

FALL 2009

# LivingWell

LAAA Becomes



*A Pioneering Area Agency on Aging*

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Ensure  
home is  
ready for  
fall, winter

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Lincoln, NE 68508-3628

Living Well

1005 O Street

A Pioneering Area Agency on Aging





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*the art of living well*



# Director's Corner

**N**ames are important. We like it when people call us by our names. Most of us have lived with our name for quite some time. So, if someone decided to call you by another name, how would you feel? Uncomfortable? Perhaps angry? What if it was easier to say or to remember? Would you adjust?

The discussion about changing the name of our Area Agency on Aging was extensive, thoughtful, sometimes funny and ultimately, realistic. Federal law directs that our services be provided to anyone over age 60. Our mission is to help keep people in their own homes as long as it is safe to do so. Aging is what it's all about.

We work with others on the staff as partners in providing those services. We partner with other agencies and independent providers to bring helpful services to people in their homes. We partner with families, friends and businesses.

And it came together...Aging Partners. It's the sum of all of our parts.

Our goal is to answer our phone when you call with, "Aging Partners. This is June (or Cheryl or Gladys or Jody or...). How can I help you?" And when you ask your question, or explain what you need, you will be helped by just the right person on our staff. (OK, sometimes you'll have to leave your name and number on the voicemail, but we will respond as quickly as we can.)

My parents gave me a first name, a middle name, and of course, a last name. They chose to call me by my middle name. It's awkward because the insurance company, the DMV, the credit card company, and the sky cops at the airport all use my first name. Now that I'm old enough to qualify for agency services, I've learned to live with it. I'm Shirley June Pederson and I'm honored to be the director of Aging Partners. 

June Pederson, Director, Aging Partners

## Are you moving? Call 402-441-6146

### to change your mailing address.

## On the Cover:

June Pederson helps LAAA become Aging Partners



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

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# LAAA becomes Aging Partners

**G**etting older can be difficult, but getting help doesn't have to be. That serves as the philosophy behind a move Oct. 1 to simplify the name of Lincoln Area Agency on Aging.

LAAA will now be known as Aging Partners.

"This change helps us to be more user friendly, so people can easily find us," said June Pederson, Aging Partners Director. "The name change to Aging Partners amplifies what we already are doing. We work to honor our partnerships with the city, counties and the partnerships that all of our people have with each other to help older adults."

By making a phone call to Aging Partners, a person can find assistance on a range of topics including: activities at the various senior centers, health and fitness, caregiving, long-term care options and care management, employment, financial counseling, housing and home repairs, nutrition, transportation, volunteering options, and activities in all the counties served by Aging Partners.

Aside from Lincoln and Lancaster County, Aging Partners serves people in Butler, Fillmore, Polk, Saline, Saunders, Seward and York counties.

"By calling us Aging Partners, it also recognizes our relationship and responsibility to the other counties," said Valerie Crook, Marketing and Public Relations Specialist.

## **A Pioneering Area Agency on Aging**

In addition, the Aging Partners' tag line now is "A Pioneering Area Agency on Aging" — appropriate due to the history of the agency in Lincoln.

Congress passed the Older Americans Act in 1965 in response to

a concern by policy makers about the lack of community social services for older adults. The original legislation established authority for grants in states for community planning and social services, research and development projects, and personal training in the field of aging. The law also established the Administration on Aging to administer the newly created grant programs and to serve as the federal focal point on matters concerning older adults.

In 1970, the Administration on Aging wanted to develop pilot projects to create area agencies on aging at the local level instead of through the state. Lincoln served as one of the first nine places to pilot the concept.

Aging Partners now covers eight counties, while Nebraska's other 85 counties are covered by seven area agencies on aging in Beatrice, Hastings, Kearney, Norfolk, North Platte, Omaha and Scottsbluff.

"Aging Partners continues to serve as a pioneer by looking at aging issues in a proactive way," Crook said.

## **Imagining the future of aging**

With Baby Boomers entering or about to enter retirement, agencies such as Aging Partners seek ways to adapt and serve the people making up this certain boom.

Pederson said 2000 census numbers for Lancaster County show 37,000 people were 65 and older. By 2020, the county projects to have 86,000 people 65 and older.

## **Aging Partners physical changes**

Some physical location changes have been made to Aging Partners offices. When faced with budget cuts,

consolidating space meant services were not lost.

Aging Partners employees who were located at the Lincoln Building, 1001 O St., moved next door to the city- and county-owned Downtown Senior Center building, 1005 O St. They have used offices in the Lincoln Building since 2003 when they moved from the old Federal Building.

"I think by having more people on our staff under one roof, it's going to help with camaraderie and enhance our working relationships," Pederson said.

All services currently offered at the Downtown Senior Center, such as the Downtown Senior Center activities, and foot care clinics, will continue to be offered. Other services still available on the third floor are care management, financial and legal services. Appointments are encouraged.

Lifetime Health is the only program to move from 1005 O St. to the former Lincoln Police Department building, 223 S. 10th St. Home Handyman and Rural Transit offices formerly located at Trabert Hall also moved to 233 S. 10th St. 



*A Pioneering Area Agency on Aging*



# Helping Caregivers be Fit to Care

## Value of caregivers

Family caregivers are a critical source of care to older persons with disabilities and chronic health problems. The unpaid and informal care they provide is an essential source of help for disabled older people in the community. If the work of family caregivers had to be replaced by paid home health care staff, research shows a significant cost to the nation of \$45 billion to \$94 billion per year.

## Research shows risks

Recent research findings show stress associated with family caregiving can result in increased risks of infectious diseases such as colds and flu, depressive symptoms, and chronic diseases such as heart disease, diabetes and cancer. Family caregiving, when accompanied by emotional strain, has been found to be an independent risk factor for mortality among older adults who care for loved ones.

A report from the U.S. Department of Health and Human Services tells us researchers have found family caregivers are less likely than peers of the same age to engage in health promotion behaviors that are important for chronic disease prevention and control. Given that the demands of caring for a loved one may compromise caregiver health and functioning and increase their risk of developing physical health problems, there is a pressing need to encourage family caregivers to engage in activities that will benefit their own health, well being and longevity.

Collectively research shows caregivers:

- Have more sleep problems
- Lowered cellular immunity
- Elevated blood pressure responses
- Higher levels of depression
- Poorer physical health
- More illness related symptoms

Many caregivers report they are repeatedly told to take better care of themselves and know they should, but they did not have enough time. They also report needing respite, support from other family members, information and ideas and a mentor to guide them through tough times.

## How to find help

Aging Partners offers a program specially designed for caregivers.

“We recognize how stressful caregiving can be to people, so this program helps to keep caregivers healthy,” said Peggy Apthorpe, Health and Wellness Supervisor.

Caregivers can choose to utilize free services such as health risk appraisals, nutrition counseling with a registered dietitian, consultation with a personal trainer and stress management tips.

Tracie Foreman, personal trainer and health educator, noted they work with caregivers not only in Lancaster County, but throughout the multi-county area. She said appointments can be set up at a time and location convenient to the caregiver.

Personal trainers teach deep breathing and relaxation techniques, and simple strength training exercises that can be done in their home.

Caregiver Sharon Cloud was told by her doctor to exercise daily.



*Caregiver Sharon Nelson, left, gets advice on using the NUStep machine from Tracie Foreman, personal trainer and health educator.*



*Tracie Foreman, right, works with Don Spies on an exercise.*

She now goes to the Aging Partners Health Club, 233 S. 10th St. She gets good advice from the trainers and said “it’s a pleasure to come here.”

For a listing of Caregiver Support Group Events, see page 10. For more information about health promotion services available call Aging Partners Health and Wellness at 441-7575. 

# Memories of Helen Boosalis' lifelong commitment to aging services

Lincoln's first female mayor and a woman who ran in the first-in-the-nation matchup of major party female gubernatorial candidates, Helen Boosalis will be remembered in Lincoln and throughout the nation as a trailblazer and political pioneer.

Boosalis, who died June 15 at the age of 89, also is remembered for her strong commitment to aging services.

Deb Peck, Aging Partners Administrator, recalls Boosalis' support to aging services as a city council member, mayor and even after her two terms as mayor.

"She had a lifelong commitment to aging services," said Peck, who served as a senior center manager at the height of Boosalis' political career in Lincoln. "She had great foresight when it came to aging and aging services."

## Community Roots

Boosalis served as a volunteer with the League of Women Voters in the 1950s and was urged to run for city council. She was elected to a seat on the city council in 1959 and re-elected three times.

