

# LivingWell

## Keep Active, Stay Healthy with Strength Training

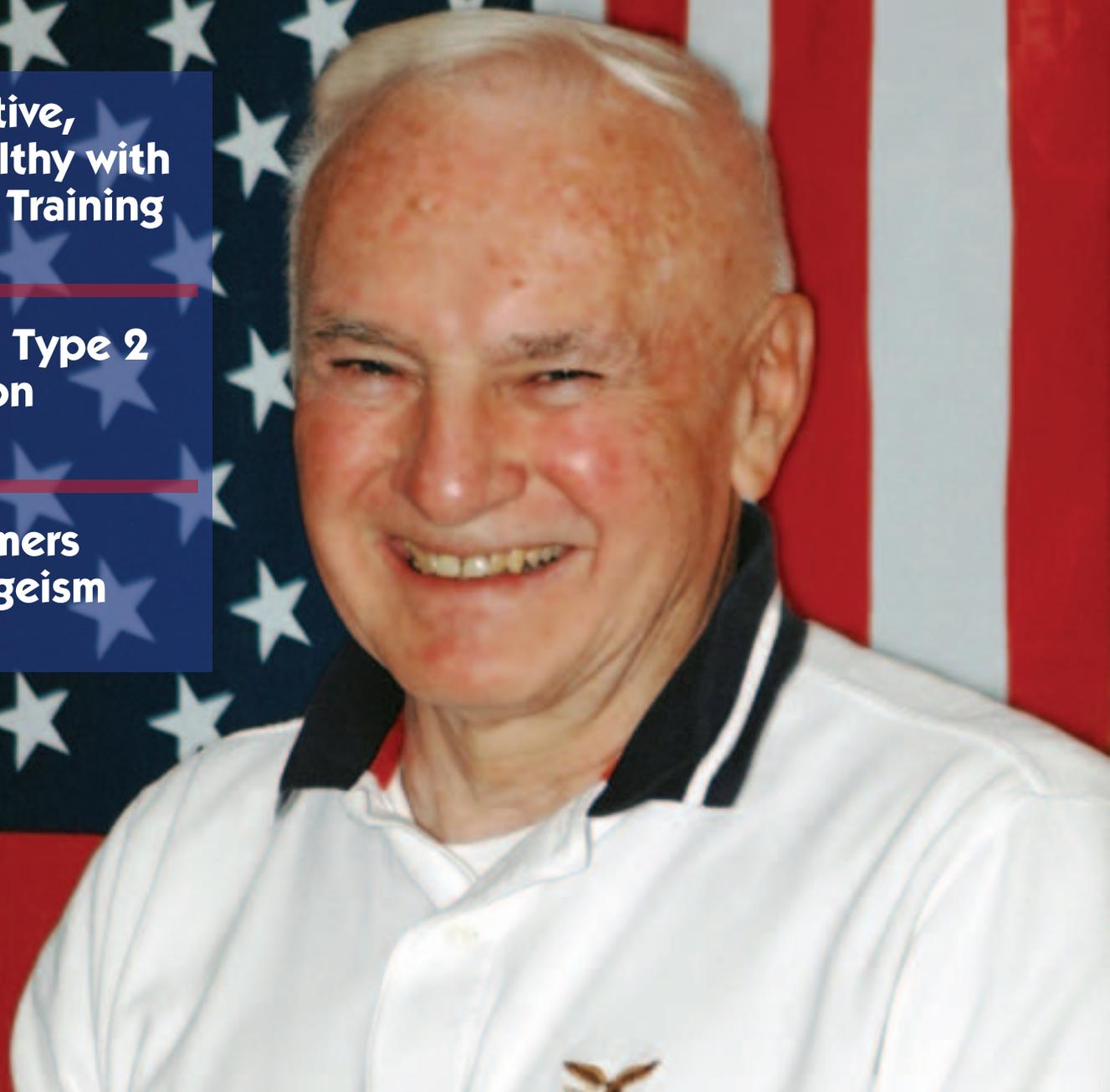
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## Diabetes Type 2 Prevention

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## The Boomers Tackle Ageism

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# Director's Corner

"Service is the rent we pay for the privilege of living on this earth."

If you Google this wonderful quote, you find it attributed to many individuals who each used slightly different phrasing. This issue of *Living Well* is about service of many kinds, beginning with the U.S. military service of Tom Phillips, featured in the cover story. Each of us serves in our own way, and our personal experiences

frame our passions and choice of service. Some of our Aging Partners staff formed a team for the recent Alzheimer's Association fundraising walk. Each can tell a story of someone he or she knows who has been stricken by this as-of-yet incurable disease. We have presented several opportunities for service in this issue. We even have a story about a service dog.

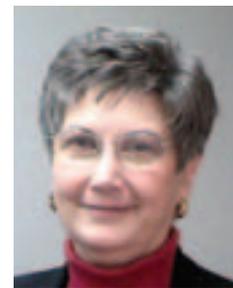
Service can be offered in time and treasure as well as opening that door

for the person behind you.

We hope you enjoy the service provided by our quarterly magazine. It's our pleasure to send it to you. 



June Pederson, Director, Aging Partners



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## On the Cover

Former Air Force colonel Tom Phillips keeps busy in retirement by writing novels, short stories and poems about war, baseball and his other interests. Photo by Zoe Olson.

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

An audio edition of *Living Well* is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 N Street, Ste. 120, Lincoln, NE 68508

# Live & Learn Becomes a Teenager

**F**or more than a decade, local older adults have tuned into Live & Learn for tips on how to live a healthy, active lifestyle. The show will celebrate its 13th anniversary in October, making it the longest running program on Channel 5 CITY-TV.

The show's mission from day one has been to use this video medium to equip older adults with knowledge applicable to their everyday lives from the comfort of their own home. Through the years, local experts have educated viewers about health-related information and other issues affecting older adults such as scams.

"Programming that keeps us informed and entertained benefits everyone," said host Kristen Stohs, who joined the Live & Learn team in January.

The program also features local guests who live interesting or unique lifestyles. Live & Learn hosts have interviewed a variety of older adults through the years, from government officials to belly dancers.

"Life is about stories, and these people have tremendous ones to share," said Bill Luxford, show director since its inception. "This show provides resources that people don't normally have access to."

## Then and Now

After much brainstorming, Deb Batten and Bob Esquivel of the Lincoln Area Agency on Aging — now Aging Partners — approached Luxford in 1999 about producing a show for older adults on Channel 5 CITY-TV. Together, they developed the name, concept and graphics for what eventually became Live & Learn.

With the details in place, all that was needed were hosts. Approximately 65 individuals interviewed for the role, but only four were selected. Of those four, one original host remains with the current Live & Learn team — Harland Johnson. To this day, he uses his famous microphone test, "Peter Piper picked a peck of pickled peppers."

"I always say that because the 'P' is the hardest



*The cast and crew of Live & Learn celebrate the show's 13th birthday this October.*

sound for a microphone to pick up," Johnson said.

Many memorable hosts have come and gone throughout the years. Live & Learn has been blessed to have among its crew several professional anchors, including current host and Lincoln legend Leta Powell Drake. The number of hosts has expanded from four to seven. In addition to Drake, Johnson and Stohs, current hosts include Kris Beckenbach, Tim Francis, Delores Lintel and Sam Truax. Zoe Olson, Live & Learn's producer said the show benefits from the new hosts who have joined the team.

"Every host brings a new perspective on health and remaining active and involved," she said.

Live & Learn has evolved with the times. Its set design has undergone several modernizations and currently utilizes a green screen. The show airs on Time Warner Cable Channel 5 CITY-TV Monday, Wednesday and Friday at 11:30 a.m., Tuesday and Thursday at 11 a.m., Friday at 7 p.m. and Sunday at 9 p.m. A program guide and Video on Demand episodes are available at <http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm> and on Live & Learn's YouTube channel at [www.youtube.com/playlist?list=PL5CF819E64ECB5264](http://www.youtube.com/playlist?list=PL5CF819E64ECB5264).

The entire Live & Learn team thanks you, our viewers, for your loyalty and your support during the past 13 years. We look forward to spending many more with you in the future! 

# Keep Active, Stay Healthy with Strength Training

Whether it's hiking 6.2 miles up to the Crazy Horse Monument in South Dakota, driving 10,000 miles to the northernmost point of Alaska or simply keeping up with their granddaughter, Sharon and Ken Cheney rely on regular exercise to keep them active in retirement.

In their 12 years of retirement, the couple have maintained a 1.5-mile walking routine several days a week. However, as of Jan. 1, the Cheneys expanded their exercise to include regular strength training at the Aging Partners Health & Fitness Center located at 233 S. 10th St. in Lincoln. Three days a week, the couple builds their muscle strength with a 45-minute routine crafted just for them by a personal trainer. Their regimen typically consists of using an exercise bicycle and weight machines, which target their arms, legs and back.

A combination of cardio and weights prepare the couple for traveling, climbing the stairs during football season at Memorial Stadium, and keeping their balance once the ice and snowfall return.

"Exercise and strength training — we need them both," Sharon said. "The most important thing is to keep moving. Otherwise you'll become less active and can't do the things you want to do."

## The Benefits of Strength Training

The Centers for Disease Control and Prevention states strength training not only keeps older adults active, but increases their overall health as well. It has been proven to reduce signs and symptoms of various chronic conditions and diseases such as arthritis, osteoporosis, diabetes and depression.

Strength training also is known for increasing flexibility and balance. A New Zealand study showed that women 80 or older who participate in regular strength training have a 40 percent less chance of falling. Sleep benefits from strength training are similar to treatment with medication only without the side effects and cost.

The Cheneys have seen similar results. Ken no longer needs to visit the physical therapist because his back problems have improved. Sharon has seen significant improvement in her leg strength.

Due to the severity of Sharon's arthritis, she required surgery May 10 to replace both knees. The strength training before the surgery helped her recover quicker than average, leaving her doctors and physical therapists amazed.

"Many said they'd never seen someone recover so quickly," Sharon said. "My doctor saw me before our vacation — eight weeks after the surgery — and complimented me for working so hard."

## Join the Bandwagon

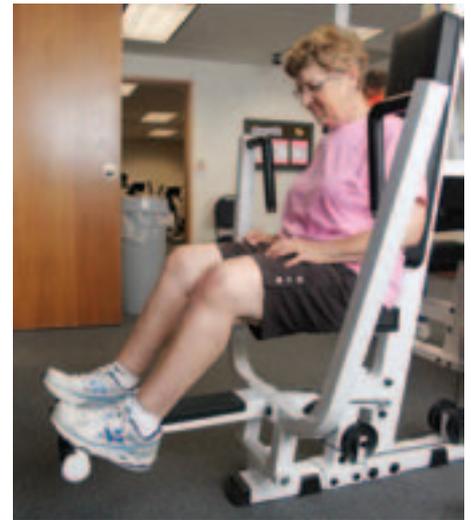
Sharon and Ken hope other older adults in the area will consider adding strength training to their daily regimen. They suggest making it a routine instead of exercising "when you feel like it." Working out first thing in the morning is the best way for us to keep from putting it off, the Cheneys said.

"It's like all the books say: you've got to do it now; you can't wait for the future," Ken said. "If you don't pick up strength training, you'll lose your energy."

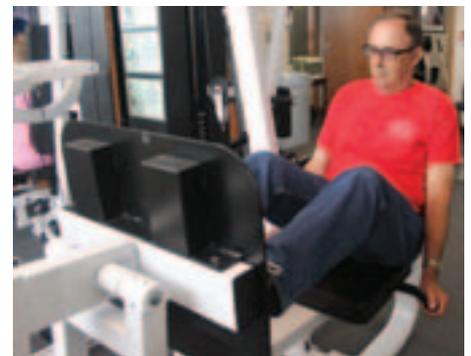
For more information about Aging Partners Health & Fitness Center, call 402-441-7575. 

**"If you don't pick up strength training, you'll lose your energy."**

— Ken Cheney



Sharon, above, and Ken, below, Cheney strengthen their legs using weight machines at the Health & Fitness Center.



# Shattering the Myths Surrounding Health Reform:

How the Affordable Care Act makes health care better, smarter and safer

By Kit Wagar

Carolyn had just turned 58 years old. She has been diabetic since childhood. And she's a woman.

Unfortunately, that gives health insurers three reasons not to sell her a policy, even though her diabetes is well controlled, she's healthy and stays active. When her husband went into business for himself in Kansas City, Carolyn lost the group insurance she had through his job.

For more than a decade, Carolyn was forced to live without health insurance because she couldn't find an insurer who would cover her. But after the health reform law was enacted in 2010, she was able to sign up for a new Pre-existing Condition Insurance Plan. For the first time in 12 years, she wasn't worried that a car wreck could put her in the hospital and bankrupt her family.

