate of an emergency room is unsettling for anyone. For an older person being examined, having an IV inserted and not being given the time to "stop and think" can dissolve normal recall. In addition, events leading up to being in the emergency room often hold valuable clues as doctors create a diagnosis. Simple changes we may normally disregard can be early signs of significant declines in health. Unusual thirst, a lingering headache, mood shifts or the onset of a cough can signal potentially life-changing illnesses. Caregivers who can describe these changes are invaluable in accurately assessing the situation.

Care Providers

In a large hospital, your loved one will likely be seen by a hospitalist—a relatively new position in the medical community. Hospitalists are doctors who work only in hospitals. They do not have private practices and they work scheduled hours. For general practitioners, hospitalists are life

savers. They eliminate the need to make hospital visits after a long day of seeing patients in the office. However, there are limitations to the care they provide. In my experience, a hospitalist is working from protocol. They assess an individual's condition based on facts and probabilities, not on really knowing the patient as a person. They lack the insight of a long-term relationship.

For us, the hospitalist brought a clinical level of expertise, but not a genuine and enduring interest in my family. It became important that I "personalize" my parent to make certain the hospitalist understood the patient in the bed was more than a data set. A fighting spirit, an amazing sense of humor and remarkable courage are patient assets hospitalists may fail to consider in those they treat. Knowing the name of the hospitalist, and how the family member was treated is important. This helps keep the "chain of care" clear and especially if the patient moves to another facility after leaving the hospital. It also solves the riddle of medication and/or treatment changes.

Depending on the situation, another type of doctor often appears—the specialist. This individual can provide specialized knowledge of an illness or condition. However, he/she also is unfamiliar with the patient. Like the relationship with the hospitalist, I have found it important to "fill in the gaps" regarding my family. It is not uncommon for the specialist to request additional—and sometimes extensive—testing to fully understand a patient's condition.

In Case Of Emergency Contact Fred Smith

son and Power of Attorney 402-555-6789 (work) 402-555-2589 (cell)

Donna Smith

daughter-in-law 402-555-1022 (work) 402-555-2590 (cell)

Allergies Sulfa

Latex

John F. Smith

DOB 7-19-1925

Medications Current as of 8-20-2010 **Morning:**

Levothyroxine .125mg 1 daily
Diltiazem .25mg 1 daily
Atenolol 20 mg 1 daily

Evening:

Coumadin 2 mg 1 daily Lasix 20 mg 2 daily Zocor 50mg 1 daily

Express Your Values and Goals

On numerous occasions, we have refused a test because it would not yield information that would significantly improve my mother or father's condition. And, it would entail discomfort or unacceptable risks.

A perfect example occurred when the hospitalist discovered a mass in my mother's lung. The specialist called in for a consultation suggested a biopsy. We knew that the mass had existed more than 10 years and was probably malignant. However, we also decided that my mother was unwilling to have a portion of her lung removed, endure chemotherapy, or know definitively that the mass was malignant. We declined the procedure, and, as the doctor left the room he said, "If you change your mind let me know. I'd like to know what it is."

Many times in the course of my caregiving, I have balanced the risks and benefits of medical procedures. My decisions have always aligned with the values of our family. That alignment has sometimes been at cross purposes with the values and goals of the medical community. Having the courage to oppose a doctor's suggestion takes confidence. Like any caregiver, I have feared being wrong. However, to date, I have not regretted a single decision, and remain convinced that the best interest of my family doesn't always coalesce with a doctor's desire for information, or a hospital's financial bottom line.

Medications

Each time my family member has entered a hospital, they have been discharged with new medications and administration schedules that were difficult to follow. Unlike the hospital, my father's home isn't fully staffed 24 hours a day. While it may be optimal to administer a medication every four or six hours, the medication is more likely taken if given twice daily instead. This is an important issue to raise with the doctor or nurse who is handling the discharge instructions.

Reviewing the entire medication list is critical. An older family member with multiple long-term health issues may have a medication list that includes prescriptions from the family doctor, several specialists, a hospitalist, and any prior hospitalization or visits to a doctor. As a caregiver, I have always believed it my responsibility to guestion the value and necessity of each prescription. The Internet and pharmacist remain two unbeatable resources. Our pharmacist has pointed out redundancies in medicines. potential side effects and possible drug interactions. His eye for detail has helped eliminate the risk of overdosing and minimized cost.

Through Internet research, I discovered family members' prescribed medications actually countered each others' effectiveness.