## Mayor of Lincoln

She upset incumbent Lincoln Mayor Sam Schwartzkopf in 1975 and served two terms until 1983. Boosalis was asked by Governor Bob Kerrey to serve as director of the Nebraska Department of Aging, which she did from 1983 to 1985.

While Boosalis had served as the first female president of the U.S. Conference of Mayors in 1981-82, she



Helen Boosalis

was honored last summer at the organization's national convention in Miami following an address by then Democratic U.S. presidential nominee Barack Obama.

"Helen gave Lincoln a good reputation nationally as well as at home," said Jim Zietlow, former head of Area Agency on Aging in Lincoln

until his retirement in 1993.

## Continued as a Public Servant

The Lincoln Journal Star noted that Boosalis said after she lost in the gubernatorial election to Kay Orr in 1986 that she wanted to "help encourage people to go beyond what they think they're capable of doing."

"You can accomplish what you didn't dream was possible," Boosalis said in that interview. "Take a little risk. Be prepared. Set your goals high."

Boosalis later served as chairwoman of the board of directors for the American Association of Retired Persons from 1996-98.

Her daughter, Beth Boosalis Davis, wrote about her mother's time with AARP in a biography of her mother published last year. She wrote that her mom would spend about 10 days each month in Washington, D.C., working with AARP staff, and testifying before congressional committees. Due to Boosalis' background in elected office, her comfort with the press and understanding of messaging and framing of issues, and her non-partisan approach, she served as an articulate public spokesperson of AARP during her tenure, her daughter wrote.

From 1999 to 2002, Boosalis

served on the board of the Lincoln/Lancaster County Seniors Foundation.

"She was keenly aware of the need for Foundation recognition for all the support it brings to the Area Agency on Aging," said Alice Skultety, who served on the Seniors Foundation board with Boosalis. "She served as a good role model for older adults in the community."

Skultety, President of the Seniors Foundation, said Boosalis lent credibility to the board because of her reputation and status in the community.

"Helen had good ideas and sought synergy between existing programs and departments to support programs for the elderly," Skultety said. "She fought for older adult access to transportation, the Internet, services and information."

Zietlow said he could not recall one instance where Boosalis did not actively support one of the major advances or funding requests put forth by the Area Agency on Aging.

"She had a strong sense of self and what she believed was right in the area of public service," Zietlow said. "I will remember Helen as one of the most dedicated public servants I have ever worked with."

June Pederson, current Aging Partners Director, agreed, "Helen had a big heart that covered lots of territory." 



Helen Boosalis gave support to aging services in Lincoln, Nebraska and across the nation.

# June Pederson Remembers Helen's Gifts

We asked June Pederson, Director of Aging Partners, to share some of her thoughts about Helen Boosalis.

**Q:** What impact do you believe Helen Boosalis had on the over-60 citizens of Lincoln?

**A:** Helen understood that the City of Lincoln was made up of all its citizens, including seniors. She supported our program during her term as mayor and continued to be an advocate after she left office. Her service to AARP was a wonderful gift to that organization. Her advocacy on behalf of seniors nationally reflected positively on Lincoln and on our work at Aging Partners (then known as Aging Services).

**Q:** Are there any personal experiences you had with Helen that you'd like to share with our readers?

**A:** Helen remained interested in the work done by Aging staff and was always an advocate. Last December, I attended a fundraiser for a newly announced candidate for the Lincoln City Council. I'd not met the candidate and was interested in knowing more. I introduced myself and the candidate said, "Helen Boosalis said I should meet you. I'm glad you are here tonight." I was impressed because the candidate had the good sense to meet with Helen before making the decision

to run and flattered that Helen suggested the candidate should meet me. It was a tribute to the work done by the Agency staff and showed Helen's respect for what we do. I was very pleased. The candidate was elected, by the way.

**Q:** Looking back at Helen's career and her achievements, what does her life tell you about Lincoln, Nebraska and the people who live here?

**A:** When Helen became an activist in the community and served as an elected leader, Lincoln was a growing, vibrant city in which people supported programs and services with their time, energy and resources. She encouraged neighborhood growth and supported neighborhood associations. She understood that first impressions make a difference and made the city more beautiful by planting trees and expanding parks and green space. Under Helen's guidance, people understood that there was a return on their tax dollar in those services.

**Q:** What are you currently doing that you think Helen Boosalis would be happy about?

**A:** I think she would be pleased with the volunteer programs. In 2007-08, our RSVP program had 556 people registered and they volunteered

services totaling more than \$2 million in value. The willingness of people to volunteer and give back to the community has a huge impact on the success of that community.

**Q:** What can we learn from Helen Boosalis?

**A:** Helen was an energetic, engaged mayor who treated everyone equally. She expected good things and generally reaped positive results from that expectation. She knew what was going on around the country.

**Q:** What would you say to Helen if she were here today?

**A:** I'm so grateful. You were a friend and a supporter. You valued the work we do at this agency and shared that with others. You rarely declined an invitation and when you arrived, everyone in the room knew you were there. I'm a better person for knowing you and Lincoln is a better city thanks to your leadership and caring. 



*Helen Boosalis, stood as a strong supporter of programs for aging services in Lincoln.*

## Site helps with nursing home decision

**T**rying to determine the best nursing home option? Going to [www.medicare.gov](http://www.medicare.gov) might be a good place to start.

This Web site offers Nursing Home Compare and "it's pretty detailed," said Houston Doan, Aging Partners.

The site has information about every Medicare and Medicaid-certified nursing home in the country.

Finding nursing homes within an area can be done by searching name, city, county, state or ZIP code to find nursing homes in their area. The site offers ratings based upon health

inspection results, nursing home staff data, quality measures and fire safety inspection results. A checklist also is available to bring when you are ready to visit nursing homes being considered. 

# 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 Web site listed and you are linked directly to a service or advertiser's Web site, and with some you can e-mail questions about the provider services.



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

## Senior Health Promotion Center

### Downtown Senior Center

1005 O Street  
9:30 a.m. - 12:30 p.m.  
Call 402-441-7575 or 402-441-7158  
for more information.

This drop-in clinic is sponsored by Aging Partners and the UNMC College of Nursing. Services offered include comprehensive foot care, ear wax removal, glucose, cholesterol and blood pressure screenings. Contributions are accepted. Stay for lunch at 11:30 a.m.

Call: 402-441-7154 for meal reservations.

Oct. 1, 6, 8, 13, and 15  
Nov. 10, 12, 17 and 19  
December to be announced  
Flu Shot Clinics: Oct. 20 & 22

### UNMC Cosmopolitan Mobile Nursing Center

Call 402-441-7575 for information

Services free to those aged 60+ include cholesterol (total and HDL), glucose and blood pressure screenings, body mass index using height and weight and vision/peripheral glaucoma checks. Nurses spend time with individual questions and health concerns. People under age 60 are asked to pay a \$10 fee for cholesterol checks.

- **Tuesday, Oct. 6**  
9:30 a.m. - 11:30 a.m.  
Shelby Senior Center
- **Thursday, Oct. 8**  
9:30 a.m. - 11:30 a.m.  
York Senior Center
- **Wednesday, Oct. 14**  
9:30 a.m. - 11:30 a.m.  
Cedar Bluffs Auditorium -  
Countywide health fair
- **Tuesday, Oct. 27**  
9:30 a.m. - 11:30 a.m.  
Exeter Senior Center
- **Thursday, Oct. 29**  
9:30 a.m. - 11:30 a.m.  
Bennet Senior Center
- **Tuesday, Nov. 3**  
9:30 a.m. - 11:30 a.m.  
Milford Senior Center

- **Tuesday, Nov. 3**  
1:30 p.m. - 3 p.m.  
Linden Village  
1015 Linden Ave.  
Milford, NE
- **Wednesday, Nov. 4**  
9:30 a.m. - 11:30 a.m.  
DeWitt Senior Center
- **Thursday, Nov. 5**  
9:30 a.m. - 11:30 a.m.  
Stromsburg Senior Center
- **Thursday, Nov. 5**  
1:30 p.m. - 3 p.m.  
Midwest Covenant Home  
615 East 9  
Stromsburg, NE

## Educational

### Joy of Painting – Bob Ross Style Painting Classes

Ever wanted to try oil painting?  
Now's your chance to start!

Paint along with certified Bob Ross instructor Donald R. Belik, in this day-long Saturday painting class for painters of all abilities, especially beginners.