Carolyn is one of more than 50 million people in the United States whose age or health status threatens to shut them out of the health insurance market. Now, she is one of 77,877 people nationwide, including 314 in Nebraska, who have access to health insurance through pre-existing condition insurance plans created by the health reform law. These plans allow them to buy insurance at the same price as people without health problems.

In 2014, Carolyn will be able to buy health insurance along with everyone else because insurers will no longer deny insurance coverage to people with existing health issues. That's just one of the major improvements brought about by the health reform law, known as the Affordable Care Act.

The law sets in motion a series of reforms that improves health

care quality while making care more accessible, safer and less costly. Medicare is significantly improved through free preventive care, big discounts on prescription drugs and extensive programs to improve the care that patients receive after leaving the hospital. And health insurance for working-age people is made more accessible and more cost-effective. A few examples:

- Young adults now can stay on their parents' policies until age 26, even if the child is married or lives away from home. Some 18,000 young adults in Nebraska have gained coverage this way.
- Lifetime limits on insurance benefits are now prohibited so that seriously ill policyholders don't lose coverage just as they are facing the most difficult medical issues of their lives.
- Everyone now gets better value for their health insurance dollar.

The Affordable Care Act requires insurers who offer coverage through large employers to spend at least 85 cents of every dollar in premiums on actual health services or health care improvements, rather than on marketing and administrative expenses. Insurers that cover individuals and small employers – usually less than 100 employees – must spend at least 80 cents of every premium dollar on health services or quality improvements.

If insurers charge too much to meet those standards, they have to rebate the difference to their customers. The first rebates went out in July. More than \$1.1 billion in rebates were paid throughout the nation. In Nebraska, 46,444 customers received rebates worth \$4,832,050.

Most insurance plans also are now required to provide preventive services free of charge, with no co-payment or deductible. These services include mammograms, colonoscopies, Pap smears, cancer screenings, vaccinations and a variety of women's health services. This fits with the law's goal of reducing health care costs by keeping people healthy and catching disease early when it is most treatable.

The Affordable Care Act also requires Medicare to cover preventive services at no cost to patients. And Medicare beneficiaries get a free wellness checkup once a year. These changes took effect Jan. 1, 2011, and are helping older adults stay healthy and independent.

In Nebraska, 197,647 older adults received at least one no-cost preventive service last year. Through June 2012, another 89,961 Nebraska older adults received preventive care without charge. If you have access to the Internet, you can see a complete list of preventive services covered by Medicare at <http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html#CoveredPreventiveServicesforAdults>.

One of the most significant improvements in Medicare is the phasing out of the prescription drug coverage gap known as "the donut hole." The Affordable Care Act gives older adults who hit the coverage gap an automatic 50 percent discount on



*Kit Wagar, Outreach Specialist, U.S. Department of Health and Human Services Region 7.*

brand-name drugs and a 14 percent discount on generic drugs.

In Nebraska, 24,070 older adults saved \$15.18 million last year on prescription drugs. This discount allows older adults with modest incomes to stay on their medication. Before the Affordable Care Act, many older adults stopped taking their medication when they hit the coverage gap. This often caused their condition to worsen, sending them to the hospital for expensive services that could have been avoided.

By helping older adults afford their medications, the reform law keeps older adults healthy at the same time it lowers costs by eliminating avoidable hospital visits. The discount on medication increases every year until the coverage gap is eliminated in 2020.

The Affordable Care Act also sets up several programs to improve the quality of health care. One of the most important is called Partnership for Patients. This program works with hospitals to reduce medical errors and hospital infection rates. The program also contracts with local Area Agencies on Aging to improve the care that patients receive after they are discharged from the hospital.

The health reform law also is keeping Medicare's monthly premiums low with new initiatives that catch fraudulent activity and lower the cost of medical equipment. Fraud investigations recovered more than \$4 billion for the Medicare trust fund in both 2010 and 2011, up nearly 75 percent from 2008. And when medical equipment makers

were required to submit bids to sell equipment to Medicare patients, prices dropped more than 30 percent.

With all the heated rhetoric surrounding the health reform law, it's often hard to figure out what's really happening. But for people who understand the new law, this much is clear: The Affordable Care Act expands access to health insurance. It reduces costs, and it helps older adults remain independent longer by offering a new level of affordable, high-quality health care. 

*Kit Wagar is the Affordable Care Act specialist for Nebraska, Kansas, Iowa and Missouri at the U.S. Department of Health and Human Services.*

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# Diabetes Type 2 Prevention

**M**any older adults may not realize Type 2 diabetes isn't inevitable if they commit to basic behavioral changes, which can create a healthy, quality life free of complications.

"The most common myth I see is that people think they're going to get it if they're going to get it," said Rita Antonson, geriatric nurse practitioner and clinical instructor at the University of Nebraska Medical Center College of Nursing. "People need to be empowered to know that diabetes is very preventable."

## Knowing the Facts

Unlike Type 1 diabetes, Type 2 is not a disease prevalent from birth and is rarely caused by genetics. Over time as unhealthy habits persist, cells stop responding to insulin. Having nowhere else to go, glucose remains in the blood stream, causing blood sugar to skyrocket.

Once an individual upgrades from pre-diabetes to Type 2 diabetes, it's imperative that glucose levels be kept under control to prevent a number of health problems that could develop throughout time.

The risk of older adults developing Type 2 diabetes is high. The American Diabetes Association reported 10.9 million people 65 years or older—26.9 percent of this age group—have diabetes. Older adults make up approximately 42 percent of the total diabetes population in the U.S. Nearly 7 million people of all ages in the U.S. have undiagnosed diabetes and a whopping 79 million have pre-diabetes.

## How Diabetes Can Affect the Body

If Type 2 diabetes is left untreated by medicine, diet or exercise, serious medical complications could occur, resulting in further sickness or even death.

In 2004, heart disease was noted on 68 percent of diabetes-related death certificates among people 65 years and older and stroke was noted on 16 percent, according to the American Diabetes Association. The leading cause of new cases of blindness in adults ages 20-74 years is diabetes. Approximately 60 to 70 percent of those with diabetes suffer from mild to severe forms of nervous system damage. Diabetes also



**People need to be empowered to know that diabetes is very preventable."**

*– Rita Antonson*

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can cause kidney disease, lower-limb amputation and high blood pressure.

Recently, the National Institute of Health discovered hearing loss is twice as common in those with diabetes as those without. During time, high blood glucose levels can damage the blood vessels and nerves in the inner ear that hearing depends on.

Antonson has seen a connection between diabetes and trouble balancing in older adults. People with diabetes have a higher risk for falls or injury. Although there are many causes for this, the main culprit is peripheral neuropathy in the feet — nerve damage that causes numbness, tingling, and pain.

## Type 2 Prevention

The first step in preventing diabetes is to know the subtle warning signs, which include:

- Unusual thirst
- Frequent urination
- Blurred vision
- Extreme hunger
- Feeling tired for no apparent reason
- Frequent infections
- Numbness or tingling in hands and/or feet

The American Diabetes Association says regular diabetes testing with a primary care provider every three years is critical and can potentially catch the disease, should it appear, before it causes other medical complications. Those with pre-diabetes should be tested annually.

The three most effective ways to reduce developing diabetes are moderate exercising five days a week, an improved diet and loss of 7 percent of body weight (if

overweight). These actions lower risk by 58 percent.

“Sometimes we don’t believe we can change because those around us aren’t making an effort to change,” Antonson said. “It’s not too late. You have the power to reverse it at any time. It begins with a choice.”

## Counteracting Type 2

Unfortunately, diabetes is not curable. While medication and insulin therapy are common remedies for high blood sugar, changing your diet and increasing exercise can reduce or eliminate the need for these remedies, which results in significant cost-savings and health benefits.

Doctors recommend exercising an average of 30 minutes per day, five days a week. Antonson suggests incorporating cardio, strength training and stretching into weekly routines.

Eating a healthy diet requires more than substituting fried foods for fruits and vegetables, Antonson said. Although fruits and vegetables are nutritious, some are better choices than others. For example, diabetics should eat primarily low-carb vegetables such as asparagus, broccoli, zucchini and tomatoes and avoid high-carb vegetables such as carrots, peas, potatoes and corn. Fruits with low to medium sugar such as raspberries, strawberries, peaches, apples and cantaloupe are preferable to those high in sugar, including kiwi, pears, pineapple, grapes and bananas.

Stress can significantly raise blood sugar levels. Peggy Apthorpe, Aging Partners Health & Fitness coordinator, suggests diabetics participate in yoga, Tai Chi, meditation or homemade relaxation techniques to reduce stress.

“There are many ways to relax,” Apthorpe said. “Some enjoy dancing and loud music to let loose. Others like it quiet. Some may listen to calming music or knit. Find what relaxes you and do it.”

Most importantly, diabetics should find accountability, whether it’s with a primary physician, a caretaker, a friend or family member or a journal of their written goals. Having someone or something to remind diabetics of their commitment to living healthier will keep them on the right track.

For more information on diabetes, visit the American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org) and consult your primary care provider. 



## Exploring Palliative Care *by Dr. Lisa Mansur, Dr. Lisa I. Mansur Clinic, Palliative Care Services of Nebraska*

**T**he palliative pathway of medical care focuses on ensuring quality, comfort and dignity when cure or even restoration isn't possible. Medical decisions are made in the moment, weighing the balance of burden versus the benefit of interventions.

There's no doubt medical care in this day is extraordinary. Life expectancy has been increasing for decades. Earlier, patients were expected to die soon after receiving a terminal diagnosis. Now, a patient has a life expectancy of more than 30 months — sometimes much longer — after receiving a life-limiting diagnosis.

As we live longer, the benefits of aggressive care must be weighed against the burden and suffering that may accompany aggressive care. More than 25 percent of the Medicare dollar is spent in the final week of life, and technology has long since plateaued in the ability to extend life with comfort. These facts mean the dying process is being unnecessarily medicalized rather than personalized. As medical expenditures rise and quality of care outcomes decline in the U.S., there has never been a more important time for physicians and medical personnel to communicate with their patients.

Palliative care is a patient-centered path of medical care that begins with an evaluation of the “big picture.” The approach begins with a review of where a patient is in their health path. Rather than focusing on each individual organ function, palliative care offers an overview of where patients have been, where they are now and where they are going medically. This evaluation is based

on a patient's strength and mobility, nutrition, ability to care for oneself, alertness and severity of their medical diseases.

Though age is not a direct factor, age is important as a reflection of the reserve for recovery. The palliative evaluation also relies upon a thorough definition of a patient's expectations. Therefore, a balanced review and explanation of the evidence-based information (now widely available to all) and a review of a patient's preferences and requests allows for shared decision-making by the patient and physician at each decision point. This collaboration requires multiple conversations throughout time, allowing in-the-moment decision-making as health declines.

The interdisciplinary palliative care team includes the primary care physician, subspecialists, nursing staff, social work, physical and occupational therapy, nutritionists, volunteers and pastoral support who collaborate to explore the goals and expectations of the patient and their families, prepare patients for informed decision-making, assist advance care planning, define discomforts and initiate a care plan. They empower patients to understand their health and proactively direct the care they truly desire when assisting with difficult conversations.

Seventy percent of deaths in the U.S. are patients 65 and older. Candidates for a palliative care approach include those with progressive debility, recurrent hospitalizations, chronic severe progressive illness and sudden catastrophic illness. When a cure isn't possible and the care goal is

restoration or optimization, a palliative care discussion is warranted.

Interestingly, when physicians have been asked to refer patients who may have less than two years of life remaining for palliative care evaluation, those patients lived an average six months or less. By initiating these conversations early, the patient has opportunity to direct the care they believe is most beneficial to them.

As patients face the final phase of life, they have specific requests. They universally request being in charge of their care, being pain-free and having help with family understanding in regard to the end-of-life process. Patients are not necessarily afraid of dying, but are afraid of suffering and desire a proactive plan to avoid it. Often, they feel “it is not time” to begin the palliative care approach. Delaying palliative care initiation can be detrimental because patients and families frequently don't have enough time to address their life goals and obligations. Initially, a palliative care approach should be paired with the restorative care to maximize quality, comfort and dignity. It empowers patients to participate in their care's navigation as health changes and goals are redefined.

Once a patient is identified as a palliative care candidate, the primary care physician or subspecialist can initiate the palliative care conversation. Studies show recurrent



*Dr. Lisa Mansur*

five-minute discussions devoted to care planning ensure patient's wishes are honored during the final phase of life. They place the patient's voice firmly in the hearts of the surrogate decision-makers as health declines, allow the advance directives to be followed and ensure the best care for the patient. With more than 75 million baby boomers in the U.S., all physicians must be comfortable with implementing palliative care approach to medical care.