I also learned that sometimes doctors will prescribe a medication offlabel. An off-label prescription is one in which the medication has been tested and approved for a specific condition, but may be beneficial in addressing another illness. However, the benefit has not been established. An example of this occurred for my father. He was given a medication commonly prescribed for fibromyalgia—a condition he doesn't have. Some doctors believe this medication helps reduce nerve pain—something he does have. Without adequate evidence that the medicine was beneficial for his specific condition, I asked that it be removed from his list. It was and there was no change in his condition.

Another important aspect of this issue is how older people metabolize medication. Generally, they are incapable of moving medication through their systems as quickly as younger people. This can, and often does, result in a build-up of medicine. One of the principle side effects is the impairment of cognitive function. If your loved one seems unusually sleepy, confused or unable to make decisions, head to the medicine cabinet and start reading labels. It is very possible the medications are creating a second set of concerns.

I cannot overstate the importance of vigilance when it comes to the medicines your family member receives. Medication choice and administration have a profound effect,

Continued on page 30.

Caregiver Corner

Hospitals and Other Medical Mazes Continued from page 29.

not only on the quantity of life, but also the quality.

Leaving So Soon?

When I was born, my mother stayed in the hospital for 10 days. It was an uneventful birth and there were no alarming circumstances requiring a long stay. In the past six years, I have never had a family member in the hospital for more than six days. That includes admissions for broken bones, congestive heart failure, renal failure and a host of other serious conditions. While there is evidence that shorter hospital stays do minimize risk of hospital-acquired infection, and often speed healing, there is a rarely discussed element in the equation. Medicare, the insurance plan

most older people rely on, has strict guidelines regarding the length of stay. Often patients are dismissed earlier than they would be if there was an alternative.

This pushes a fragile patient into another medical setting that may or may not be equipped for the level of care needed. Visit any nursing home that offers "sub-acute" care and you will see people who should be in the hospital, but who ran out of insured time. As a caregiver, this is the time to strongly advocate for your loved one. Doctors and nurses are obligated to serve as good stewards of Medicare funds. However, they also know how to describe a patient in ways that can end or extend a hospital stay. Candid

communication is critical at this juncture in your loved one's recovery.

Throughout my time as a caregiver, I have made more than two dozen trips to the emergency room. Most of them have resulted in a hospitalization. With experience, I have discovered my legitimate role in the care of my family member. I can and do make a difference in the quality of their stay. I believe keeping notes during medical visits, staying current on medications and assessing the overall value of tests and procedures has helped my older loved ones avoid pain, eliminate unnecessary stress and anxiety, and still receive the best and most reasonable care possible.

Next time: "I am not leaving this house!"

Fit to Care for Caregivers

ging Partners encourages caregivers to take care of themselves. If they neglect their own physical and emotional health, their ability to help a loved one will be compromised. Fit to Care for Caregivers is designed to help caregivers do just that.

Fitness Consultations—Home based exercise programs yield significant mental and physical benefits for caregivers. These include increased physical fitness and strength, better sleep and decreased depression, anxiety and pain. A certified personal trainer will help you set up an in-home exercise program designed to meet your personal needs.

Nutrition Assessments and Counseling—Good nutrition is

essential to maintaining optimum health. Making the right choices can be confusing. A registered dietitian can help you assess your current nutritional status and determine what food choices are best for you.

Yoga and Stress Management— Yoga breathing and gentle stretching techniques are a great way to manage the stress associated with caregiving. A certified yoga instructor offers both individual consultations and group classes designed to help you improve your emotional balance and mental and physical fitness.

Caregiver Support Group Programs—Local caregiver support groups may schedule programs by calling Aging Partners Health and Fitness at 402-441-7575. Topic areas include nutrition, stress management, positive living tips, fall prevention, the benefits of physical activity and more.

More Caregiver Support

In addition to Fit to Care, Aging Partners offers many free services to support caregivers. Services include help with bathing, dressing, toileting, housecleaning, grocery shopping, medication administration, cooking, eating, yard work, bill paying, etc.

Appointments can be set up at the home of the caregiver or another convenient location, such as a senior center.

Mother and Daughter Benefit from Respite Visits

everyone needs someone to lean on, even caregivers.

Since June 2009, 67-year-old Ruthie Evans has taken care of her 102-year-old mother, Mary Kuhlmann. She bathes her, feeds her, provides companionship and prays with her.

Since she was in her 20s, Ruthie knew one day she would take on the responsibility of caring for her mother.

"I believe I had a calling," she said.

When the time came to move Mary from her Emporia, Kan.,

Join the Discussion on Facebook

are available on the Aging Partners Facebook page.

Find other people in similar situations, exchange experiences and encouragement. You can learn, make new friends and realize you are not alone.

Go to the Aging Partners website at aging.lincoln.ne.gov and click on the Facebook link.