Participants will take home a completed 16-inch by 20-inch painting. Students are sure to enjoy this fun and informal class that comes with sure-fire results. All materials and supplies needed to complete the day's painting project are provided by the instructor. Tuition: \$40. Class size is limited. Call 402-441-7158 to enroll.

### Northeast Senior Center,

6310 Platte Ave.

“Dawn's Light”

Nov. 7, 9 a.m. - 3:30 p.m.

A pastel sky radiates lavender color throughout an early Winter landscape.



**Lake Senior Center,**

2400 S. 11th St.

“Trails End”

Nov. 21, 9 a.m. – 3:30 p.m.

This beautiful landscape features a rustic cabin that sits at the end of a time-worn trail, marking the edge of a glowing woodland.

**Northeast Senior Center,**

6310 Platte Ave.

“Spectacular View”

Dec. 5, 9 a.m. - 3:30 p.m.

A majestic, but rustic and weathered hunting cabin sits atop a mountain ridge.

**Leisure Events**

**Halloween Dinner Dance**

**SPOOK- Tacular!**

Cotner Center Condominiums

66th & Holdrege

Thursday, Oct. 22

Dinner - 5:30 p.m.

Dance - 6:30 - 8:30 p.m.

\$7 - 55 and over

\$8 - under 50

If you’re a Dinner And A Show fan, you’ll love this idea, brought to you by the Senior Centers and Cotner Center Condominiums. Join us for a delicious dinner followed by a Halloween Dance featuring the music of “Sarabande Jazz.” We’ll have cake and punch and a SPOOK - tacular Time! You don’t need a costume to get in, but you can’t win a prize without one, so dress accordingly! Call: 402-441-7158 for reservations.

**Senior Day Tripper Tours**

Call 402-441-7158 for reservations and information

**“Christmas at Dana College”**

Saturday, Dec. 5

Cost per person - \$69

Each year since 1973, Dana College comes alive with the joy and spirit of the Christmas season. Come spend the day to usher in the holidays with an emphasis on the customs and foods of Scandinavia. Enjoy various musical groups, folk dancers, ornament demonstrations, the marketplace, enjoy a drama, and of course, what would a Scandinavian festival be without a plentiful Danish smorgasbord! Top off the day with a performance of the Dana College Concert Band and Chorale. It’s a festive way to celebrate the holiday season with your friends!

**Senior Centers**

**Saturdays are back at the Downtown Center!**

Thanks to funding received through the American Recovery and Reinvestment Act, the Downtown Senior Center has resumed its Saturday programming. The Center is open (with the exception of holiday weekends) through July 2010. The usual lunch reservation and transportation deadlines still apply. See you there!

**Senior Centers Flu Shot Schedule**

Bring your Medicare Part B Card or \$20. Call your nearest center for more information.

- **Northeast Senior Center**  
402-441-7151  
Oct. 19, 9 a.m. - 3 p.m.

- **Downtown Senior Center**  
402-441-7154  
Oct. 20 & 22, 9:30 a.m. - 12:30 p.m.

- **Maxey Senior Center**  
402-441-7849  
Oct. 16, 10 a.m. - Noon

- **Waverly Senior Center**  
402-786-5608  
Oct. 23, 10:30 a.m. - 11:30 a.m.

- **Hickman Senior Center**  
402-441-0423  
Oct. 28, 9:30 a.m. - 12:30 p.m.

- **Lake Senior Center**  
402-441-7157  
Oct. 28, 9:30 a.m. - 1 p.m.

- **Bennet Senior Center**  
402-441-0423  
Oct. 29, 9:30 a.m. - Noon

- **Asian Center**  
402-326-0371  
Oct. 15, 9:30 a.m. - 12:30 p.m.

**Downtown Senior Center Veterans’ Recognition Festivities**

- **FREE Lunch for Veterans**  
Downtown Senior Center  
In recognition of the contributions made by our American Veterans, lunch is on us, Tuesday, Nov. 10. Veterans should reserve your place by Friday, Oct. 30. Lunch is served at 11:30 a.m.  
Call 402-441-7154

*Continued on Page 10*

# Aging Partners News and Events

Continued from Page 9

## Senior Centers Continued . . .

### • FREE Veterans Dance

Auld Center

Friday Nov. 13

1 p.m. - 3 p.m.

Dance to the music of Lou Arnold and his Orchestra in a place that holds lots of dancing memories for all as the former Antelope Park Pavilion.

### • Star City Holiday Parade & The Pete Penguin Picnic

Saturday, Dec. 5

Downtown Senior Center

1005 "O" Street

You can't find a more delicious place to see the annual Star City Holiday Parade! Rolls and hot drinks are available from 9 a.m. - Noon and hot dogs and chili will be available to warm your tummies from 10 a.m. - 12:30 p.m.

## Senior Centers Events

### Northeast Senior Center,

6310 Platte Ave.

### • Lunch & Entertainment

Music by Elaine Peacock

Nov. 4, 10:30 a.m.

Make your reservations by Oct. 30

Call: 402-441-7151

\$5 over 60 & \$6 under 60

### • "Elvis: Blue Christmas Show" With

Tyler Hunter

Dinner & Entertainment

Thursday, Dec. 17

Reserve your seats by

Dec. 15, at 402-441-7151

\$7 over 60 & \$8 under 60

## Rural Senior Centers Events

**Oct. 16** - Beatrice Community Playhouse, "Something's Afoot"

**Oct. 23** - The Loft Theatre, "Lie, Cheat and Genuflect"

**Nov. 7** - Piedmont Park Church, Gospel Show, "The Lesters"

**Dec. 5** - The Lied Center, "Riders in the Sky"

**Dec. 18** - The Loft Theatre, "Uh Oh, Here Comes Christmas"

**Dec. 19** - Tour Bess Streeter Aldrich Home, Elmwood

For more information or to reserve a seat, Call: Audrey at 402-441-0423

## Butler County Senior Services Events

**Oct. 22**, 4:30 p.m. - 7:00 p.m., Spaghetti Supper

**Oct. 25**, 9 a.m. - 3 p.m., Toy Show, David City Optimist & Butler County Senior Center  
**Nov. 24**, 1 p.m., Medicare Part D Prescription Drug Information Services, Butler County Senior Services

592 D St., David City

**"We must look for ways to be an active force in our own lives. We must take charge of our own destinies, design a life of substance and truly begin to live our dreams."**

**— Les Brown**

RSVP  
Your Ticket to  
Staying Involved  
RSVP

## Caregiver Support Group Events

Caregiver Support Group:

**Oct. 9, 27**

Topic: Legal and financial details caregivers need to know

Speakers: Professional Marcia Matthies and Attorney Christine Vanderford

**Nov. 12, 24**

Topic: Anger: The Good, The Bad, and The Ugly. Anger is not always bad.

Speaker: Lifetime Health trainer, Tracie Foreman.

There are two times and locations to choose from each month. Meetings are held the second Thursday of each month at Madonna Rehabilitation Hospital, 5401 South St., from 7 p.m. to 9 p.m., in the Lancaster Room. Each month's topic is repeated on the fourth Tuesday of each month at Saint Paul United Methodist Church, 11th and M streets, from 1:30 p.m. to 3:30 p.m., in the lower level Dining Room. Free parking is available under the church. 

[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)



*Live & Learn hosts include, from left, Ruth Ann Lyness, DeAnna Jurgens, Don Gill, Harland Johnson, Delores Lintel and Peggy Briggs.*

## Live & Learn marks 10 years

**M**ost of the host faces have changed, but there remains unwavering entertainment and educational value from the Live & Learn show.

Live & Learn celebrates its 10-year anniversary during October. The monthly television show for and about older adults can be viewed on 5-CITY TV, Channel 5. It also is available through video-on-demand on the Web at [www.lincoln.ne.gov/city/mayor/aging/](http://www.lincoln.ne.gov/city/mayor/aging/) and click on the Live & Learn logo.

lincoln.ne.gov/city/mayor/aging/ and click on the Live & Learn logo.

Harland Johnson continues as the only host to have been with the show since it hit the airwaves in October 1999.

“When I started, I thought I could do it for about 10 years,” Johnson said. “Now that I’ve been doing it, it’s something I really enjoy and I’d hate to give it up.”

Peggy Briggs and Ruth Ann Lyness have each been hosts for nine years, while other current hosts include Don Gill, DeAnna Jurgens and Delores Lintel. **LW**

“

*I’d hate to give it up.*

— *Harland Johnson*

## Furnace check pays off

**A** program that provides furnace checks to low-income people who can’t pay for the inspections could potentially be saving lives.