Hospice is palliative care designed for the final six months of life. The hospice care team provides individualized care taken directly to the patient's residence. A patient should be considered for

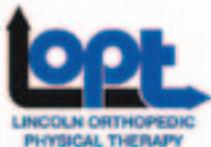
hospice care if the medical team and family suspects patient could die in the next six months. The hospice team includes nurses, social workers, licensed mental health providers, physicians, volunteers, technicians and pastoral support with expertise in end-of-life care. The team provides support for symptom management, grieving, assistance with goal achievement and navigation through end-of-life decisions and paperwork.

Palliative care is an increasingly important part of medicine. The outcomes of aggressive/invasive medical care versus care focused on comfort, quality and dignity demonstrate a longer, more

comfortable end of life for those enrolled in a palliative path — either solely or combined with aggressive care. It improves patient and family satisfaction, and reduces ICU or hospital days and medical expenditures.

Palliative care improves the quality of life for spouses and caregivers and empowers patients to live with quality, comfort and dignity as they transition to the final stage of life.

Additional information on Palliative Care can be found on Live & Learn. Visit [lincoln.ne.gov/city/mayor/cic/5citytv](http://lincoln.ne.gov/city/mayor/cic/5citytv) for program guides and Video on Demand and on Live & Learn's YouTube channel at [www.youtube.com/user/aginglivelearn?feature=mhee](http://www.youtube.com/user/aginglivelearn?feature=mhee). 



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## Long-Term Care

by Houston Doan, Aging Partners insurance and financial counselor

**W**hat do you mean Medicare won't pay? That's right, Medicare will not pay for your long-term care if you need assistance as you age. A majority of adults will need some sort of extended care in their lifetime due to illness or injury. That care may be for only a month or two, or you may require assistance for a longer period of time.

How are you planning to pay for this care? Can you write a check from your retirement account for \$5,000 or \$8,000 a month? If so, for how long? Long-term care is a problem all of us need to think about.

Some have told me, "I'll just give my kids everything and then go on welfare." That may have been an option years ago, but not today. Remember, Medicaid has a five-year "look back" rule on gifts to family or friends, which means you could be held off of the Medicaid program for a period of time, depending on the amount of the gift.

So what is a person to do? There are several options for individuals to choose from for their long-term care. The most obvious is to pay for your care out of your own funds. This works great for very few individuals. Now, what about the rest of us?

Today, most people look at long-term care insurance. This is insurance that will help cover part or all of your care expenses. These policies have become better through the years and cover all sorts of care options. Policies can cover home health care, assisted living care or true skilled nursing home care. Most policies today offer all three levels of care coverage. The most important thing for you to do is determine where you want to age. Do you want to stay at home for as long as you can, or do you want to go to a facility that offers care sooner rather than later?

In the last few years, several new products have come on the market to help people manage long-term care costs, they include unique life insurance products and long-term care annuities. Nebraska also has taken a positive step in passing the long-term care Partnership Policy law. This is an important law that can save a portion of your estate from Medicaid recovery should you end up on Medicaid after you have exhausted your long-term care policy benefits.

Everyone has different wants and needs, which is why you should have an experienced long-term care specialist look at your individual situation and help you make an informed choice. The insurance and finance counselors at Aging Partners are happy to sit down with you and give unbiased advice on this important decision.

To schedule an appointment to discuss Long-term Care insurance options, call 402-441-7070. Additional information can be found on Live & Learn. Visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm> for program guides and Video on Demand and on Live & Learn's YouTube channel at [www.youtube.com/playlist?list=PL5CF819E64ECB5264](http://www.youtube.com/playlist?list=PL5CF819E64ECB5264). 

This publication was supported in part by Grant No. 1-470491233-D8 under a subgrant from the Administration on Aging and the Nebraska Department of Health and Human Services.



### Now is the best time to talk about what you want next in life.

Nothing beats gathering around the table with loved ones. Conversations move back and forth—from fondest memories to future plans. And it's the perfect opportunity to talk about your version of the ideal retirement living scenario. When you are ready, we would love to join your conversation and help you decide what is next based on your distinct wants and needs. We know there's no one-size-fits-all solution, but we also know that it's hard to find the answer until you start asking questions. Call us today for help moving your conversation forward.

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# Voges' Legacy Continues

**D**uring the past 53 years, Richard Voges has viewed 334 consecutive Husker football games through one eye as the University of Nebraska—Lincoln's primary athletic photographer.

Not even harsh weather, sickness or schedule conflicts could keep the former Navy photographer away from a game.

"A Nebraska football game is the only place to be on a Saturday afternoon," Voges said.

He has come a long way from photographing the games with his Graphlex Crown Graphic 4x5 camera. The University of Nebraska-Lincoln hired him to join its photography unit in 1959. At the time, his duties included research, public relations and athletic photography. Most of his work was for the school yearbook, "The Cornhusker." Through the years, his main focus became football.

Although the photographer formally retired in 1999, he remains the university's on-call photographer.

Many of Voges' photos became the classic images of Husker football today. In fact, one of his most legendary action shots was immortalized in the Husker Legacy statue, which was patterned after Voges' original photo.

"I didn't even know it was my photo until they made the statue and ran the original photo in the paper," he said.

Some of Voges' other historic photos include a group shot of three Nebraska Heisman Trophy winners, a candid photo of Bob Hope at a Nebraska football game and a picture of President Richard Nixon presenting the National Championship plaque after the 1970 season. One of his favorite iconic shots was his photo of the first night game at Memorial Stadium.

"It was raining that night, and I had to catch an airplane to fly around the stadium," he said. "We had to fly with the window open for me to take that photograph."

In all the years Voges stood on the sidelines snapping away, he was never injured. The only physical contact he experienced from a player during a game was an insignificant helmet hit on his right shoulder. More treacherous than potential collisions was the weather. He admits that of all weather conditions, rain is the worst weather to shoot in because he has to protect his camera.

Voges' photography passion follows him home after work. He enjoys photographing wildlife from the view of his front porch, especially birds. Every vacation he experiences is never complete without taking a few photos. However, nothing captures his camera's attention more than his grandchildren.

The Live & Learn September 2012 interview with Richard Voges can be viewed on 5 CITY-TV or online



*This picture of UNL photographer Richard Voges with his Graphlex Crown Graphic 4x5 inch camera was taken in 1959.*



*Although UNL photographer Richard Voges now uses a digital camera to shoot Husker football games, he still has the camera he used when he began his photography career.*

at [lincoln.ne.gov/city/mayor/cic/5citytv](http://lincoln.ne.gov/city/mayor/cic/5citytv) and on Live & Learn's YouTube channel at [www.youtube.com/user/aginglivelearn?feature=mhee](http://www.youtube.com/user/aginglivelearn?feature=mhee). 



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# Parkinson's Disease: An Overview

One of the most common nervous system disorders in the older adult population is Parkinson's Disease.

One million people currently have this progressive disease and 50,000 to 60,000 new cases are diagnosed each year, according to the National Parkinson Foundation. The disease is more likely to affect men than women. The chances for developing Parkinson's Disease rapidly increase in adults 50 and older.

Parkinson's Disease occurs when nerve cells in the brain that make the chemical dopamine, which helps control muscles movement, are destroyed. Without this chemical, the body loses muscle function throughout time because the brain cannot properly send messages to the body. There is no known cause for this disease at present, yet research is under way to uncover this mystery, according to the U.S. National Library of Medicine.

Lincoln Neurologist Dr. John Puente said a combination of environment and genetics play a role in who develops Parkinson's. Research has shown individuals who live in certain geographical areas are more likely to develop the disease. Nebraska residents have a higher risk.

"The disease tends to be more common in rural areas," Puente said. "We think there may be an association with water supply or pesticides. This is only a theory and hasn't been proven."

## Parkinson's Effect on the Body

There are many signs of Parkinson's that develop throughout time, but the first

you're likely to notice as an affected individual or a family member is a slight tremor, Puente said. Other common signs include:

- One-sided slowness
- Trudging/shuffling walk
- Stooping posture
- Quiet, raspy voice
- Lack of emotion shown on the face

Complications that can result from these signs include:

- Difficulty in performing daily activities
- Difficulty swallowing or eating, which may result in choking or pneumonia
- Depression
- Forgetfulness

The disease can be difficult to diagnose because there's no true confirmatory test. Neurologists rely on the patient, the patient's family or his or her doctor to explain the signs the person notices. The neurologist can occasionally diagnose it if the signs are prevalent during the visit.

Puente said many believe these signs are uncontrollable. Although there is no cure for Parkinson's, most signs are controllable through medication or even surgery.

"Newer studies are pointing toward physical therapy and exercise to help," Puente said. "There's no proven dietary changes at this time that can relieve Parkinson's signs, but that's being looked into as well."

The National Institute of Neurological Disorders and Strokes (NINDS) suggests certain lifestyle changes that can prevent individuals with Parkinson's from

being seriously injured or dying from their signs:

- Walk with care: Try not to move too quickly. Always aim for your heel to strike the floor first. Look in front of you, not down, while walking.
- Avoid falls: Don't pivot your body over your feet while turning. Don't lean or reach, but keep the center of gravity over your feet. Don't carry things while walking.

The NINDS also recommends alternative therapies for relieving signs, including acupuncture, tai chi, yoga and meditation.

## Preparing for a doctors visit

If you notice signs of Parkinson's, the Mayo Clinic suggests taking these steps before your doctor's visit:

- Write down signs you experience.
- Write down key personal information (including major stresses or recent life changes).
- Make a list of all medications.
- Ask a family member or friend to come with you.
- Write down questions to ask your doctor.

For more information on Parkinson's Disease, Puente recommends visiting [www.wemove.org](http://www.wemove.org), [www.mayoclinic.com](http://www.mayoclinic.com) or [www.parkinson.org](http://www.parkinson.org).

For additional information on Parkinson's disease, tune into Live & Learn's three-part series. Visit [lincoln.ne.gov/city/mayor/cic/5citytv](http://lincoln.ne.gov/city/mayor/cic/5citytv) for program guides and Video on Demand and on Live & Learn's YouTube channel at [www.youtube.com/user/aginglivelearn?feature=mhee](http://www.youtube.com/user/aginglivelearn?feature=mhee). 

# Foster Grandparents Leave an Impression

Despite being far away from her 14 grandchildren and seven great-grandchildren, Donna Klopfenstein gets her grandmother fix every week by volunteering as a Foster Grandparent at the Northeast Family Center in Lincoln.

For 35 hours a week during the summer and 40 hours during the fall and winter, Klopfenstein interacts one-on-one with toddlers ages 17 months to 3 years. She cares for them like any grandmother would—holding them as they cry, reading to them and playing games with them. She says there's no greater joy than seeing the children's face light up at her presence when she arrives at the center and hearing them run to her, shouting, "Grandma Donna!" in excitement.

Klopfenstein has been a Foster Grandparent the past three years and is one of 37 program volunteers in Lincoln and Lancaster County. During her time as a Foster Grandparent, she also has volunteered at Belmont Elementary School, Head Start and many others. The one-on-one experience is invaluable for experience for the children and for herself as well.

"By contributing as an older person to these children, they learn respect for other people," she said. "We have a lot to offer to them. I get a lot out of it because it gets me out of my apartment and gives me a sense of responsibility."

## Foster Grandparents Make Impact

Since 1997, the Foster Grandparent program has provided older adults with opportunities to

provide one-on-one mentoring, nurturing and support to children with special needs, exceptional needs or who are academically, socially or financially disadvantaged. The consistent relationships that Foster Grandparents give these students and youth help:

- Improve current grade-level performance.
- Increase connection to school.
- Reduce dropout rates.
- Increase graduation rates.
- Improve graduates' income potential and financial stability.

Most importantly, volunteers are role models who develop trust, friendship and respect with their "grandkids."

"Volunteers make a lasting impression on these children and provide a connection between the generations," said Foster Grandparent Project Director Elisa Stutheit. "When I grew up, my grandparents were already gone. I would have loved this chance to be around someone older and wiser."

Foster Grandparents serve in a variety of venues, including LPS Title 1 schools, parochial elementary schools, local daycares, and after-school groups. Volunteers primarily assist with literacy at the elementary and middle school levels. Most serve four to five days a week and work with the two to five students assigned to them.

Volunteers—all lower-income adults age 55 or older—receive a \$2.65 an hour tax-free stipend. Many use the income for gasoline, food and car expenses. Volunteers also receive paid holidays, birthdays, vacation, weather days and sick leave. On volunteer days, lunches



*At the recognition banquet in April, Donna Klopfenstein, Foster Grandparent volunteer receives the President's Volunteer Service Award for completing 4,000 hours of service with the program. Photo by Zoe Olson.*

are typically provided for the volunteers by the school.

Interested in becoming a Foster Grandparent volunteer? Contact Aging Partners Volunteer Services for an application at 402-441-7026. 