Find us on Facebook

home, Ruthie was prepared. She already had a sunroom built, a king-size bed in the bedroom, a ramp for the doorway and handlebars in the bathroom.

What she wasn't prepared for was the constant attention her aging mother would need.

"I needed help," Ruthie said. "I was an around-the-clock caregiver."

She was referred to Aging Partners by a friend; Ruthie reached a caregiver support specialist who told her about respite options. Ruthie was interested and a care manager went out to sign Mary up for services. Arrangements were made for a respite provider and a Senior Companion was assigned. These programs are designed to help caregivers keep their family members at home. Since June a Senior Companion and a respite provider have visited the home twice a week. The companion not only entertains Mary with rousing card games of pitch, gin rummy and kings corners, she also provides Ruthie with the opportunity to have much-needed time to herself.

"I feel great just getting out," she said. "I never went anywhere in the last year and these four walls were starting to close in. It's great getting out and being amongst people."

During the weekly visits, Ruthie spends time with friends, runs errands and gets groceries. Sometimes, she stays home and catches up on sleep.



Ruthie Evans enjoys free time while a Senior Companion visits with her 102-yearold mother, Mary Kuhlmann. Mother and daughter are pictured here with a photo of the pope that Mary received from the pope on her 100th birthday.

"I don't nap that well with her because I'm on call," she said. "The respite providers give me my space and I don't have to worry about my mother."

Ruthie has already encouraged many of her friends to take advantage of the great opportunities Aging Partners provides caregivers such as herself.

As for Mary, she couldn't be happier with her new companions. Ruthie said the Senior Companion has helped her mother to not miss her hometown of Emporia quite as much

"They come in and make themselves at home," Mary said. "I'm meeting with new people all the time and I love it." \[\superset{\text{w}} \]

Making a Difference

my Hansen's passion for helping others makes her a great addition to the Aging Partners team. Hansen took on the role of Saline Eldercare Program Manager Aug. 9.

Along with day-to-day responsibilities, Hansen will develop new programs to ensure the needs of Saline County's older adults are being met. She also hopes to feed even more members of the community, especially those in rural areas.

"I really want us to be visible in the community and make sure everyone is being served and no one is doing without," she said.

Hansen has received a warm reception from her new co-workers, as well as from the community. She

feels blessed in her new role.

"It's very important to me that I'm not only making a



Amy Hansen

difference, but the job is also making a difference in me," she said. "I'm so excited to be here."

Heats On Project Prepares Older Adults for Winter

Cold weather is just around the corner and it's important to be prepared for cold wind, snow and ice.

The Steamfitters & Plumbers Local Union 464 will conduct its 12th Annual Heats On Project Oct. 9. This volunteer group will check furnaces for safe operation, install new filters and service existing smoke detectors in the homes of low income older adults and disabled persons in Lincoln.

"They have been a wonderful resource for many of our clients," said Chris Hausted of the Home Handyman program. "They have been positively affected both in their quality of life and home safety."

In 2009, the Home Handyman Program referred 47 low income older adults to the Heats On Project. Seventeen of the project's trucks, as well as seven trucks donated by Lincoln HVAC businesses, were used to prepare these older adults for winter.

Four furnaces were identified as needing serious repairs or improperly vented. One of these was red-tagged because of immediate danger and the home owner was asked to leave the home. The home owner whose furnace was redtagged said she hadn't felt well. Her symptoms stopped when she replaced the furnace; in retrospect, she felt she might have been suffering from carbon monoxide poisoning.

Poorly working furnaces, including those with cracked heat exchangers and improper venting, can affect anyone's health. Aging Partners Home Handyman Program recommends every home owner schedule an annual furnace inspection and service by a heating and plumbing professional to keep safe this winter.

Properly maintained heating systems also save utility costs and remain in service longer.

Prepare Your Home

Not sure where to start to get your home prepared for the winter season? Here are a few tips:

- Clean gutters and downspouts to prevent ice build-up and jams.
- Complete yard work. Winter kill of the grass is caused when leaves

- are left on your lawn.
- Schedule an annual furnace inspection and cleaning by a licensed heating systems' professional.
- Clean and replace furnace filters monthly.
- Clean air registers, baseboard heaters and radiators.
- Weather strip doors and windows.
- Add door sweeps.
- Caulk around entry doors and window frames.
- Place plastic over non air-tight windows.
- Seal around water pipes and outside vents.
- Reattach any loose siding and seal.
- Caulk between floors and exposed exterior walls of home.
- Seal air leaks around electrical outlets.

If you need assistance with these tasks, Home Handymen are available to help. They work year-round but stop accepting outdoor work requests after Nov. 30. Call 402-441-7030 for additional information.