Chris Hausted of Home Handyman said this program, Heat’s On, led to quite a discovery for one person. The Steamfitters & Plumbers Local Union 464 allows Home

Handyman to submit names for the free furnace checks and minor repairs, as necessary. One older woman recommended for this free service certainly is thankful.

During the furnace check, a cracked heat exchanger was discovered and the furnace was tagged for repairs. Had this problem

gone undetected, she could have become ill or died from carbon monoxide poisoning when she turned the heater on, Hausted said.

“This is a wonderful program,” Hausted said. “Every year, they may be saving lives unbeknownst to us. It offers peace of mind.” **LW**

# Ensure home is ready for fall, winter

**A**ging Partners' Home Handyman gears up for indoor work during fall and winter. The last day Home Handyman will accept outdoor work requests is Nov. 30, as long as weather permits.

Carol Meyerhoff, Program Coordinator, encourages people to not wait until the last minute because weather could disrupt the ability to get work done.

This program draws on a great group of experienced handymen to provide service such as minor repairs or home maintenance. To utilize Home Handyman, a person must be at least 60 years of age and own and live in the home where the work is being requested.

Handyman participants pay an hourly rate on an income-based sliding fee scale.

To prepare for fall and winter months, homeowners should:

- Clean gutters and downspouts. When the snow and ice hits, gutters need to be free of leaves and debris so it doesn't cause problems with water and ice jams under the shingles on the roof.

- Complete yard work and be sure leaves aren't left on your lawn. This causes winter kill of the grass.
- Disconnect garden hoses before the first freeze to prevent water lines/pipes from rupturing.
- Clean and replace filters on the furnace every one or two months. Inspect furnace for problems.
- Clean warm-air registers, baseboard heaters and radiators as needed.
- Weather-strip doors and windows.
- Add door sweeps.
- Caulk around door and window frames.
- Place plastic over windows, and outside air conditioners.
- Caulk or use expanded foam around water pipes.
- Caulk outside vents.
- Caulk or seal cracks in foundation.

- Reattach loose siding and seal.
- Caulk between floors and exterior walls inside of home.
- Seal air leaks around electrical outlets

If you take care of the small things, it helps with personal safety and you can save on utility bills and prevent larger expenses down the line. If a person is unable to complete these tasks or other tasks, Home Handymen are ready to help.

For more information, call 402-441-7030. 



*Disconnecting garden hoses before the first freeze can prevent potential water line/pipes from rupturing.*

## A home safe from fires

Helping to prevent fires can be done with some simple steps, according to Carol Meyerhoff of the Home Handyman Program.

- Clean dryer vents leading to the outside.
- Clean dryer vent screen and vent hoses frequently.
- Clean exhaust hood and duct over stove.
- Check outlets to ensure they are secured to wall and there are no loose wires.
- Check light fixtures to ensure they are secured to ceiling.
- Heaters should be at least three feet from anything flammable.
- Contact gas company if older brass connections are found.
- Flammable liquid (explosive) should be stored in an approved container, away from the house and garage.
- Discard extension cords if they overheat, are frayed or cracked.
- Install smoke alarms.
- Remove material that can cause a fire, fall or block exits.
- Do not accumulate paper, debris or other combustibles.

# Ready for retirement?

**M**aybe you picture lying on sandy beaches in Florida for retirement, jumping in a recreational vehicle to see the sights and visit relatives or pursuing that hobby you didn't have time to pursue while working.

No matter what your vision of retirement is, one question remains — Are you financially ready to make your retirement plans a reality?

According to the United States Department of Labor, only 43 percent of Americans have calculated how much they need to save for retirement. The average American lives 20 years into retirement.

Houston Doan, Aging Partners Insurance and Financial Counselor, offers his advice for those seeking an answer to that question.

## Set a retirement timeline

First, he suggests people set their timeline for retirement and talk with their spouse to make sure goals match.



Houston Doan

## Examine Health Insurance

People also need to examine their health insurance and long-term care insurance long before retiring to make sure their needs are going to be properly met.

By planning, you can make choices that are *your* choices for the future as opposed to letting life happen to you and being forced into plans you may not want.

## Estimate Social Security benefits

The Department of Labor notes that people should gain a good understanding of their projected Social Security benefits. Social Security pays the average retiree about 40 percent of pre-retirement earnings, according to the department. A person can call 800-772-1213 for a free Social Security statement and find out more about benefits at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## Consider Being Less Aggressive

People should consider restructuring their retirement

portfolio about three years before they want to retire.

As a person ages, they should consider moving more to fixed return kinds of assets such as bonds and annuities instead of aggressive stocks and bonds. There would be less time to recoup any losses in aggressive stocks and bonds.

## Home needs

Another suggestion is to examine refinancing a home mortgage or selling a home and downsizing.

## Help is available

There are countless other items a person may want to consider about retirement and the path to finding the answers can be difficult.

No matter what plans a person may have, make sure retirement plans have enough financial cushion. Talk to insurance and financial professionals to help ensure a long, happy retirement life.

For more information, contact Houston Doan or Aging Partners Counselor Neal Sandoz at 402-441-7070 or 800-247-0938. 

# Aging with Dignity

**T**he answer on how to age with dignity comes with good planning.

“If you don't make good choices now, you won't necessarily like the choices you will have at that time when it becomes a crisis situation. It's important to think about what I'm going to do if I need long-term care,” Doan said.

An hour-long program, “Aging with Dignity: It's Your Choice,” is scheduled to begin airing during October on Nebraska Educational

Television to explore long-term care and why people as young as 40 should start looking at options for their parents and themselves.

Many people believe the need for long-term care won't happen to them. However, 60 percent of people need long-term care at some point in their life.

Others think Medicare and private insurance takes care of long-term care costs, but that is not true. Medicaid serves as a safety net

for people, but limited choices can exist with Medicaid.

Doan also said people don't fully understand the enormous costs associated with long-term care.

“If you want to make good decisions on how you age and if you value choice as you age, then you need to watch this program,” said Doan, who serves as one of the program guests. “It is about aging with dignity.” 



## AGING PARTNERS

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

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

**Key for Services: L = Lancaster only**

## MISSION

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

## LIVING WELL MAGAZINE

402-441-6156

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

## LIVE AND LEARN

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

## INFORMATION AND REFERRAL

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

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

## SENIORS FOUNDATION

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

402-441-6179 or

[www.seniorsfoundation.org](http://www.seniorsfoundation.org)

## 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 L 402-441-7158

## ACTIVITIES & CLASSES

- **Health** - Physical activity and exercise classes to improve health and fitness  
L 402-441-7575

## CAREGIVING

402-441-7070 or 800-247-0938

- **Caregivers** receive information, support and assistance.
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Homebound older adults receive companionship. L 402-441-7070
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575
- **Fit to Care** - Tips from a registered nurse, dietician and certified personal trainer to help decrease the effects of chronic tension often associated with caregiving. Free

## LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 402-247-0938

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

## EMPLOYMENT

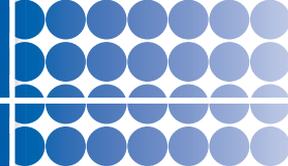
402-441-7064 or 800-247-0938

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

## FINANCIAL

402-441-7070 or 800-247-0938

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



## HEALTH & FITNESS

402-441-7575

- **Aging Partners Health Club**  
Fitness equipment and consultations with certified personal trainers.
- **Senior Health Promotion Center**  
The University of Nebraska-Medical Center and Aging Partners provide health screenings. L 402-441-6687
- **Alzheimer's Disease** - Aging Partners provides Information and referral. 402-441-7070 or 800-247-0938 <http://aging.lincoln.ne.gov>
- **Widowed Person Service** - Support for people who are widowed L 402-441-7026
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5-CITY TV, Channel 5. L

## HOUSING & HOME REPAIRS

- **Home Handyman Service**  
Handyman services from mowing to leaky faucets, painting and broken light fixtures L 402-441-7030
- **Assisted Living and Nursing Facilities** - Listings are available at 402-441-7070 or 800-247-0938

## 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

## TRANSPORTATION

- **Transportation to the Senior Centers**  
L 402-441-7158
- **Lancaster County Rural Transit**  
Fixed schedule transportation from rural Lancaster communities into Lincoln. L 402- 441-7031
- **Other options in the community**  
Listings available at 402-441-7070

## VOLUNTEER!

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

## MULTI-COUNTY PROGRAMS

- Butler County Senior Services 402-367-6131
- Fillmore County Senior Services 402-759-4922
- Polk County Senior Services 402-764-8227
- Saline Eldercare 402-821-3330
- Saunders County Senior Services 402-443-4896
- Seward County Aging Services 402-761-3593
- York County Aging Services 402-362-7626

## CONTACT US

All Counties: 800-247-0938

- Butler County: Becky Romshek 402-367-4537
- Fillmore County: Brenda Motis and Rhonda Stokebrand, 402-759-4922
- 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: Lori Byers and Nancy Hoblyn, 402-362-7626
- Donna Mulder, Aging Program Coordinator, 800-247-0938
- Sue Kramer, Senior Care Option and Waiver intake, 800-247-0938
- Avis Blase, Rural Waiver Services Coordinator, 800-247-0938
- Nancy Kohler, Rural Waiver Services Coordinator, 800-247-0938
- Wendy Hanshaw, Rural Services Coordinator, 800-247-0938
- Sandy Oswald, JoAnn Currie and Shirley Vickinovac, Senior Care Option, 800-247-0938

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

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

[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)

# Health club thriving in new location

The Aging Partners Health Club may have changed locations, but it is still going strong, according to Peggy Apthorpe, Supervisor.