**In the grant year ending March 31, 2012, the 37 Foster Grandparent volunteers served 34,449.19 hours; at \$16.67 per Nebraska volunteer hour, this amounted to more than half a million dollars (\$574,267) to the community.**

**[www.independentsector.org/programs/research/volunteer\\_time.html](http://www.independentsector.org/programs/research/volunteer_time.html)**

## Easy Ways to Cook for One

**C**ooking and preparing healthy meals for one—or even two—people can be challenging. Finding foods that are healthy, convenient and easy to prepare for one person can be difficult and frustrating. There are a variety of strategies that can be implemented into your lifestyle to make cooking and preparing meals for one or two people much easier.

### Plan Your Meals

Planning meals ahead of time gives you a list while at the grocery store, which ensures you have what you need for cooking. When planning your meals, try to use the leftovers from other meals. For example, if you have chicken leftover from one dish, try using it in a casserole. Fresh vegetables such as broccoli and peppers can be incorporated into a variety of meals. Using your extras wisely will incorporate more foods into your diet and save you money.

### Stock-up on Essentials

Stock your pantry with canned beans, soups, fruits and vegetables so you always have healthy foods

available. Rinsing beans and vegetables before cooking can eliminate some of the sodium packaged-in. Low-sodium soups can come in handy on a cold winter's night. I also like to keep canned tomatoes and spaghetti sauce in my pantry, as these are easy to add into soups, stews, casseroles, pasta and rice. Stock up on whole grain pasta and rice as well.

Taking advantage of your freezer is another way to ensure that you will always have food available. You can take out the portion size needed when using frozen vegetables. Buy extra food when it is in season or on sale. Portion out into appropriate serving sizes and then freeze. Freezing breads, meats and fruits reduce the amount of food that is being thrown away.

### Freeze Leftovers

Oftentimes, recipes make larger quantities than needed. When this happens, it seems you are either stuck eating the same leftovers for

several days or the leftover food is thrown away. Using leftovers for lunch the next day, as well as freezing for another meal provides a delicious meal and allows you to get the most of your food and money. Using leftovers from one dish and incorporating it into a different dish is another easy way to use leftover foods. For example, use leftover meat and rice to be used in stuffed peppers.

### Try New Recipes

Cooking the same recipes repeatedly gets tiresome, and it's easy to get burnt-out on a particular food dish. Cooking for one person does not have to be boring. In fact, this may be the perfect time to try recipes you've never tried! Remember it's OK to make mistakes and to try recipes you wouldn't normally try. Cookbooks specifically geared toward cooking for one or two people will provide recipes using common household staples for appropriate recipe sizes to reduce leftover food. **Lw**

### Garlic and Rosemary Chicken

2 skinless, boneless chicken breasts  
2 cloves garlic, chopped  
2 Tbs dried rosemary  
1 Tbs lemon juice  
Salt and pepper to taste

#### Preparation:

1. Preheat oven to 375 degrees.
2. Cover the chicken breasts with garlic, then sprinkle with rosemary, lemon juice, and salt and pepper to taste. Place in 9 x 13 inch baking dish and bake in preheated oven for 25 minutes or until internal temperature reads 165 degrees.

Nutritional Information: Per chicken breast serving; Calories: 147; Total Fat: 2g; Cholesterol: 68mg;



# Cooking with Pumpkin

**W**hen the fall season comes, the leaves beginning to fall off the trees is usually a telltale sign that the holiday season is on its way. One of the first holidays of the season is Halloween, and with that comes pumpkins. Sure, they're fun to carve and decorate, but what other benefits can be obtained? The orange color of pumpkins means that it is loaded with beta-carotene, which is a form of vitamin A and has been known to protect against heart disease. Pumpkins also are a good source of Vitamin C. They are naturally fat free, cholesterol free, sodium free and low in calories.

Cooking with pumpkin can be done by using fresh or canned pumpkin. Fresh pumpkin requires more time and work, but can be a fun task to do! The most common way of cooking with fresh pumpkin is to bake it in the oven and then carve out the puree. Canned pumpkin is easier and more convenient and tends to be the more popular way of cooking with pumpkin. Whichever way you choose, both types of pumpkin puree will

provide the same nutrients to your body.

When carving pumpkins, instead of throwing the pumpkin seeds away, try roasting them in the oven. Pumpkin seeds can be wiped off, laid to dry overnight, and then baked in the oven to provide a tasty, yet delicious, high protein snack for everyone. It is not necessary to just season pumpkin seeds with salt; there are a variety of seasonings that are just as delicious. Try cinnamon and sugar pumpkin seeds, jerk seasoning, curry seasoning and a variety of other spices to incorporate additional flavor into this tasty treat!

There are numerous ways pumpkin is incorporated into our diet. Pumpkin puree can be used in soup, pie, muffins, pancakes, breads and cakes. Pumpkin puree also can be used in equal amounts as a fat and oil substitution. Using  $\frac{1}{4}$  cup of canned pumpkin for each egg needed in a recipe is a healthy and easy recipe modification. Substituting pumpkin for fat, oil or eggs will not change the texture of the product, but it may alter taste. Pumpkin has a naturally sweeter taste, so any product with pumpkin as a substitution may have this same sweet taste. 

## Pumpkin Soup

$\frac{3}{4}$  cup water  
1 small onion, chopped  
1 can (8 oz) pumpkin puree  
1 cup unsalted vegetable broth  
 $\frac{1}{2}$  tsp ground cinnamon  
 $\frac{1}{4}$  tsp ground nutmeg  
One cup fat-free milk  
 $\frac{1}{8}$  tsp ground black pepper  
1 green onion, green top only, chopped

### Preparation:

1. In a large saucepan, heat  $\frac{1}{4}$  cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out.
2. Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.
3. Ladle into warmed individual bowls and garnish with black pepper and green onion tops. Serve immediately.

Nutritional Information: Serving Size: 1 cup; calories per serving: 72; total fat: 1 gram; sodium: 241 mg; dietary fiber: 2 grams; protein: 2.5 grams

## Chocolate Cake Pumpkin

12 servings

1 box chocolate cake mix  
1 can pumpkin

### Preparation:

Prepare cake per box instructions, replacing oil, eggs and water with a can of pumpkin. Product will be very moist.

Nutritional Information: Calories per serving: 194; total fat: 3.6 grams; 0 mg cholesterol; fiber: 2.2 grams, sodium: 402 mg, protein: 2.5 g



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# George, the Motivator

When George Arnold Brown makes his grand entrance at the Lake Street Senior Center for exercise class, he captures everyone's attention.

He's greeted and praised before he rounds up any exercise regulars who aren't yet seated in the workout circle. Once everyone is in their place and Lake Street Senior Center Manager Kelle Brandt is ready to begin class, he makes his way to the center of the circle, barking and howling with excitement.

Yes, George is a dog, and he has been attending the exercise class for the past two to three years. His owner, Sandie Brown, had mentioned him in conversation when she began attending the senior center. After everyone begged her to bring George with her to exercise class, she finally caved. Now, the class isn't complete without his presence.

Many exercise participants describe George as a "little spitfire." He's only 8 pounds and 8 1/2 inches tall, but has enough energy for 12 dogs his size. At 10 1/2 years old, George is the youngest at the Lake Street Senior Center. Although only an animal, he arguably knows the routine best of anyone in the group. On Mondays, Wednesdays and Fridays shortly before class begins, his internal clock signals it's time to leave for the senior center.

"Once I was napping, and he came and woke me up by licking my ear, telling me it's time," Brown said.

She consistently brings George because it's both healthy for him and for the older adults who attend the class. He loves the attention and the treats they feed him, but most of all, he seems to enjoy motivating everyone.

"He gets the exercise group going," said Richard Frey. "We all love him."

## Pets Increase Health

Many studies show pets are therapeutic for all ages, particularly the elderly. According to WebMD, it takes only 15 to 30 minutes with a household animal to reduce stress and anxiety. The Centers for Disease Control says interacting with pets also has been proven to decrease blood pressure, cholesterol levels, triglyceride levels and feelings of loneliness and increase opportunities for exercise, outdoor activities and socialization.

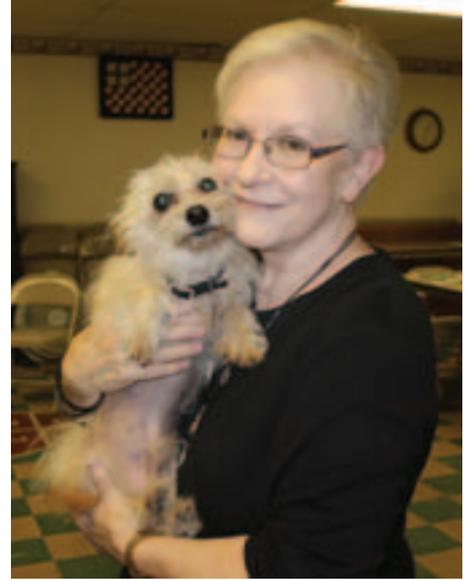
Peteducation.com lists several reasons why pets can improve health and happiness:

- Pets accept people the way they are and are not judgmental.
- Pets instinctively pick up a person's emotion and are always willing to give their love.
- Pets are great listeners.
- Because pets rely on humans, it reminds people they are needed.
- No matter how bad a person's day has been, pets always are happy to see them and want to cheer them up.
- A pet's behavior is often silly at times and makes people laugh—the best medicine.

## George's Impact

Many Lake Street Senior Center exercise participants list George's visits as their favorite part of their day. The evidence can be seen on their faces. Their eyes light up and grins stretch across their faces when George runs across the circle to greet them. Brown said George knows each person's characteristics and can even find them by name when asked.

He will even join in the exercise when it's time to leave the chair circle and walk the hallways. Many say he makes the workout more enjoyable.



George and his owner, Sandie Brown



Mary Lou Cotter, Sandie Brown and Dot Yanak enjoy when George comes from across the room to visit them.



Dwight Lubken and Donald Sullivan stretch after taking a small break to pet George.

"He distracts us from the dreariness of exercise and gives us a few laughs," said Mary Lou Cotter. "He relaxes us."

"We don't realize we're exercising sometimes because we're watching George," Brandt said. "He keeps us motivated. George is good medicine." 



*Tom Phillips and his wife, Nita, have been married 45 years. Nita and their daughters, Laura and Karen, accompanied Phillips wherever he was stationed.*

## From Farm Boy to Veteran Author

**T**om Phillips' adventurous journey as an Air Force colonel and award-winning author is rooted in his humble beginning as a Nebraska farm boy.

Born in the northeast corner of the state in Knox County, Phillips moved to Eagle, Neb., at age 2. He and his family eventually settled on a farm owned by the University of Nebraska-Lincoln at what is now 84th Street and Havelock Avenue. After graduating from Lincoln Northeast High School and attending UNL for a year, Phillips became restless.

"I wanted to see what life was like outside of Lancaster County," he said.

This desire inspired Phillips to join the military, which became the inspiration behind several of his 14 short stories and articles, six poems and three books.

### **A Military Journey**

Phillips enlisted in the U.S. Air Force in 1960 with the intention of serving four years, returning to Lincoln to complete his education and moving on with his life. Somewhere along the way—and Phillips isn't sure exactly where—he made the decision to make the military his career.

"Something about the military just clicked," he said. "I met all these

interesting people who gave me important, interesting things to do and sent me to all these places I'd never have seen as a farm boy from Nebraska. The military turned out to be a wonderful career for me."

Phillips concluded his education during his time in the military, receiving his bachelor's degree in business administration from Colorado State University and a master's degree in organizational behavior from the University of Colorado.

In 1966, he was commissioned as an officer, which he notes as one of the greatest moments of his life.

During Phillips' 36-year military career, his duties occasionally led him; his wife, Nita; and daughters, Laura and Karen, to Europe. They frequently traveled to neighboring villages and countries surrounding the bases where he was stationed. Their travels extended from Great Britain to Turkey.

"I not only loved my job, but I got to visit places that I would never have thought to be possible," he said.

Vicenza, Italy, approximately 45 miles from Venice, was one of their favorite places in Europe. It also was the location of one of the most frightening and memorable experiences of Phillips' life.

On Dec. 17, 1981, while he was the commander of a small detachment in Vicenza, terrorists kidnapped U.S. Army Brigadier Gen. James L. Dozier. Documents in the apartment where he was captured identified Phillips' position, so the U.S. military and Italian police deemed it necessary for him and his family to relocate under their protection. He will forever remember the moment he called his wife to tell her she and the children had 30 minutes to pack before they would be transported to a secret location. She reassured him with the words, "It'll be OK." This moment would later become the subject of one of Phillips' first short stories ever published. Dozier was rescued 42 days later.

After three years in Vicenza, he was transferred to Offutt Air Force Base to become a special assistant to the commander-in-chief. Being a part of the commander-in-chief's think tank was one of the busiest and most interesting jobs in his military career, he said.