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Courtney Honored with AARP Andrus Award

Dob Courtney's dedication to community service earned him the prestigious honor of recipient of the 2010 AARP Andrus Award for Community Service.

Aging Partners Director June Pederson, who nominated him for the award, has known Courtney nearly eight years.



Bob Courtney, 2010 recipient of the AARP Andrus Award, volunteers countless hours assisting older adults with Homestead Exemption applications.

"I believe completely that it is fair to say the quality of life of thousands of Nebraskans have been improved by Bob's service to the citizens of the City of Crete, those served by Aging Partners and members and potential members of Nebraska AARP," she said.

Courtney has made contributions to AARP on a local, regional and statewide level, serving as Nebraska's AARP Volunteer Statewide Advocacy Coordinator since 2007.

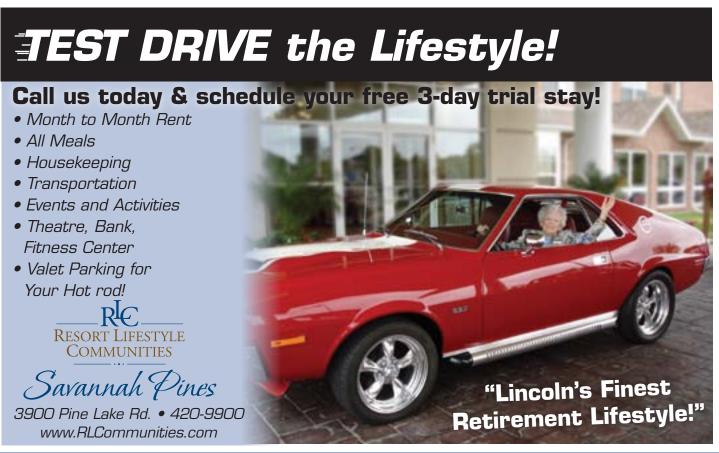
In 2003, he advocated locally for Nebraska's Homestead Exemption Act, which was passed in 2006. During 2008, Courtney lead Nebraska AARP volunteers in presentations to groups across the state in support of the Divided We Fail campaign. Since 2008, he has

served as the AARP representative to the State of Nebraska Rural Transportation Coalition.

Courtney joined the Aging Partners Advisory Council in 1995. He also served as a member of the Saline County Eldercare Advisory Board since 1993 and is a member of the City of Crete Board of Health.

Connie Benjamin, AARP Nebraska State Director, has known Courtney for several years and is impressed with the dedication he brings to everything he does.

"He's very good at identifying issues and concerns and bringing them to people's attention," she said. "He's willing to pull up his sleeves and get engaged, and I'm very pleased he received this year's award."





Wanted: Live & Learn Hosts

er thought you have what it takes to be an on-air personality? This might be your opportunity.

Aging Partners seeks a host for its Live & Learn program. Live & Learn is a monthly television show for and about older adults that has been on air 11 years. It airs on 5-CITY TV, Cable Channel 5.

It is also available through video-on-demand on the Web at lincoln.ne.gov/ and click on the Live & Learn logo.

Aging Partners seeks a host who can listen well and lead an interview. Each host contributes story ideas that help inform the public about Aging Partners services, entertainment options, historical events or other general information for older adults. Hosts attend monthly planning meetings.

If you would like to be considered as a Live & Learn host send a summary letter by Dec. 15 expressing interest and a couple ideas for what you think would make good interviews to Valerie

Crook at Aging Partners, 1005 "O" St., Lincoln, NE 68508. For more details, call Valerie Crook at 402-441-6156 or e-mail vcrook@lincoln.ne.gov.





Graduates of the Living Well workshop at Burke Plaza received diplomas for their hard work. Back row, from left, Gloria Bell, Carol Yoakum, Glenna Wiseman and Bastienne Salners; front row, from left, Nancy Chandler, Hattie Forney, Lina Gatzemeyer, and Linda McConnell. Not Pictured: Herb Mussman.

Upcoming Living Well workshops include:

- Clark Jeary Retirement Community: Six-week sessions held Wednesdays from 1 p.m. to 3 p.m. beginning Oct. 6.
- Williamsburg Hy-Vee: Six-week sessions held Tuesdays from 10 a.m. to noon beginning Oct. 12. Co-sponsored by the Lincoln-Lancaster County Health Department.

Learning to Live Well with Chronic Conditions

Living Well, a free six-session workshop for anyone living with a long-term health problem, teaches older adults how to take control of their health.