Located only a block and a half from the former location at the Downtown Senior Center, the health club opened its doors at the former Lincoln Police Department building, 233 S. 10th St.

Neal Sandoz uses the health club and likes the new facility. He points out the ample space to continue all activities that were available at the previous location, carpeted rooms and good lighting.

All the cardiovascular and strength equipment, equivalent to what is offered in larger fitness centers that charge substantial membership fees, was moved to the new location. There is no set fee to use the health club, but people are asked to donate whatever they feel they can afford. A suggested donation is \$10 per month.

Free parking is available in the visitor parking lot north of the County-City Building and at city parking garages. Parking validation stickers and bus passes can also be provided.

Future plans include a shuttle between the Downtown Senior Center and the health club.

Sandoz thanks the staff for making the move without disrupting workout routines for people such as himself.

## Benefits of exercising

Sandoz has benefitted in many ways by using the health club. He lost about 30 pounds during the past year and said getting proper exercise at least three times a week helps make people less at risk for heart problems, strokes and other major illnesses.

"It is like preventive maintenance," he said. "It makes me feel better."

Sandoz believes exercising regularly plays a significant role in health care reform.

"We can all contribute to health care reform by taking advantage of the fitness center," he said.

Personal trainers Tracie Foreman and Judy Pfeifer said they focus on prevention of health issues for people.

"We start a person right where they are physically and don't compare them to anyone else," Pfeifer said.

The personal trainers will go through a physical checklist with people to determine goals and establish a program that fits the capabilities of each individual.

"It's never too late to begin a fitness program," Sandoz said. "It is working for me and it will work for anyone."

## Hours of operation

The health club is open weekdays 8 a.m. to 4 p.m. Personal trainers are available at the health club Tuesdays and Thursdays from 9 a.m. to 11:30 a.m. and 12:30 p.m. to 2 p.m., or by appointment.

For more information, call 402-441-7575. 



Judy Pfeifer, personal trainer, left, talks with Neal Sandoz at the Aging Partners Health Club, 233 S. 10th.



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# Free prescription drug card unveiled

A new statewide discount prescription drug card program called the Nebraska Rx Card was launched July 30.

The program offers free drug cards to all Nebraska residents to



provide savings of up to 75 percent on prescription drugs. This program has no restrictions to membership, no income requirements, and no age limitations.

“It’s a great deal,” said Houston Doan, Aging Partners Insurance and Financial Counselor.

Nebraskans can download a free pharmacy discount card by visiting [www.nebraskarxcard.com](http://www.nebraskarxcard.com). Anyone not able to access the Web site, can visit any Hy-Vee Pharmacy location and ask the pharmacist to process their prescriptions through the Nebraska Rx Card. It is currently accepted at more than 50,000 pharmacy locations across the country.

Nebraska Rx Card was launched to help the uninsured and underinsured residents of Nebraska afford their prescription medications. However,

this prescription assistance program also can be used by people who have health insurance coverage with no prescription benefits, which is common in many health savings accounts and high-deductible health plans. Additionally, people with insured prescription coverage can use this program to get discounts on non-formulary or non-covered medications.

The Nebraska Rx Card is a solution to the confusing maze of discount prescription programs that have appeared in recent years. Many of these programs only cover certain drugs, charge fees, and some have membership restrictions such as age and income limitations. Additional information on this program is available to all residents of Nebraska online at [www.nebraskarxcard.com](http://www.nebraskarxcard.com). 

## Preventing falls

Falls are not just the result of getting older. Many falls can be prevented. You can lower the chance of a fall by making these changes:

### Begin a regular exercise program

Exercise is one of the most important ways to reduce the chance of falling. It makes a person stronger and helps them feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful.

Lack of exercise leads to weakness and increases the chance of a fall. Ask a doctor or health care worker about a personalized exercise program.

### Make the home safer

About half of all falls happen at home. To make a home safer:

- Remove things that could be tripped over (such as papers, books, clothes,

and shoes) from stairs and other walk-traffic places.

- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items used often in cabinets that can be reached easily without using a step stool.
- Have grab bars put in next to the toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve lighting in the home. Older adults need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.
- Have handrails and lights put in on all staircases.
- Wear shoes that give good support and have thin non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

### Have a health care provider review medications

Have a doctor or pharmacist look at all the medications you use (including ones that don’t need prescriptions such as cold medicines). As one ages, the way some medicines work in the body can change. Some medicines, or combinations of medicines, can make a person drowsy or light-headed, which can lead to a fall.

### Have vision checked by an eye doctor

The wrong glasses or untreated condition such as glaucoma or cataracts limits vision. Poor vision can increase chances of falling. 

From the National Center for Injury Prevention Control

# Assisted Living transition tips:

**G**ood preparation, a supportive network of family and friends, a positive attitude, patience and understanding all add up to a smooth transition to an assisted living residence.

While the move can be difficult for some, people who have been through it before offer advice to make the transition, according to the American Health Care Association National Center for Assisted Living.

- Read all the materials about the

assisted living residence before moving in.

- Meet the administrator or director of staff before moving day.
- Review the paperwork and contract before the move so that questions can be answered in advance.
- Pack wisely. Don't bring everything.
- Obtain a list from the residence of suggested items to bring.
- Obtain a list of residence policies to become familiar with them.

- Label clothing if the residence is helping with laundry.
- Read the activity schedule and choose two or three programs to attend early on to meet neighbors and other residents.
- Ask questions about what furniture to bring to be comfortable.
- Take time to adjust.
- Bring some smaller prized possessions to create that "at-home" feeling. **Lw**

## Prepare for the "just-in-case situations"

**O**ne of the best gifts a person can give to their family and loved ones is to establish Advance Directives.

Catastrophic events can happen, such as workplace accidents and strokes. Patients become unable to make health care or financial decisions. Those decisions are left in the hands of others, whether it is family, hospital administrators or lawyers.

The American Health Care Association and the National Center for Assisted Living offers a booklet, "Having Your Say: Advance Directives."

It covers living wills and medical power of attorney. It explains the differences and benefits of each and encourages assigning a health care proxy.

A Living Will generally states the kind of medical care you prefer (or do not want) if you become unable to make your own decision or cannot communicate. It is a "Living Will," because it takes effect while the person is still living.

A medical power of attorney, which may also be called a durable power of attorney or health care proxy, is a signed, dated, notarized and witnessed document naming another person to serve as a person's agent or proxy to make medical decisions. A person can include instructions about any treatment he/she wishes to avoid.

A power of attorney allows a person to act on matters a person specifies. Generally speaking, the person holding the power of

attorney cannot also be designated as medical power of attorney.

Once you get a plan established, make sure someone such as a close family member or legal advisor knows that you have an Advance Directive and knows where it is located.

The booklet, "Having Your Say: Advance Directives," is available to individuals free of charge. Call 800-628-8140 or log onto [www.longtermcareliving.com](http://www.longtermcareliving.com) to order. **Lw**



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# Akins discovers a rockin' retirement

History is revealed at the Lincoln Curios Rock Shop, 6625 Burlington Ave. in Havelock.

The shop has become the passion of retirees Pat Akins and his wife, Nancy, who have operated the business the past two years.

"I enjoy it and think the rocks are cool," said Pat, a 67-year-old retired freelance antiquer. "It's a way for me to keep active and busy."