Phillips later was transferred to the Randolph Air Force Base near San Antonio, where he served during Operation Desert Storm. As the director of the Air Force Military

Personnel Readiness Center there, he and his crew were responsible for providing replacement personnel to the battle zone.

Leading U.S. troops into Sarajevo during the 1996 conflict in Bosnia was Phillips' final duty in the Air Force.

"It was a marvelous experience, particularly for a military person," he said. "The shooting stopped, and none of my troops were injured. The devastation there and in the surrounding cities boggled my mind. Many of the buildings left weren't higher than a table top."

Phillips retired as a colonel later that year in Stuttgart, Germany.

### **Finding a Niche in Retirement**

He and his family returned to Nebraska following his retirement. Not long after the move, he became an administrator at UNL.

"I enjoyed this job because the military is in many ways a young people's organization," he said. "I always enjoyed interacting with that age group, and the job gave me the opportunity to continue to work with young people."

After two years, Phillips took notice of his wrinkles and gray hair one morning and realized what he truly wanted to do in retirement was write.

His passion for writing began during his military career during which he often crafted speeches and wrote for entertainment on long plane rides. It had always been a hobby, though—nothing more.

With his newfound free time in retirement, Phillips decided to transform his longtime hobby into a new career.

"I thought I needed to do it now or I'd regret it later," he said.

Phillips began his writing journey by subscribing to several writer's magazines where he learned

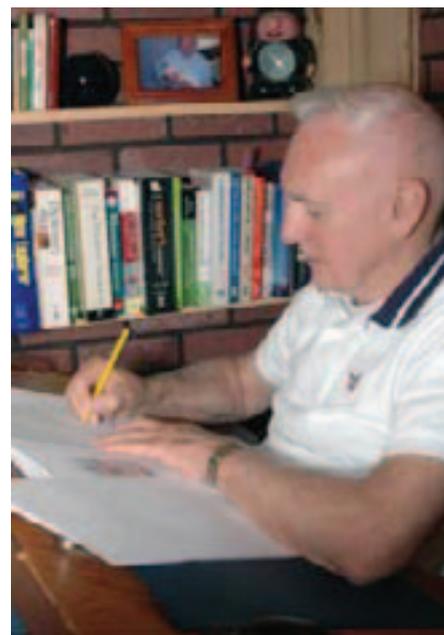
the importance of a comfortable, convenient writing space. During the next month, he transformed an unfinished room in his basement into his new writing office. He decorated the walls with his military ribbons, medals and awards and a selection of European memorabilia from his travels. Once the space was complete, he finally set pen to paper.

### **Phillips' Writing Influences**

Some of Phillips' work is based on his own military experience. His first published short story, for example, was about his arrival into Sarajevo in 1996, and can now be read in "Chicken Soup for the Veteran's Soul." After hearing suggestions from many friends and family members to write a memoir, he recorded his most memorable military moments into a novel, "A Pilgrim in Unholy Places: Stories of a Mustang Colonel," published in 2005.

"When you've been ingrained in the military environment, there has to be an interest there," Phillips said. "I'd suspect that's why the military

*Continued on page 22.*



*Tom Phillips writes in his basement studio, which he created especially for his hobby. Photo by Zoe Olson.*

Continued from page 21

has influenced my writing so much.”

Just as he has given most of his life to the military, he continues to give back by donating all proceeds from *Life in Small Parts*, a collection of Phillips’ short stories and poems, to the Fisher House Foundation, the United Service Organization and the Disabled American Veterans.

Many of Phillips’ writings focus on his other interests, including his second and most popular book, “*Battlefields of Nebraska*.” This novel was inspired by his fascination for Nebraska history, which came from his mother who was a school teacher.

“During these cold winter nights in Nebraska while I was growing up, my mother gave me these state history books to read,” he said. “I remember wondering, ‘Why hasn’t anyone put all of the state’s military history together in one book?’”

Phillips answered the call to action he posed to humanity so many years ago by researching and writing this novel. “*Battlefields of Nebraska*” is the subject of Phillips’ class at the Osher Lifelong Learning Institute at UNL and various speaking engagements across the state.

A love for America’s favorite pastime also spurred him to write a novel on the history of baseball called “*Touching All the Bases*,” which will be published this fall.

### A Role Model for Future Writers

Phillips offers several tips for those who wish to write in their retirement:

- Subscribe to writers magazines.
- Become a member of a local writing group.



Tom Phillips has published three novels in the past six years: “*A Pilgrim in Unholy Places: Stories of a Mustang Colonel*,” “*Battlefields of Nebraska*” and “*Life in Small Parts: Stories and Verse for the Entire Family*.”

- As a beginner, find what interests you and write about it.
- Cultivate a group of “devil’s advocate” editors and seek constructive criticism.
- Purchase the most recent *Writer’s Market*, a compilation of publishing companies.
- Be persistent.

“Remember, you’ll get told ‘no’ a lot,” Phillips said. “Write even if it will never see the light of day.”

His works are available for purchase through Barnes & Noble, Amazon.com and his personal website, [www.thomasdphillipswriter.com](http://www.thomasdphillipswriter.com). 

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# Observing Alzheimer's Awareness Month: Finding a Cure

*By Mark Taylor development director  
Alzheimer's Association, Great Plains  
Chapter*

**W**e say that the Alzheimer's Association is about people and science. The people we serve are those with Alzheimer's and related dementia and their caregivers and families, which, more often than not, are the same people. In 2012, more than 15 million caregivers will provide an estimated \$210 billion in unpaid time. That's above and beyond the \$200 billion in health care costs this year alone.

Alzheimer's steals memories and everything that makes a person who he or she is. Dementia is an umbrella term describing a variety of diseases and conditions that develop when nerve cells in the brain die or no longer function normally. The death or malfunction of these nerve cells, called neurons, causes changes in one's memory, behavior and ability to think clearly. In Alzheimer's disease, these brain changes eventually impair an individual's ability to carry out such basic bodily functions as walking and swallowing. Alzheimer's disease, unlike most chronic diseases, is ultimately always fatal.

I recently sat in on one of our support groups, one of several in the chapter we help to organize. One member, who lost his spouse to Alzheimer's after 11 years with the disease, was asked by another member of the group how his daughter was doing. Never having sat in on this group before, I thought maybe she was recovering from an illness or accident. He went on to share that his daughter, who was a home health nurse and had helped care for his wife while she

battled the disease, was diagnosed with Alzheimer's two years ago at the age of 49. They deliver meals on wheels, and the disease has progressed to the point she can no longer remember which house they were just at to check it off the list.

The science portion of the Alzheimer's Association refers to our research. There is no cure for Alzheimer's currently. With the continued support of donors and volunteers, we continue to move forward. The scientists working on a cure are confident they will get there.

The most recent research findings released were mixed. Pfizer recently ended clinical trials for bapineuzumab. Stage 3 trials didn't show benefits on tests of cognition and function in people with mild to moderate Alzheimer's disease. At our international conference in Vancouver in July, exciting positive news was the first report of long-term (three-year) stabilization of Alzheimer's disease symptoms with intravenous immunoglobulin. Study participants who were treated with the standardized dose for the full 36 months had no decline on several standard measures of cognition, memory, daily functioning and mood at the three-year endpoint. Although the small number of participants may limit the reliability of the findings, the results are tantalizing. A Phase 3 trial is in progress and there soon will be more definitive data on the efficacy of IVIG treatment.

On Aug. 1, the journal *Chemical Research in Toxicology* published a basic research article examining the possible role of a butter flavorant, known as diacetyl, in the formation of beta amyloid, one of two abnormal brain proteins that are associated with



Alzheimer's disease. The researchers saw that diacetyl is similar to a substance that makes beta-amyloid proteins clump together in the brain. They experimented in test tubes to see whether diacetyl could also clump those proteins and found that it did increase beta-amyloid clumping in these experiments. It also enhanced beta-amyloid's toxic effects on nerve cells grown in the laboratory. According to a news release from the American Chemical Society, which publishes the journal, the article "raises concern about chronic exposure of workers in industry." Diacetyl was previously shown to have negative respiratory health effects on popcorn factory workers who were exposed by inhalation to high levels of the substance for extended periods of time. The senior author of this article told the Alzheimer's Association that the popcorn industry no longer uses this substance.

The urgency is clear, and we need to redouble our efforts in research and public policy. Better treatments and prevention strategies are absolutely necessary to reduce the financial and personal toll the disease takes on individuals, families and the healthcare system now and in the immediate future. The first-ever U.S. National Plan to Address Alzheimer's was unveiled in May, and now this plan must be speedily and effectively implemented. An additional \$100 million is needed now for Alzheimer's research, education, outreach and community support. It's easy to get help, donate or volunteer. Go to [www.alz.org/greatplains](http://www.alz.org/greatplains), or call us at 402-420-2540. 

# Volunteers, Donations Needed for Snow Removal Program

**E**xactly 11.1 inches of snow covered 68-year-old Bob Griffin's 50-foot driveway and sidewalks outside his eastern Lincoln home Feb. 4, 2012—the fourth largest daily snowfall on record.

Griffin would have been trapped inside his house were it not for the snow removal “angels” who faithfully came to shovel his walkway as they always have for the past five years.

“All I had to do is ask them and they were here,” Griffin said. “They did a great job of removing the snow just like they always do.”

Griffin is one of 53 local older adults who relied on the Snow Removal Program last winter. Approximately 40 were females and 13 were males with the majority averaging between 80 and 89 years of age. The number of participants varies each year

due to the number of snowfalls and the amount of donations received. Aging Partners receives no government funds for this program. The need always outweighs the donations received.

This service is only available to local residents 60 years or older. Qualifying older adults must own and live in the residence for which the snow removal service is requested or must rent and be responsible for the snow removal for a rental unit. They must meet financial requirements and be unable to remove snow due to medical or physical limitation. The snow removal service is provided to those with a lack family, friend and neighbor support system for snow removal.

Aging Partners' snow removal service not only satisfies city ordinances regarding snow removal, but also provides safe

access in and out of the home for community-based appointments, procedures and treatments; medical deliveries, home health care or other life-sustaining services; grocery shopping, social visits, hair appointments and much more. Volunteers help secure the safety of Lincoln older adults and give them the ability to remain in their home for yet another winter, a cost savings choice over the need to move to a tax-supported senior living facility or an assisted or nursing healthcare setting. It currently is the only program of its kind in Lincoln.

## Ways You Can Help

Although this program is a branch of the Home Handyman program, many of the program volunteers are physically unable to shovel snow.

“It takes the heartier ones who can handle the cold, who have equipment and a vehicle to haul it around,” said Carol Meyerhoff, Home Handyman Program coordinator.

The program welcomes extra wintertime volunteers who



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**All I had to do is ask them and they were here.”**

*– Bob Griffin*

wish to specifically be snow removal “angels.”

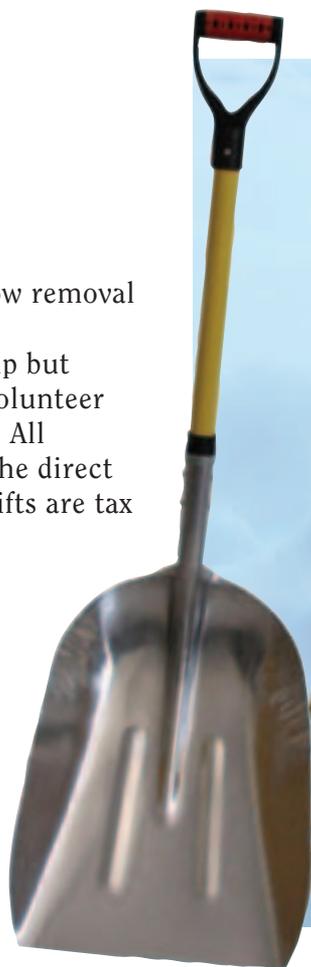
Those who wish to help but are physically unable to volunteer are encouraged to donate. All contributions go toward the direct cost of the program. All gifts are tax deductible.

Corporations, clubs, churches and other organizations are encouraged to give as well. The Northeast Sertoma Club began donating to this program last winter. The 25-member club plans to continue their donation in the future because they “feel it is a very worthwhile investment.”

“Sertoma stands for the first letters of ‘SERvice TO MAnkind,’” said Northeast Sertoma Club President Suzanne Frasier. “We wanted to give where our donations would be best utilized. It’s important for us to help older adults stay in their own environment because we all want that for ourselves someday.”

For the first time, Aging Partners will join with Lincoln City Libraries and Parks and Recreation in receiving some of the donations to the Lincoln Cares program. Any donation given to the Lincoln Cares program helps the Snow Removal Program in a small way, too.

To determine if you qualify to receive snow removal services, to sign up to become a snow removal “angel,” to learn more about making a donation or to receive more information about the program, call Home Handyman at 402-441-7030. 