Older adults living with such chronic diseases as asthma, COPD, congestive heart failure, depression, heart disease, Parkinsons, arthritis, cancer, diabetes, fibromyalgia and obesity are encouraged to take part in the workshop.

Taught by specially trained leaders, some who have health conditions themselves, the program covers a new topic each week.

"We are really more like coaches," said Peggy Apthorpe, Health and Wellness Supervisor. "The answer to someone's question is usually in the room."

Self-management programs empower people to take an active role in managing their chronic illness. Participants learn to make lifestyle choices and changes, adhere to prescribed medical treatments and become educated, responsible and informed patients.

The program includes six weekly workshops focused on pain management, eating, exercise, medication use, emotional management and communication with clinicians. Participants share practical advice on how to live with their health conditions using action plans and interactive learning.

Living Well participants learn better ways of coping and managing their health by setting achievable goals; working with others; finding support and solutions to problems; making daily tasks easier; relaxing and managing stress; and working in partnership with their health care team.

Lina Gatzemeyer, who attended the workshop at Burke Plaza, said "we were given a ton of information. I learned attitude is very important, and to not ever give up."



Stay Informed on Medicare Part D

This year may be the most important year for older adults to take advantage of open enrollment for Medicare Part D prescription drug plans, held Nov. 15 through the end of the year.

Thanks to the Health Care Reform Act passed in Congress, older adults will see one major change this year.

"For the first time since the program was instituted, seniors will get help on brand name medications when they reach their gap in coverage, or 'donut hole,'" said Houston Doan, Insurance and Financial Counselor.

Older adults will receive a 50 percent discount on brand name medications while in the donut hole. Additionally, they will receive a minor discount on generic medications.

Doan said individuals should discuss prescription options with their doctor to see if they can take a generic medication instead of a brand name. It will be very important to pick the right prescription drug plan for 2011, one that will offer coverage for the brand name drugs they take.

Not all prescription drug plans cover all drugs, and not all pharmacies take all prescription drug plans. Older adults need to make sure the plan they have now will continue to cover the drugs they take. They also need to ensure their pharmacy will continue to honor the plans they are either enrolled in now or will enroll in for 2011.

Enrollment clinics will be scheduled in all eight counties through the Nebraska Senior Health Insurance Information Program. Clinic locations and dates will be advertised in the Saturday *Neighborhood Extra* section of the *Lincoln Journal Star*.

For more information, contact SHIIP at 800-234-7119.



Enrollment clinic dates for Fillmore County:

Fillmore County Senior Services is offering several dates to assist seniors with their Medicare Part D look-ups. All enrollment times are 8:30 a.m. to 4 p.m., except for the Fairmont dates. To set up an appointment call 402-759-4922. A donation is suggested.

- Nov. 16: Exeter Public Library-Exeter
- Nov. 19: Fillmore County Senior Services-Geneva
- Nov. 23: Milligan Public Library-Milligan
- Nov. 30: Exeter Public Library-Exeter
- Dec. 2: Fillmore County Senior Services-Geneva
- Dec. 3: 1 p.m.-5 p.m. Fairmont Public Library-Fairmont
- Dec. 9: Milligan Public Library-Milligan
- Dec. 14: Exeter Public Library-Exeter
- Dec. 17: 1 p.m.-5 p.m. Fairmont Public

Library-Fairmont



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Positive Attitude Keeps Mother and Daughter Healthy and Strong

She may be 105, but at the drop of a hat Kathryn McKee Dwinell can voice the perfect uplifting expression to fit any moment. This upbeat attitude, as well as her deep-seated faith, are what she credits for her long and blessed life.

"I have a positive attitude, but it's something I work at," she said. "It would be very easy to slip into a negative attitude. If I have a negative thought, I immediately brush it aside."

Kathryn physically feels better and stronger when her mindset is positive, a trick she learned from her mother and passed on to her own children, including 84-year-old Kay Donis. "It was taught to me as I grew up, both through my grandmother and mother," Kay said.

It's easy to see this mother-daughter duo practice what they preach; as the pair pass through the halls of Tabitha, they are greeted by numerous passers-by.

Kay is even planning to put together a package of homemade candy for the employees who helped her mother during her recent visit.

During her more than century on this earth, Kathryn has learned to be thankful and not live in the past. She doesn't mourn what she's lost, but instead feels blessed for what she's had.



From left, Kay Donis and her mother, Kathryn Mckee Dwinell, have made maintaining a positive attitude a family tradition.

"I've learned to adapt, adjust and accept," she said. "Now, accept has two meanings: If you offer me something, I have to accept it as mine. I also have to accept the situation I'm in. I can resent it or I can fight it, but it doesn't do me any good. That's why I try to accept it graciously."

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