Pat never imagined his retirement years would be filled by operating a rock shop out of his home with thousands of pounds of petrified wood and other unique stones and fossils. Part passion for the rocks and part financial necessity after retirement, the Akins have made it work.

## A passion is discovered

Pat became interested in petrified wood and rocks by chance while on a vacation to the Petrified Forest in Arizona about 12 years ago. He and his son, Pat Jr., decided to return to Arizona after that family vacation with a rented truck and purchase 12,000 pounds of petrified wood. They returned and put it in their yard.

"It seemed like a lot then," the elder Akins said.

The wood drew the eye of a man who asked if they could get him a semi load of the petrified wood. They agreed and while back in Arizona, the seller asked if they wanted to just purchase everything. The Akins went into business with the man back in Lincoln and agreed to purchase 800,000 pounds of petrified wood, which they hauled back to Nebraska in 22 semi loads.

The Akins sold the rock with the business partner for several years, before purchasing the balance of the

inventory and going into business by themselves.

People purchase the rocks and petrified wood for landscaping or decorative purposes inside and outside their homes or businesses, Pat said.

To create the beautiful pieces, the Akins cut the rocks or wood and polish them with a fine diamond grit.

Pat and Nancy make up to six trips a year to Arizona and other western states to pick up petrified wood, rocks or fossils.

## Sharing the interest

The Akins open their door to anyone with an interest in rocks and petrified wood.

They have hosted groups from schools, Scouts and other organizations. As long as the groups have enough adults to watch the children, they are glad to show their products to them.

"We'll show them the rocks that bend, float and glow in the dark," Pat said. "It's a lot of fun showing these things to the children."

There is no charge for their shows, but people can purchase anything they would like.

## Future plans

Pat and Nancy can't say how long they will continue their business, but appreciate having the opportunity to do something they both enjoy right from their home.

"It offers us flexibility," Pat said. "If something comes up, we can close up shop for a while. Most

people have to do something when they retire and we're enjoying this a great deal." 

“

*It's a way for me to keep active and busy.*

— Pat Akins



*Countless samples of polished petrified wood and rocks adorn the shelves at Lincoln Curios Rock Shop.*



*Pat Akins, retired freelance antiquer, pictured and his wife, Nancy, operate a rock shop that specializes in petrified wood.*

# SENIOR BENEFIT STRATEGIES

## Medicare Prescription Drug Plan and Medicare Advantage Annual Election Period...Nov 15 - Dec 31

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# Maneuvering through Medicare Part D

**S**tarting Nov. 15 and continuing through Dec. 31, people can exercise their option to change their Medicare Part D plan to best suit their prescription drug coverage needs for the coming year.

“It’s important to look at this every year,” said Houston Doan, Aging Partners Insurance and Financial Counselor. “Every year, these plans change the drugs that are covered and how they cover them.”

The Medicare Part D program provides beneficiaries with assistance paying for prescription drugs. The drug benefit, added to Medicare by the Medicare Prescription Drug, Improvement, and Modernization Act of 2003 began in January 2006. Unlike coverage in Medicare Parts A and B, Part D coverage is not provided within the traditional Medicare program. Instead, beneficiaries must affirmatively enroll in one of the hundreds of Part D plans offered by private companies. Each plan has different costs from year to year.

There are no good plans or bad plans, it just depends what the individual’s prescription drug needs are. For instance, a very expensive plan is not necessarily a good plan for a person who only takes a limited number of prescriptions.

People should examine what prescription drug plans are accepted in pharmacies where they would likely go to get their prescriptions. In larger metropolitan areas, most prescription drug plans are accepted by most of the pharmacies.

In some rural areas, however, pharmacies may only accept a limited number of plans. A person living in one town may have to travel to another town to get covered prescription drugs if they do not have the right plan.

Finding and making the best

decision for a Medicare Part D plan that provides the best coverage with the least amount of out-of-pocket expense for an individual’s prescription drug needs isn’t always easy to determine. There are avenues for people to find help in making the decision during the open enrollment time.

Doan encourages people to call his office to talk with him or Counselor Neal Sandoz at 402-441-7070 or call 800-247-0938. Senior Health Insurance and Information Program (SHIIP) also will be conducting events throughout the Lincoln and the multi-county area. 

## Medicare Part D enrollment events scheduled

A number of Medicare Part D enrollment informational meetings have been scheduled throughout Lancaster County and the multi-county area.

### Butler County

- Nov. 24 – Butler County Senior Services - David City 1 p.m.

Fillmore County (all enrollment banks will run from 8 a.m. - 5 p.m., except for the Dec. 11 Fairmont event)

- Nov. 17 – Exeter Public Library - Exeter
- Nov. 20 – Fillmore County Senior Services - Geneva
- Nov. 24 – Milligan Public Library - Milligan
- Dec. 3 – Milligan Public Library - Milligan
- Dec. 8 – Exeter Public Library - Exeter
- Dec. 11 – Fairmont Public Library - Fairmont (1 p.m. to 5 p.m.)
- Dec. 16 – Fillmore County Senior Services - Geneva

### Lancaster County

- Nov. 18 – Southeast Community College - Lincoln (9 a.m. to 3 p.m.)
- Nov. 21 – Eiseley Branch Library - Lincoln (Noon to 4 p.m.)
- Nov. 23 – BryanLGH Medical Center East - Lincoln (9 a.m. to 3 p.m.)
- Dec. 5 – Gere Branch Library - Lincoln (Noon to 4 p.m.)
- Dec. 7 – BryanLGH Medical Center West - Lincoln (9 a.m. to 3 p.m.)
- Dec. 9 – Southeast Community College - Lincoln (9 a.m. to 3 p.m.)
- Dec. 16 – Southeast Community College - Lincoln (9 a.m. to 3 p.m.)

### Polk County

- Dec. 3 – Annie Jeffrey Health Center - Osceola (9 a.m. to 3 p.m.)

### Saunders County

- Nov. 17 – Ashland (9 a.m. to 3 p.m.)
- Nov. 19 – Wahoo Public Library - Wahoo (9 a.m. to 3 p.m.)
- Nov. 21 – Valparaiso (9 a.m. to 1 p.m.)

### Seward County

- Nov. 17 – Seward Memorial Library - Seward (9:30 a.m. to 3:30 p.m.)

### York County

- Nov. 18 – York Area Senior Center - York 1 p.m.

### Medicare at the Movies events:

- Oct. 10 – SouthPointe Cinema - Lincoln
- Oct. 14 – Wahoo Public Library - Wahoo

# Is an Advantage Plan advantageous for you?



Senior Health Insurance and Information Program seeks volunteers to help guide people to answers about Medicare questions, including Part D enrollment.

“We are looking for as many volunteers as we can get,” said Kendra Rathjen, SHIIP Program Director.

Volunteers will complete two eight-hour days of training Oct. 15 and Oct. 22 and learn about everything related to Medicare. Follow-up training sessions will be in the fall and spring.

Rathjen said volunteers can set their own schedule and responsibilities. Some volunteers come into the office during set hours, while others assist at enrollment events only or offer Medicare presentations.

“There is a wide range of activities the volunteers can do,” Rathjen said. “They can do whatever they are comfortable with doing.”

SHIIP cannot accept volunteers who are licensed insurance agents.

If interested in volunteering, call SHIIP at 800-234-7119.

**M**edicare Advantage Plans will be changing for Nebraska residents in 2010.

Some of the Advantage Plans currently being offered in Nebraska will not be offered in 2010. Material will be released during October and November and people can enroll in a new plan between Jan. 1 and March 31.

Congress created Medicare Advantage Plans to provide people with some more choices and, in some cases, extra benefits by letting private companies offer Medicare benefits. Extra benefits may include: prescription drug coverage, extra days in the hospital, or lower co-payments, or money paid out-of-pocket for certain services. Some plans may offer vision and hearing benefits.

Medicare Advantage Plans include Medicare Health Maintenance Organization, Preferred Provider Organizations, Private Fee-for-Service Plans and Medicare Special Needs Plans. These plans are offered by private insurance companies that have contracted with Medicare to provide Medicare benefits to an individual for a low fee.

“These can be good plans for people with disabilities and who are under 65,” said Kendra Rathjen, SHIIP Program Director.

To join a Medicare Advantage Plan, a person must have Medicare Part A and Part B. That person would have to pay their monthly Medicare Part B premium to

Medicare. Additionally, they might have to pay a monthly premium to their Medicare Advantage Plan for the extra benefits that they offer.