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# How to Publish Your Novel

**F**amily physician Dr. Scott McPherson began writing in 2007 strictly as a hobby. It wasn't until he found himself 100 pages deep into his first fiction novel that he realized he might be on to something.

What would you do if you spotted a dead body while out walking one day? McPherson asked himself this question one day during his morning writing time and immediately set pen to paper to craft the scenario. What began as a few paragraphs turned into a few pages and, eventually, his first novel.

After completing the first half of his story, he described the plot to one of his patients who encouraged him to seek publication. The conversation gave him the confidence he needed to begin the long, detailed journey into the publication world.

## Finding a Publisher

Before McPherson could ever pursue publication, he had to conclude his novel. The entire writing process took about one year. He then submitted the finished first draft to his trusted family members and friends for their review. After making changes based on their feedback, he enlisted his daughter to help him make edits.

Once the novel was complete, he bought the most recent version of *Writer's Market*, a collection of all publishers in the U.S. organized alphabetically and by genre.

"It helps you match the publishing company with your novel's style," he said.

McPherson jotted down

publishers of interest, mostly those who published religious fiction, and organized them into a spreadsheet. He was drawn to smaller publishers who wouldn't publish foul language.

## Submitting the Manuscript

With his list of publishers completed, he began contacting each one to determine specific submission requirements. Some wanted an entire transcript of the novel, whether a paper or electronic version. Others wanted a single-page query letter or a synopsis of the book. Sometimes a short author's bio was required. The publishers McPherson pursued did not charge submission fees.

Once submission requirements were met, the waiting game began. Rejection letters began pouring in as early as one week after submission and they continued to do so during the following months. In many cases, he never heard back from publishers.

"In the following months, I kept tweaking my manuscript," he said. "You can always reread something and think, 'I can add this and take away this part here.'"

It took an entire year before he received the letter from Comfort Publishing that gave him the green light, confirming his dream of publication.

## From First Draft to Final Draft

After accepting his manuscript, the publishing company sent McPherson a long questionnaire requesting ideas for cover art and asking questions regarding his biography and



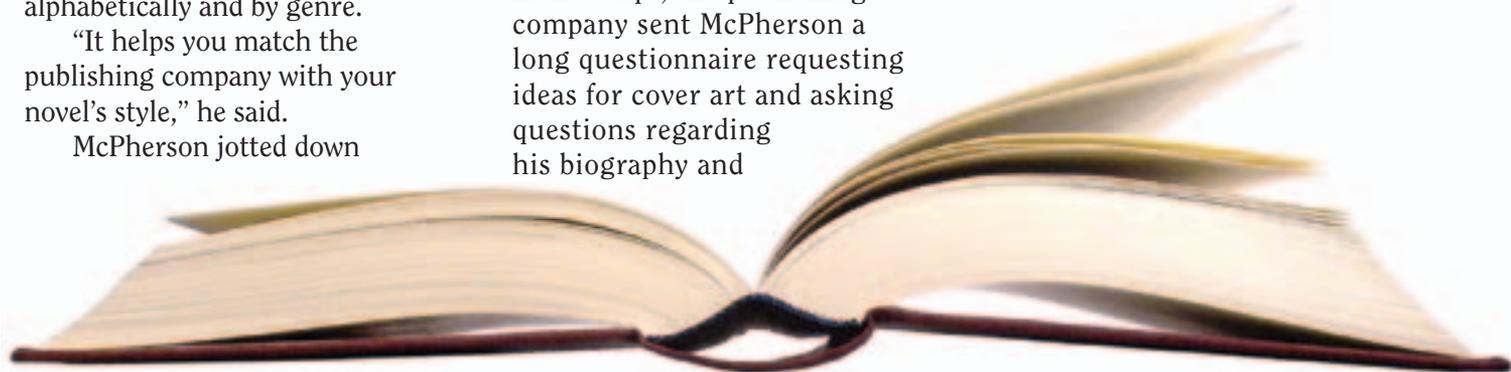
*Dr. Scott McPherson, local family practitioner and fiction author*

intended audience. He defined the novels genre as a Christian Mystery, which is typically found under Religious Fiction in bookstores.

The final graphic design for the cover of his novel, "A Step Ahead of Death," featured the hand of a dead woman with a large ring on her middle finger. Because no such ring had been mentioned in the book, McPherson further revised his novel to incorporate the details of the cover's design.

"The design wasn't what I originally had in mind, but I loved it," he said.

The novel was published in 2011 and can



be purchased in book stores or at Amazon.com. "A Step Ahead of Death" is available in both print and e-book editions.

McPherson's second novel in the series, a prequel to his first, is currently being reviewed by the publisher. He continues to write the third book in the series.

### About the Author

McPherson has practiced medicine since graduating from the University of Nebraska Medical Center in 1980. He completed his family practice residency in the U.S. Air Force from 1980 to 1983 at Carswell Air Force Base in Fort Worth, Texas. He currently serves with the Nebraska Air National Guard as the Nebraska State Air Surgeon. He attended seminary from 1986 to 1988 at the Grace Theological Seminary in Winona Lake, Ind., and served as a missionary in Africa from 1988 to 1989.

### Inspiring Other Writers

McPherson is living proof that anyone can become a novelist in his or her free time. Despite his busy schedule of 40 to 60 hours of work per week, he finds time to write for nearly two to three hours a week.

For older adults who wish to begin writing but don't know where to start, he encourages them to



*Live & Learn host Kris Beckenbach interviews local author Dr. Scott McPherson on how to publish your novel.*

discover what interests them and write about it, even if they never intend to publish it.

"Write about what you are most familiar with," McPherson said. "Everyone likes different things and has something they can write about. It doesn't even have to be a full-length novel. It can be short stories."

Additional information can be found on Live & Learn. Visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm> for program guides and Video on Demand and on Live & Learn's YouTube channel at [www.youtube.com/playlist?list=PL5CF819E64ECB5264](http://www.youtube.com/playlist?list=PL5CF819E64ECB5264). 

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# Being a Companion

**B**eing her mom's part-time caretaker for eight years inspired Shirley Moore to become a Senior Companion Program volunteer.

Moore became overwhelmed with her newfound free time when her mother died in July 2001. She missed playing bingo with her mom, accompanying her to the senior center and cooking her dinner.

"I had always been on the go, doing something," she said. "I was getting bored."

In spring 2002, Moore read an ad seeking volunteers for the Senior Companion Program and answered it. She has been a Senior Companion ever since and has volunteered an average of 70 hours a month—8,400 hours in her lifetime.

## A Worthwhile Cause

The Senior Companion Program promotes independence, freedom, understanding and support for adults with special needs through peer-to-peer friendship in the place they call home. Thirty-four lower-income adults ages 55 and older meet with 180 frail adults in Lancaster, Butler, Fillmore, Polk, Saline, Seward, and York counties weekly for three to four hours. These visits could include enjoying a cup of coffee together, watching a favorite TV show, reading a book, playing a game, talking about each other's family history or accompanying them to the grocery store.

These volunteers' primary purpose is to help those with special needs remain independent, safe and happy in their own homes, which delays residential care and saves health care dollars.

"We all want to be in our homes as long as possible as we grow older," said Elisa Stutheit, project director. "We enjoy being where our memories,

books, photos and pets are. It makes peoples' lives so much better."

Secondly, volunteers can provide respite to give caregivers a temporary relief of their duties, which reduces their stress and improves their sense of well-being. These breaks give caregivers the support and resources they need to continue providing home care to their loved ones.

## Volunteer Perks

All volunteers receive a \$2.65 per hour stipend for their services. In a recent Senior Companion Program volunteer survey, 95 percent said this stipend helps them maintain their current level of independence. Thirty-seven percent said that without the stipend, they most likely would be at risk for homelessness. Volunteers use the stipend for food, car expenses, gasoline and more.

Although the financial benefit is helpful, Moore said the best part of volunteering is becoming an honorary family member of those whom she visits. She has been invited to family gatherings such as wedding anniversaries on several occasions. When she was recently in the hospital recovering from a car accident, the daughter of a man she visited brought her flowers. She cherishes the Christmas cards she receives from the older adults and their families.

"It shows how much they care for and appreciate you," she said.

## Inspiring Additional Volunteers

Wherever Moore goes, she spreads the word about the program. She helped her therapist find a Senior Companion Program in Oklahoma for the woman's father-in-law. While in the hospital, she shared her experience with a couple during lunch, and they're considering the program for their elderly parents.



*Shirley Moore has been a Senior Companion Program volunteer for 10 years and has donated nearly 8,400 hours of her time.*

"A lot of people have never heard of the program, so I like to tell everyone about it," she said.

Stutheit requests others consider becoming a Senior Companion.

"You get to meet fun and interesting people and help them in their life journey," she said. "You're not only helping them stay in their home, but you also feel rewarded by the companionship you provide."

Anyone interested in volunteering should contact Aging Partners Volunteer Services at 402-441-7026. 

**In the grant year ending June 30, 2012, the 34 Senior Companion volunteers served 30,881.25 hours; at \$16.67 per Nebraska volunteer hour, this amounted to more than half a million dollars (\$514,790) to the community.**

**[www.independentsector.org/programs/research/volunteer\\_time.html](http://www.independentsector.org/programs/research/volunteer_time.html)**

# TRIAD on the Lookout

Since its inception, protecting older adults from scams, frauds, schemes, abuses and identity thefts that come over the phone, through the mail, at their doors or via internet has been a priority for the Lincoln and Lancaster County TRIAD.

TRIAD is not an acronym. Its name represents the coordinated efforts between the local sheriff, chief of police and concerned older citizens. The group facilitates an exchange of information between law enforcement and older adults to develop, expand and implement effective crime prevention, safety and educational programs for older adults. TRIAD is a national program, but local groups are organized on a countywide basis to respond to the unique needs and interests of the community's older citizens.

When the Lincoln and Lancaster County group formed 16 years ago, program coordinators Larry Russell, a sergeant at the time, and Lily Hans, representing Aging Partners, developed a survey for older adults about their fears and concerns regarding crimes and safety in their area. More than 8,000 surveys were distributed through senior centers, retirement

communities, church groups and other organizations. Of the 1,400 returned, most listed they were concerned about violent crimes, robbery and their safety at night. Frauds, scams and other abuses were their lesser concerns. This lack of education about and concern for some of the most prevalent older adult issues made TRIAD's plan of action clear—to inform local older adults through brochures, speaking engagements and other means about the most current scams in the area.



## Reaching the Community

TRIAD's major outreach effort has been speaking to older adult groups. The "speaker's bureau" has organized PowerPoint presentations about scam warning signs, how to protect oneself from being scammed and how to report scams to the police. The bureau speaks mostly at older adult organizations, senior centers, church groups, fraternal organizations and civic clubs, but are always willing to talk to whomever will listen.

"Sometimes what we tell people one day will be forgotten a year later," Hans said. "It's important that we remind them of the facts and warn them of new scams to be on the lookout for."

The group has handouts on this subject available upon request. These pamphlets also are available at the TRIAD display booth at older adult festivals, health fairs, county fairs and elsewhere.

There is a TRIAD billboard that rotates throughout the city to remind citizens to report elder abuse. Other promotion venues include radio spots, print ads and a TRIAD area on the Sheriff's website: <http://lanaster.ne.gov/sheriff/triad.htm>.

## File of Life

Another important part of TRIAD unrelated to scams, fraud, identity theft and abuse is its Files of Life cards. These red plastic envelopes with magnetic strips contain cards that older adults can use to keep a record of his other medical information. Files of Life are vital in the event of an emergency, especially if the older adult is unable to provide his or her medical information to emergency personnel. Thanks to sponsors who cover production costs, Files of Life are free to any interested older adults. More

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than 18,000 have been distributed since their debut in 2000.

It's important that these cards be filled out completely and updated regularly.

"We encourage people to use pencils because your meds typically change over time," Hans said.

### **A Strong Volunteer Base**

TRIAD operates on the hard work of 18 dedicated volunteers. Many are retired teachers, current or former university employees and others who have a passion for educating others. These volunteers attend conferences, distribute educational information, lead speaking engagements and check the TRIAD voicemail, among other duties.

Besides the sheriff and police, representatives from the State Unit on Aging, Adult Protective Services, the Lincoln Fire & Rescue Department, the Attorney General's Office, AARP, Union Bank, the Better Business Bureau, and Aging Partners form the Seniors and Law Together (SALT) Council, another important volunteer base. The group meets the third Thursday of each month with TRIAD representatives to exchange new information, ideas or suggestions critical to TRIAD's scam, fraud, identity theft and abuse education.

### **Today's Scams**

Several popular scams have victimized local older adults during the years. The lottery scam is one of them. Often in the form of emails or letters, older adults will be informed they've won a large prize that requires them to wire money to cover taxes and fees. As always, the prize never shows.

"Remember, if it sounds too good to be true, then it probably is," Hans said.

The grandma scam is another prevalent one. A stranger posing as a grandchild via the phone will call saying they've run into trouble overseas and need money wired to them in order to return to the U.S.

Scams like these have been around for years, but many new ones are likely to turn up as the times change. Hans said



*The Lincoln and Lancaster County TRIAD coordinators Retired Sergeant Larry Russell and Lily Hans show off their display board that appears with the TRIAD booths at places such as county and health fairs or older adult festivals to spread the word about scams, fraud, abuse and identity theft.*

the new Medicare law opens the door for all sorts of scams.

"With any new government program or when tax refunds come around, people will try to get your bank account number or your refund," she said.

Hans warns older adults to never give out credit card or bank account information via the phone. The government and banks already have all the information they need. Be sure you know who you're talking to on the phone. Although it may be against our nature, he suggests people hang up if they are wary of someone they don't know.

### **More Information**

If you are interested in receiving more information about TRIAD or scams, becoming a volunteer, becoming a printing sponsor, scheduling a speaking engagement or receiving a Files of Life card, leave a message at 402-441-7743 and a representative will return your call.

Additional information can be found on Live & Learn. Visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm> for program guides and Video on Demand and on Live & Learn's YouTube channel at [www.youtube.com/playlist?list=PL5CF819E64ECB5264](http://www.youtube.com/playlist?list=PL5CF819E64ECB5264). 

# The Boomers Tackle Ageism

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**W**hat's in a name? In the last issue, we polled readers about their preferred term for people age 65 and older.

“Older adults” was the top answer, with 44 percent of the votes. “Seniors” drew 30 percent. Far behind were “elders” (6 percent) and “elderly” (2 percent). And 18 percent selected “none of the above.” Similar polls elsewhere have consistently yielded similar results. When pollsters ask why respondents dislike terms such as “senior,” “elder,” “golden years,” many people say those words have negative connotations.

But are those terms really by definition negative? Teens in their fourth year of high school proudly proclaim their “senior” status. “Senior” execs get the corner offices. The term “elders” was traditionally used as a title for the most powerful and wise members of a tribe. The word “golden,” when not followed by “age,” remains a traditional signal of excellence. It seems obvious that the perceived negativity associated with these words really stems from our culture's prejudices about age and aging. Is this negativity inevitable? What can be done about it?

## Examining Ageism

“Ageism” means a bias against an individual because of his or her age. Ageism is as pernicious as racism, sexism, discrimination against people with disabilities, or any other prejudice. In the U.S. today, ageism presents itself as age discrimination against older workers and job-seekers...in negative media stereotypes about older

people, coupled with a shortage of positive images...and sometimes in downright hostility and resentment toward people who are dealing with mobility and cognitive challenges.

The negative impact of prejudice has been well-documented. Stress, depression and a higher risk factor for heart disease, dementia and a host of other chronic illnesses go hand in hand with every type of prejudice. For seniors, negative messages can create a self-fulfilling prophecy: marginalization leads to low self-esteem and depression, which in turn accelerates withdrawal and physical decline.

The damaging effects of ageism start early. A study from Yale School of Public Health discovered that young people who harbor negative stereotypes about seniors are less likely to experience good health as they, in turn, grow older. It is worth the effort for people of every age to improve our national—and global—ways of thinking about seniors.

## Consciousness Raising for the Baby Boomer Generation

Did you know that 10,000 baby boomers turn 65 each day? Ironically, the boomers are the generation whose anthems were “Hope I die before I get old” and “Never trust anyone over 30.” But many boomers renounced those sentiments, moving beyond their youthful prejudices to take charge of their aging in new and creative ways. They've learned some good lessons from “The Greatest Generation,” their parents. And this activist generation is also addressing ageism with some of the same social justice tools they earlier used against racism, sexism, disability prejudice and other social ills.

“Consciousness raising” is part of the solution. Many boomers are examining their own negative stereotypes about aging. Rather than seeking cosmetic surgery to look younger, they are working to dispel the negativity that would make a senior feel the need to look younger. They are examining out-of-date assumptions, ways of thinking and talking about aging that carry an overt or hidden value judgment about age. (Think about phrases such as “70 years young” or “you look great for your age.” Swap that out for the less-patronizing “70 years old” and “you look great!”)

The boomers are also calling for more positive images of older adults in the media—and not only silver-haired tennis players, but also seniors who happen to be dealing with health challenges.

## A National Priority

Today we are seeing efforts on the individual, institutional, national and global fronts that aim to fight ageism and impress on everyone that every stage of life is valuable. Intergenerational programs break down barriers between age groups. Innovative empathy-building exercises use special glasses, gloves and rigid clothing to help younger people understand the physical challenges of aging—and hopefully, to also see the person inside. To encourage young people to prepare for their own later years, “age-advancing” software programs present them with a simulation of how they will look in the future—and for many, this helps make tangible the idea that most all of us will pass through the stages of life, with a never-changing need for respect and individualism.

# Medicare Part D Open Enrollment Begins

Along with attitude, our infrastructure, too, must increasingly embrace “senior power.” According to the U.S. Administration on Aging, during the next two decades, the number of Americans age 65 and older will double, from today’s 35 million to more than 70 million. Here are some of the goals of government agencies and other organizations who serve seniors:

- Increased support for people who wish to work past the traditional retirement age.
- Promoting volunteer opportunities and other ways for older adults to remain visible and active in the community.
- New senior living models that allow for greater choice, such as the “village concept,” increased in-home services, and a more person-centered model of nursing home care.
- Enhancing the safety net for vulnerable and frail seniors.
- Improved accessibility in public spaces that allows access for people of all abilities.
- Recognition and support for family caregivers.
- Encouragement and better compensation for medical students who specialize in gerontology.

Eventually, the average age of our population is expected to decrease. But the baby boomers have a great opportunity to create a legacy for Generation X, Generation Y, the Millennials and future generations not yet named. While the boomers will not be and have not been exempt from the challenges of aging, it is ultimately up to them to create the version of aging they desire. Maybe someday, no matter what we call people age 65 and older, the words will have fully reclaimed the sense of pride and accomplishment! 

**H**ow would you like to save \$1,000 a year? If you haven’t reviewed your Medicare Part D prescription drug program within the last 24 months, you may be spending money needlessly.

There are many reasons for this review. Every year, prescription drug plans change their monthly premium prices. Many change their deductible and some even drop certain medications from their list of covered drugs or require you to use a generic instead of a brand-name drug. Some plans drop certain medications and acquire new ones. In the past two years, several brand name drugs such as Lipitor and Topamax have gone generic, and the likelihood is good that others will follow. Many plans no longer have a deductible that can give individuals immediate benefits from their prescription drugs. Unless an individual takes the same medications as his or her spouse, it’s very unusual that both spouses would have the same drug plan.

During open enrollment Oct. 15 through Dec. 7, Aging Partners is offering one-on-one meetings with a qualified counselor who uses the Medicare website to determine the best prescription drug plan for interested individuals. These counseling sessions are offered free of charge for those with incomes under 150 percent of the Federal Poverty Level—\$1,397 per month for individuals and \$1,892 per month for couples. Aging Partners asks those who do not meet this criteria to make a suggested contribution of \$15 per individual or \$25 per couple.

All sessions are at the Downtown Senior Center. Attendees should bring their list of medications,

Highlights of the Standard Benefit Plan changes from 2012 to 2013 include:

- Initial deductible will increase by \$5 to \$325
- Initial coverage limit will increase from \$2,930 to \$2,970.
- Out-of-pocket threshold will increase from \$4,700 to \$4,750.
- Coverage gap (donut hole) ends after \$4,750 is spent.
- Brand-name drug donut hole discount is 52.5 percent.
- Maximum generic drug donut hole co-pay is 79 percent.

Medicare card and basic knowledge of their current coverage.

New prescription drug plans selected during open enrollment go into effect Jan. 1, 2013.

For more information about choosing your new prescription drug plan or to set up a one-on-one Medicare Part D counseling appointment, call 402-441-7070.

Additional information can be found on Live & Learn. Visit [lincoln.ne.gov/city/mayor/cic/5citytv](http://lincoln.ne.gov/city/mayor/cic/5citytv) for program guides and Video on Demand and on Live & Learn’s YouTube channel at [www.youtube.com/user/aginglivelearn?feature=mhee](http://www.youtube.com/user/aginglivelearn?feature=mhee). 



## AGING PARTNERS

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

Key for Services: ▲ = 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. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - 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 and 10 Health, Channel 10. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

## 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!

- **Foster Grandparent Program** ▲ 402-441-7026
- **Long-Term Care Ombudsman** 402-441-7070
- **Senior Companion Program** 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



# AGERS SERVICES



## Living at Home

### INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services**
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Home-bound older adults receive companionship.
- **Harvest Project** - Mental health and substance abuse services for older adults.
- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting and broken light fixtures and heavy housework services.  
▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

### LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

## Other Services

### INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.  
Call 402-441-7070 or 800-247-0938.

### TRANSPORTATION

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

### LIVING WELL MAGAZINE

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

### LIVE & LEARN

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

- View on CITY-TV Channel 5 or online at: [lincoln.ne.gov/city/mayor/cic/5citytv](http://lincoln.ne.gov/city/mayor/cic/5citytv).
- Monday, Wednesday, Friday and Saturday at 11:30 a.m.
  - Tuesdays and Thursdays at 11 a.m. and 8 p.m.
  - Fridays at 7 p.m.
  - Sundays at 9 p.m.

These are the minimum airing times. Show also airs at various other times

and on Live & Learn's YouTube channel at [www.youtube.com/user/aginglivelearn?feature=mhee](http://www.youtube.com/user/aginglivelearn?feature=mhee).

### MULTI-COUNTY PROGRAMS

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

### CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator,  
Joyce Kubicek

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

### SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

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

402-441-7070

In Nebraska 800-247-0938

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

# Aging Partners News and Events

## Start Electronically Receiving Your Copy of *Living Well* Magazine Today!

When you receive *Living Well* magazine by email, 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. 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 email her at [dbaines@lincoln.ne.gov](mailto:dbaines@lincoln.ne.gov) to sign up.



## Health and Wellness

### Aging Partners Health & Fitness Center

Monday through Friday  
8 a.m. - 4 p.m.  
233 S. 10th St., Suite 101  
402-441-7575

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. - 2 p.m., or by appointment. \$10 monthly suggested contribution for 60+; \$15 fee for 60 and under.

### Senior Health Promotion Center

9:30 a.m. - 1:30 p.m.  
1005 "O" Street, lower level  
Services available to people 60 years and older include comprehensive foot care, ear care, blood pressure, glucose, cholesterol and Sahara bone density checks and health education. Call for information. Suggested contribution \$10 foot care, \$5 other services.

Wednesdays, 9:30 a.m. - 1:30 p.m.  
Oct. 3, 10, 24 and 31 & Nov. 7 and 14  
Thursdays, 9:30 a.m. - 1:30 p.m.  
Oct. 4, 11 and 25 & Nov. 8, 15 and 29

### Complimentary Nutrition Consultations

Do you have questions about how to adjust your diet for sodium, saturated fat, calories, carbohydrates, whole grains, omega-3 fatty acids or fiber? Complimentary nutrition consultations are offered by our registered dietitian in the counties of Butler, Fillmore, Lancaster, Saline, Seward, Polk and York. Call 402-441-7159 to schedule a personal appointment.

### Free Yoga and Stress Management

Wednesdays, 10 - 11 a.m.  
233 S. 10th St., Suite 101  
This gentle class is designed for caregivers and others looking for ways to manage stress in their lives.

### Tai Chi - Moving for Better Balance and Fall Prevention

Thursdays, 10 - 11 a.m. (October and November only)  
233 S. 10th St., Suite 101  
This class is designed for beginning and intermediate students. Movements can be done seated, standing near a chair or standing without support.  
*\*Suggested contribution for yoga and Tai Chi "drop ins" at the 233 S. 10th St. Fitness Center is \$2 for people 60+ and a \$4 fee for those under age 60.*

### Tai Chi - Moving for Better Balance

VA Nebraska - W. Iowa Health Care System - Lincoln Division  
600 S. 70th St. (Auditorium)  
This is an evidence-based community fall prevention program for older adults and caregivers. Participants are taught simple Tai Chi movements designed to improve postural stability, improve gait

and balance, and build lower extremity strength.

Call today for details or to register.

- **Basic 8-Form Beginners Tai Chi Class**  
Sept. 11 - Nov. 30  
Tuesdays and Fridays, 9 - 10 a.m.  
\$32 suggested contribution for 60+ or \$64 fee for 60 and under.
- **24-Form Intermediate Tai Chi Class**  
Sept. 14 - Nov. 30  
Fridays, 10:15 - 11:15 a.m.  
\$16 suggested contribution for 60+ or \$32 fee for 60 and under

### Living Well - Take Charge of Your Health

VA Nebraska - W. Iowa Health Care System - Lincoln Division  
600 S. 70th St.