In most of the Medicare Advantage Plans, there are extra benefits and lower co-payments than the original Medicare Plan. However, the person may have to see doctors that belong to the plan or go to certain hospitals to get services.

One of the most important aspects to remember about these plans is that a person will have to contribute to the cost of their health care with any of the Advantage Plans. Unlike traditional Medicare Supplemental Plans, these plans require co-pays for services that would not have to be paid under traditional Medicare Supplemental Plans. Additionally, they have out-of-pocket spending limits that have to be met on a yearly basis.

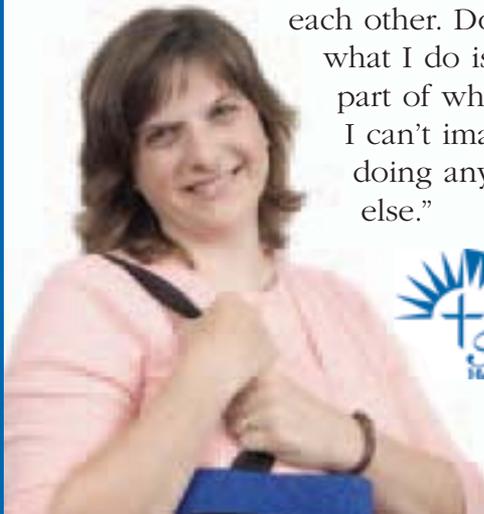
The appealing aspect to some people of the Medicare Advantage Plans is a low monthly cost compared to a Medicare Supplemental Plan.

If a person has Medicaid, they do not need a Medicare Advantage Plan.

To help determine if a Medicare Advantage Plan is right for you, you can call Aging Partners Insurance and Financial Counselors Houston Doan or Neal Sandoz at 402-441-7070 or 800-247-0938. 

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Long Term Care Services

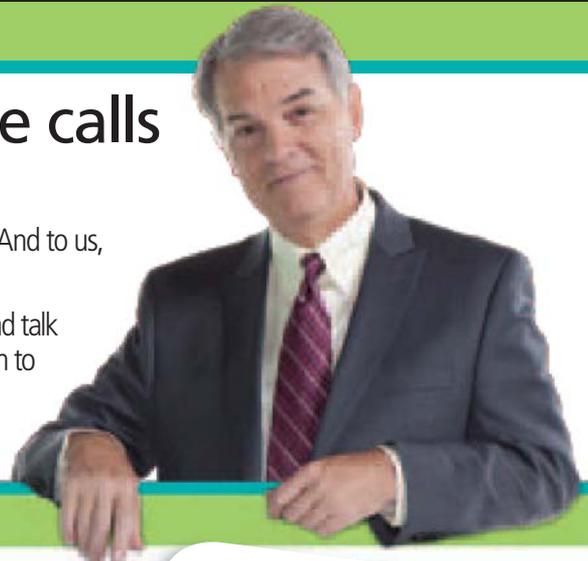
For people with Medicare...

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# Mental health is crucial to physical health

**P**at Talbott hit rock bottom. She lost her job, home and everything. She spiraled downward into deep depression and all she wanted to do was end her life.

“It was very frightening,” she said. “It was scary to me and everyone around me.”

That was more than 20 years ago. After years of fighting depression even unbeknownst to her at times, Talbott found the right therapy and medication to help herself heal.

Since then, Talbott has helped others deal with similar feelings she experienced as a Peer Specialist/Consumer Advocate for the Behavioral Health Jail Diversion Program within the Community Mental Health Center. She established Wellness Recovery Action Plans as a master level trainer to bring peer training to help others recover from mental illness. She served six years as a Foster Grandparent, working with teen moms and their babies, and was appointed by the governor to the State Advisory Committee on Mental Health Services.

Today, Talbott considers her life to be better than it has ever been. She serves as an AmeriCorps/Vista volunteer with Aging Partners and was named the 2009 recipient of the Community Horizon Award.

The most important lesson she learned through her experiences — “Recovery is a real possibility and hope is possible.”

Talbott said a stigma still exists with mental illness, but she points



Pat Talbott

out it’s an illness in one part of a person’s body like any other illness can be.

“It’s OK to have something going on that is with your mind,” she said. “It’s OK to have that and seek help for mental health issues. Often times, we just need someone to listen.”

Reading a book about depression and older adults, Talbott came upon a statement that rang a chord with her: “Depression is the single most common psychological disorder, affecting people of all ages, but is also one of the most treatable.”

Plans are being made to add information about suicide prevention and identification.

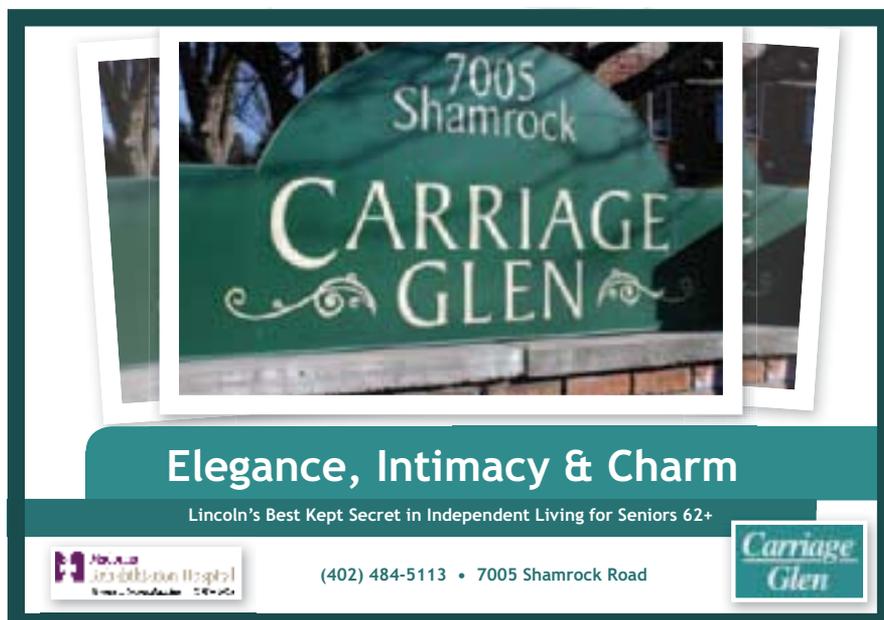
In addition to mental wellness, Talbott provides information and education to older adults in a variety of settings such as senior centers

and housing communities on a range of topics such as colon cancer awareness and other aging issues.

“I love to help people and be active,” Talbott said. “I think if you can help just one person, it’s a good deal.” 

“  
***It’s OK to ...  
seek help for  
mental health  
issues. Often  
times, we just  
need someone to  
listen.***

— Pat Talbott



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# Detecting Alzheimer's

The Alzheimer's Association notes 10 warning signs to detect Alzheimer's disease.

These 10 signs on the Web at [http://www.alz.org/alzheimers\\_disease\\_know\\_the\\_10\\_signs.asp](http://www.alz.org/alzheimers_disease_know_the_10_signs.asp) or call the toll-free line at 800-272-3900.

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To learn more call: **486-3430**

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Lincoln, Nebraska

## Rural Transit: Good deals

**R**ural Transit offers a great deal to people in rural Lancaster County. It's one of the least expensive ways to travel. A person doesn't have to worry about parking, weather or anything else.

Call 402-441-7031 to schedule a trip from rural Lancaster County into Lincoln one day in advance of the ride. Office hours are Monday through Friday, 8 a.m. to noon and 1 p.m. to 3:30 p.m.

Rural Transit runs a route north of Lincoln on Mondays and Wednesdays and a route south of Lincoln on Tuesdays and Thursdays. A one-way fare is \$2, making a round-trip venture just \$4. A 10-punch rider card is available for \$20 — and the first ride is free.

In-town transfers are available when additional stops are needed. There is an additional small fare for this service. **Lw**

*Lancaster County Rural Transit offers people rides for \$2 one way and \$4 round trip.*



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# Is your home making you sick?

**M**ost people associate hazardous waste with leaky barrels of toxic chemicals or pipes from industry dumping pollution into a river, but the average home has its own share of potentially hazardous substances.

## What is hazardous?

Due to their chemical nature, these substances can poison, corrode, explode, or ignite easily when handled improperly. Indoor air quality can also be compromised due to pollutants and contaminants associated with common household cleaning supplies, pesticides and home improvement products. Whether you're 6 or 106, people can breathe easier and age healthier by properly managing and disposing of dangerous household products and chemicals.

## Impact on older adults

It is well documented that many older adults spend up to 90 percent of their time indoors. Common indoor air pollutants, and their associated hazards, can trigger chronic obstructive pulmonary disease or asthma. According to the Environmental Protection Agency and the Centers for Disease Control, COPD is the fourth leading cause of death in the United States, claiming more than 125,000 lives in 2005. COPD includes chronic bronchitis and emphysema. Symptoms include chronic cough, shortness of breath, chest tightness, and difficulty breathing.

## Safe homes for seniors

With the plan to reduce risks associated with hazardous substances in the home, Lincoln-Lancaster County Health Department has partnered with Aging Partners on the grant-funded project, Safe Homes for Seniors. This project utilizes the services from

Home Handymen to assess, identify, and in some cases, remove household hazardous substances in the homes of medically fragile and vulnerable older adults.

## Other disposal options

Beyond the Safe Homes for Seniors project, older adults and other Lincoln and Lancaster County residents will have one additional opportunity in 2009 to safely and easily dispose of household hazardous wastes on Saturday, Oct. 24, at Woods Park (31st & J streets), from 9 a.m. to 1 p.m.

The household hazardous waste collections are for the convenience of Lincoln and Lancaster County households — not businesses. Items accepted at the HHW collections include fluorescent bulbs and tubes, pesticides, paint thinners, stains, polishes and waxes, turpentine, oil-based paint, old gasoline, mercury containing items including old thermometers, upholstery cleaners, and grease removers.

## Safety first

Regardless of how products are stored or properly disposed, it is always important to carefully read labels prior to purchase. Look for signal words such as: danger, warning, caution,

toxic, or poison. When using a product, read and follow the label directions and never mix it with other products. Always choose the least toxic product that will do the job. Purchase only the amount needed. Dangerous store products should also be secured in cool, dry areas away from children and pets.

Breathe easier, age healthier and prevent pollution by performing an inventory to manage and safely dispose of household chemicals and products that may pose a health risk.

For more information on the Safe Homes for Seniors project or the household hazardous waste collections and program, please call Daniel King with the Lincoln-Lancaster County Health Department at 402-441-8084. **Lw**



*Hazardous waste sits packed on shelves in a typical household storage setting.*

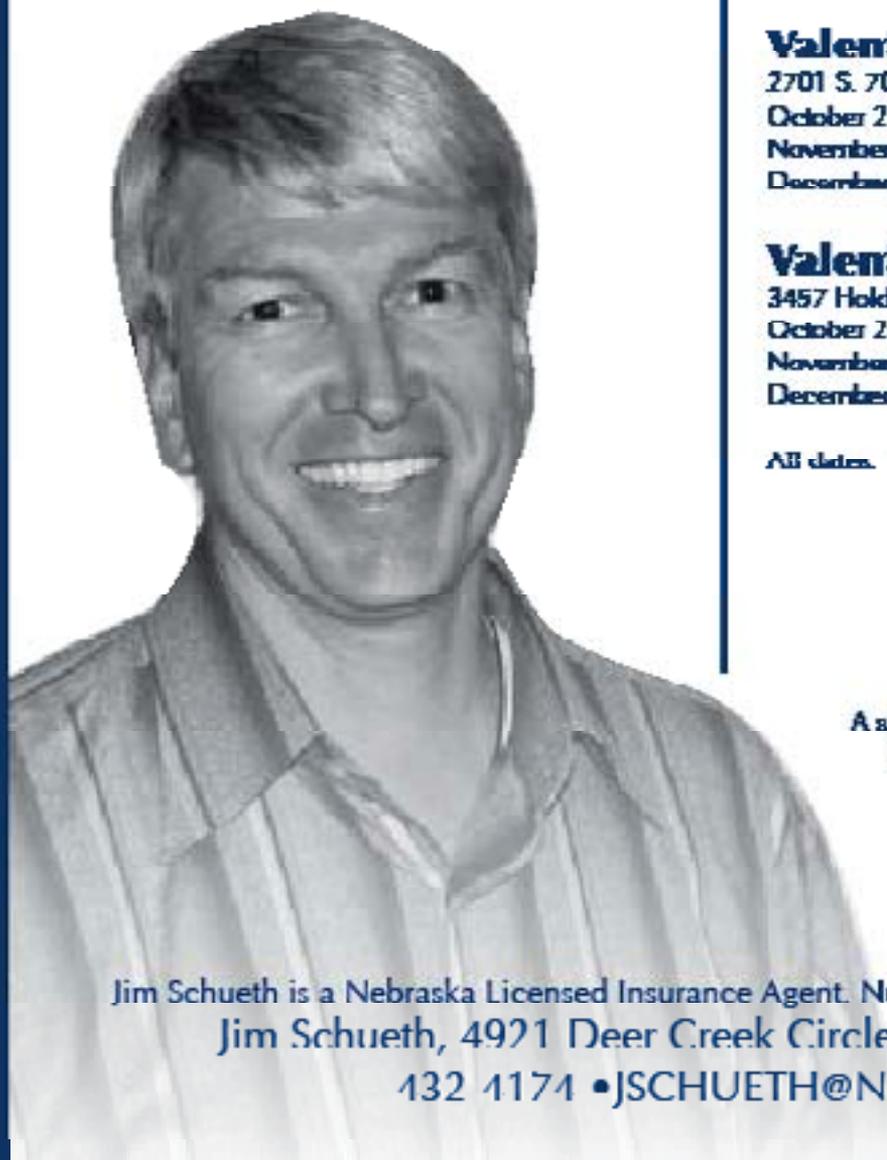


*Household hazardous waste collection staff and organization organize items that people bring in to discard.*

*Photo Credits:  
Lincoln-Lancaster County  
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# Saving Seniors Money

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### 2. Medicare Supplements

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- Changes coming in 2010!
- Are you eligible for lower rates?

### 3. Medicare Advantage Plans

- How do these plans work?
- Where is your comfort level?
- Changes for 2010 and 2011!

## Valentino's Buffet

2701 S. 70th Street Lincoln (Handicap accessible)

October 21, 26, 30

November 6, 11, 14, 16, 18, 23

December 2, 9, 11, 16, 18, 21

## Valentino's Buffet

3457 Holdrege Street Lincoln (NOT Handicap accessible)

October 23, 28

November 3, 10, 19, 24

December 5, 7, 15, 22

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# Dedicated to Delores Lintel

**D**elores Lintel possesses a strong sense of commitment to community and a Lincoln park bears her name because of that.

Mayor Chris Beutler honored Lintel with a marker at Lintel Park, 21st and Holdrege streets, June 10 recognizing her contribution to Lincoln.

“People have to get involved,” she said. “It’s their city and they have to do things that are important to them. But a person can’t possibly do everything by themselves.”

In the 1960s, the City planned to build a major roadway, the Northeast Radial, that would



*A marker was dedicated June 10 at Lintel Park, 21st and Holdrege streets.*

connect downtown and northeast Lincoln. The route of the proposed roadway extended through several established residential areas. Much of the land had been acquired for the project when

the initiative was defeated by voter referendum, in large part due to the organization and citizen activism of neighborhood residents. A plan was developed to reuse the acquired properties for residential, commercial and park purposes.

As part of the Radial Reuse Plan, Lintel Park was developed and dedicated in 1987, and named in recognition of Delores Lintel. **LW**



*Delores Lintel, left, accepts thanks from Mayor Chris Beutler for her contributions to the City of Lincoln.*

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# Senior Center managers change places

**A**ging Partners is pleased to announce the change of managers at two Lincoln Senior Centers.

Bill Booe moved from the Northeast Senior Center to the Downtown Senior Center. David Chapelle, moved to the Northeast Senior Center.

"I'm excited about the future of both of these centers and the new ideas and programs that David and Bill will create from their many years of experience with the agency," said Bob Esquivel, Senior Centers Coordinator.

Chapelle had worked 15 years at the Downtown Senior Center and said he enjoyed his time there.

"It's been more fun than I can say," he said. "I've met so many wonderful people downtown. I'm excited about meeting new people and catching up with old friends."

Booe, who had worked eight years at the Northeast Senior Center, echoed the remark.

"Change brings new responsibilities and new opportunities for personal growth," he said. "It can bring new joys and pleasures and a chance to make new friends." 



*David Chapelle, left, and Bill Booe exchange places where they work. Chapelle now serves as the Northeast Senior Center Manager, while Booe serves as the Downtown Senior Center Manager.*



## LivingWell ...

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

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