This free series provides tools that enable participants to live healthier lives. All will receive an easy-to-follow book that outlines day-to-day management techniques and positive approaches to difficult changes and a relaxation CD. Caregivers of persons with chronic illnesses can benefit from this course. Suggested contribution \$25. Call to register.

- Oct. 5 - Nov. 9  
Fridays, 1 - 3 p.m.

### Aging Partners Fall Fitness Challenge - "Life's a Hit When You're Feeling Fit"

Oct. 1 - Nov. 23  
Visit Aging Partners Health & Fitness or participate in Tai Chi or yoga classes two times per week during this fitness challenge and earn a fitness T-shirt. Visit or participate three times per week and be eligible for a prize drawing. \$2 registration fee. Call for information.



## Educational

### Mark your calendars!

#### Mind/Body/Spirit Day 2012

Fri., Oct. 26, 8:30 a.m. - 4 p.m.

SCC Continuing Education Center

301 S. 68th St. Place

\$29 fee includes lunch

Register online at [www.southeast.edu/Media/Website%20Resources/](http://www.southeast.edu/Media/Website%20Resources/)

[Media/ContEd/PersonalEnrichment/mindbodyspiritdayfall12web.pdf](http://www.southeast.edu/Media/Website%20Resources/Media/ContEd/PersonalEnrichment/mindbodyspiritdayfall12web.pdf)

Call 402-441-7575 for a brochure.

- **Introductory Meditation**  
Rachel Miller - Founder and facilitator of "Sacred Journeys"  
Rachel will discuss meditation as a daily practice, its place and purpose in our lives and then lead us into an experience of the Sanctuary of Stillness.
- **Holistic Approach to Healthcare Reform**  
Paul Nathenson, RN, ND, vice president Madonna Rehabilitation Hospital  
Will prevention and wellness be firmly embraced within the emerging national health agenda? Paul will explore the relationship of lifestyle factors, obesity, and chronic conditions to changing health care policy. Participants will learn about traditional and alternative approaches to behavior change and disease prevention they can use to maintain or improve their health.
- **Worthy to Be Well: A Simple Path to Women's Wellness**  
Nan Nathenson, RRT, Madonna Rehabilitation Hospital, holistic life coach, certified lymphatic enhancement technologist  
Nan will describe how women's biological makeup and health issues differ from men. She will explain the key nutrients necessary to support women's health and identify simple

lifestyle changes that promote women's health and wellness.

- **How to Feel Good and Stay Positive No Matter What!**  
Debbie Way, director of Community Outreach and Life Celebrant Roper and Sons  
Tracie Foreman, health educator/certified personal trainer  
Aging Partners  
What are the secrets to finding an easier, more balanced life...the life of your dreams? The "High" ways to success and lifelong happiness are available to everyone. Debbie and Tracie will introduce participants to simple vehicles they can use to guide them toward their ultimate happiness destination.
- **Yoga and Ayurveda – the Science of Life and Longevity**  
Sheila Palmquist, E-RYT, RCYT, RPYT, certified Calming Kids yoga instructor and Owner of the Lincoln Yoga Center.  
Yoga and Ayurveda are so closely related they are often looked at as two sides of one coin. Sheila will describe how together they encompass a complete approach to the well-being of body, mind and spirit.
- **Intimacy, Spirituality and Wellness: Embracing Our Whole Selves**  
Kim Morrow Hinrichs, associate minister First Plymouth Church  
Sue Outson, MA, LMHP, Lincoln Wellness Group  
Healthy sexuality is an important part of our overall wellness, but one that is seldom discussed. In this talk, Sue and Kim will discuss the ways that spiritual and psychological health can help us embrace intimacy from a new vantage point.

### Free Computer Instruction

Available by appointment only.

Tuesdays, 10 a.m. - noon

Downtown Center, 1005 "O" St.

Work one-on-one with Catherine

Ward to get answers to most questions

or problems. Call 402-441-7158 to

schedule your appointment.

## Entertainment

### "Lunch Box Talks"

Calvert Recreation Center

4500 Stockwell

Lunch: 11:30 a.m.

Presentation: Noon

\$3 suggested contribution for 60+

\$6 fee for under 60.

Join us for a little "Lunch and Learn"

with a delicious box lunch and a

chance to hear about fascinating topics

of interest to you and your friends.

Our speakers come from a variety of

places and are sure to promote lots of

questions and discussion.

402-441-7158

- **Wed., Oct. 24 - "Being a Tourist in Your Home Town"**  
Tracie Simpson with The Lincoln Convention and Visitor's Bureau, will present "Being a Tourist in Your Home Town." Our city has so many hidden gems that we drive by every day and do not take the time to stop and visit. Tracie's, Be a Tourist program addresses this with a fun way to get acquainted with what Lincoln has to offer.
- **Wed., Nov. 28 - "Five Easy Ways to Save Your Family Memories."**  
Judy Shutts brings us a fun, interactive presentation on ways to preserve old photos, unique ways to introduce your children and grandchildren to family memories, tips for writing family stories, and how to save old video and audio tapes. Everyone is encouraged to bring an old photo or old scrapbook for "show and tell." Judy is a personal

*Continued on page 38.*

# Aging Partners News and Events

*Continued from page 37.*

historian with “Voices in Time - Recording Life’s Stories.” She is an amateur genealogist, freelance writer and member of the Lincoln Lancaster County Genealogical Society.

## **Saturday Arts ‘n Artists Brunch Series**

Downtown Center, 1005 “O” St.  
10 a.m.

If you love art of any kind and enjoy hearing from the artists themselves, what inspires them, how they choose their materials and the “whys” and “hows” behind their creations, then this special series is just for you! Three local visual artists will share their work with us on selected Saturday mornings along with a delicious brunch.

\$3 suggested contribution for 60+  
\$6 fee for under 60  
Transportation: \$2

Reservations, call 402-441-7154.

- Oct. 13: Julia Noyes, artist, educator and owner/operator of the Noyes Gallery in Lincoln for nearly 25 years. Her work has been featured in a variety of collections, locally, regionally and nationally.
- Nov. 10: Derek Johnson, photographer  
A Seward, Neb., native, Derek loves photography and writing. He is a member artist at Noyes Art Gallery in Lincoln. He will utilize a PowerPoint presentation showing his digital photographs before and after his “artistic touches” are added.
- Dec. 8: Lisa Gustafson, bead artist  
Lisa specializes in intricately crafted, delicate beadwork creations that she calls “wearable art.” She loves using dazzling and colorful beads and the latest beading techniques. She has been an active member of the Noyes Gallery three years.

## **“Senior Sock Hop: Rockin’ The ‘50s” Supper & Show**

Tues., Oct. 23

Supper: Lake Center, 2400 S. 11th St.,  
6 p.m.

Show: Lincoln Community Playhouse,  
2500 S. 56th St., 7:30 p.m.

\$3 suggested contribution for 60+  
\$6 fee for under 60  
Transportation: \$2

If you remember bobby sox, saddle shoes, poodle skirts, rolled up jeans, letter sweaters, crew cuts, duck tails and the hula hoop, this musical comedy is just for you! Join the OLLI/Playhouse Radio Active Players featuring Dorothy Applebee at the piano as the entire cast of 50 years and older performers take us back to a simpler time. Seating is limited so call 402-441-7158 for reservations.

## **“The Ghosts of Lincoln”**

### **Supper & Bus Tour**

Wed., Oct. 24

Lake Street Center, 2400 S. 11th St.  
Dinner: 5:30 p.m.

Bus Departs: 7 p.m.

Returns: Approximately 9:20 p.m.

Cost: \$20 You’ve probably heard about Lincoln’s various haunted hangouts. Join Storyteller and Ghost Hunter, Ted Pool on a bus tour you’ll never forget. He has a collection of stories and locations that will fascinate and entertain even the most skeptical. The evening begins with supper and then we board the bus for an evening of spooky fun! Payment is due by Mon., Oct. 15. Seating is limited. Call for reservations 402-441-7158.

## **“Christmas Letters” Lunch & A Show**

Sat., Dec. 1

Lunch: Northeast Center, 6310 Platte  
Ave., 11:30 a.m.

Show: Capitol City Christian matinee,  
2 p.m.

Suggested contribution \$3 for 60+  
\$6 fee for under 60.

Transportation: \$2

Neither rain, hail, snow, sleet, or the wife’s “Honey-do list,” shall keep the postmen from their appointed rounds! “Christmas Letters” is set against the backdrop of a small town post office whose future is uncertain. This lively musical focuses on the determined and fiercely independent neighbors who fear that closing the post office will keep them from all their social connections and the place they have come to rely upon to gather, chat, and share their lives.

## **Day Trip Tours**

Join us for 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 details and reservations.

- Nebraska City Fall Tour

Fri., Oct. 19

Departure: 10:30 a.m.

Northeast Center  
6310 Platte Ave.

Return: Approximately 3 p.m.

Nothing is quite as colorful as Nebraska City in the fall. Join us as we lunch at The World of the Aging Senior Center (60+ \$3 suggested donation) on your own. Next it’s a visit to The Missouri River Basin Lewis & Clark Center, complete with beautiful vistas, interesting exhibits and interactive activities. Next we stop by the Union Orchard, established in 1895 and still operated by the same family. You can try some apple pie and do some apple shopping there. Cost: \$35. Reservations and payment by Fri., Oct. 12. For reservations call 402-441-7158.



**Centers**

**Special Holiday Celebration Meals**

Nov. 13-19 & Dec. 10-14

\$5 suggested contribution for 60+  
\$8 fee for 60 and under

If you've never eaten a delicious meal at one of our Aging Partners Centers, the holidays are the best time to give us a try. Make us a special part of your holiday plans. Make your reservations at your nearest center or call 402-441-7158 for more information!

**November holiday meal schedule:**

Tues., Nov. 13 - Panama, Belmont, Northeast, Senior Companion and Foster Grandparent Programs

Wed., Nov. 14 - Hickman, Lake, Burke

Thurs., Nov. 15 - Asian, Bennet, Downtown

Fri., Nov. 16 - Waverly, Maxey  
Mon., Nov. 19 - Firth, Mahoney  
December holiday meal schedule:  
Mon., Dec. 10 - Firth, Mahoney  
Tues., Dec. 11 - Panama, Belmont, Northeast  
Wed., Dec. 12 - Hickman, Lake, Burke  
Thurs., Dec. 13 - Asian, Bennet, Downtown, Senior Companion and Foster Grandparent Programs  
Fri., Dec. 14 - Waverly, Maxey

**Holiday Closings**

Aging Partners Centers will be closed, Mon., Nov. 12 for Veterans Day and Thurs. and Fri., Nov. 22 & 23, for Thanksgiving. It will also be closed Mon., Dec. 25 and Jan. 1.

**Winter Storm Closings**

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

**402-441-7158**  
**aging.lincoln.ne.gov**



**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.

*Investing in today's and tomorrow's older adults*

Your contribution helps Aging Partners publish the area's premiere resource for those 60 and over. Join us in supporting healthy, full and independent living.

**Suggested Contribution Levels:**

\$12 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ Other \_\_\_

**And receive,**

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

Please mail to:  
Living Well, 1005 O Street  
Lincoln, NE 68508-3628

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

Name: \_\_\_\_\_  
(Mr., Mrs., Miss., Ms.) Please print

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Spouse's name: \_\_\_\_\_

Date of birth: \_\_\_/\_\_\_/\_\_\_ Last 4 digits of SSN: \_\_\_\_\_

Spouse DOB: \_\_\_/\_\_\_/\_\_\_ Last 4 digits of SSN: \_\_\_\_\_

Email address required to receive *Living Well* online:  
\_\_\_\_\_

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

# Fall Open House

6335 O Street ~ The Saratoga

*Two Days Only!*

Tuesday, October 23 &  
Wednesday, October 24, 2012

From 3:00 to 6:00pm



## Join Us!

for a relaxed, informal tour through a variety of our affordable and well-appointed apartment homes at **The Saratoga**. Meet our residents and staff, enjoy appetizers and desserts and learn more about the **benefits of living at Eastmont**.

Our dedicated staff will take care of your housekeeping, cooking and home maintenance. Eastmont's affordable monthly fee allows you to **control your living expenses** and enjoy our many amenities. To further **enhance your everyday life** we offer transportation, delicious and nutritious meals, wellness and fitness programs, access to comprehensive health care services and many opportunities for fellowship.

**Call Betsy Sheets at 402.489.6591 to learn more about flexible and affordable options for independent living, including our budget-friendly rental agreement!**



*Your Next Chapter*

 **Eastmont**  
Towers Community

6315 O Street  
Lincoln, NE 68510  
402.489.6591  
[www.EastmontTowers.com](http://www.EastmontTowers.com)

*independent living • assisted living • long term care*