

# LivingWell



**Successful First thrive! Event**  
page 4

**Get Into the Act with  
Aging Partners Senior Centers**  
page 11

**Lincoln to Host 2015  
State Games of America**  
page 32

**Working with Passion  
Beats Retirement**  
page 20

Did your  
**MEDICARE SUPPLEMENT PLAN**  
**JUMP** in price?

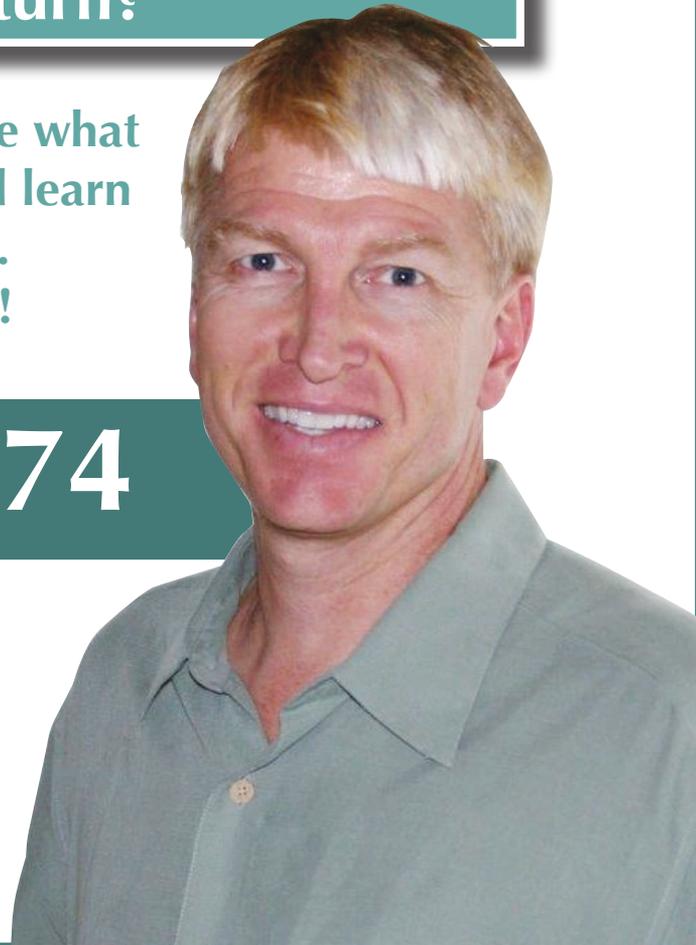
Can you save \$100, \$500, or even \$1,000  
a year without changing any benefits?

I help seniors save money every day!  
Is it your turn?

Why not give Jim a call to see what  
your new price could be and learn  
what it takes to qualify.  
No cost, No obligation!

**402-432-4174**

Prescription Drug Plans,  
Long Term Care,  
Life Insurance reviews,  
etc!



Jim Schueth is a Nebraska Licensed Insurance Agent. Nebraska License Number AG130809

Jim Schueth, 4921 Deer Creek Circle, Lincoln, Ne, 68516

402-432-4174 • JSCHUETH@NEB.RR.COM

# Director's Corner

This issue of our Living Well Magazine celebrates leading an involved and active life. The 267 participants at our May Age Strong! Live Long! Walk On! event at Union College in Lincoln braved threatening spring skies and completed a wonderful walk before the rains began. The third annual Live & Learn's Lincoln Seniors Got Talent show is filled with talented and engaged people.

In this issue you'll meet people who volunteer their time and their talents to benefit others. Dave Polson demonstrates how continuing to work in a field he is passionate about brings him fulfillment. And even with a busy work schedule, he has time to volunteer for a great cause—our

veterans. Lois Wathen is celebrating 25 years of feeding hungry people in our community.

We at Aging Partners were once again humbled by the outpouring of community support from the third annual "Be a Fan of Seniors" Donation Drive put on by the Coalition for Older Adult Health Promotion (COAHP) as they collected fans to keep seniors cool during the summer. This year the drive also collected incontinence products and supplies—an invaluable gift to seniors with limited resources. To all who participated, we say, "Thank you."

Be sure to check out the many and varied activities Aging Partners has planned for National Senior Center Month in September—brain health,

artistic endeavors and an evening with Elvis tribute artist Joseph Hall are all in the lineup.

As Winston Churchill said, "No one ever finds life worth living— one has to make it worth living." At Aging Partners, we have many ideas, suggestions, and activities to help you make your life worth living. **LW**



## Table of Contents

### Planning Ahead

- 31 Reverse Mortgage Loan Changes Make Big Difference

### Being Well

- 16 **Eat to Your Health:** Reducing Wasted Food at Home
- 18 Summer Time Eats: Peaks and Pits
- 26 The Joys and Challenges of Pet Ownership

### Staying Involved

- 4 Successful First thrive! Event
- 8 Third Annual Talent Show Another Success
- 11 Get Into the Act with Aging Partners Senior Centers
- 15 Good Food. Good Cause
- 20 Working with Passion Beats Retirement
- 22 "Walk On" Celebrates Healthy Living
- 25 MusicianFest Brings Music to the Community

- 29 FoodNet Celebrates 25-Year Volunteer
- 32 Lincoln to Host 2015 State Games of America

### Living at Home

- 12 **Caregiver Corner:** The Difference Between Helping and Enabling a Loved One
- 13 Who are Caregivers?
- 14 10 Essential Steps to Take When a Loved One Needs Help
- 24 **Home Handyman Corner:** Meet Mitch Sump
- 28 Protect Yourself with AutoAlert
- 30 Be a Fan of Seniors Sets Record Donations
- 33 Educating Older Adults About Technology
- 34 **Aging Partners Services**
- 36 **Aging Partners News and Events**

**On The Cover:** Dave Polson enjoys working at Dignity Communications. Photo by Zoe Olson.

**Are you moving?  
Call 402-441-6146  
to change your mailing address.**

Living Well (ISSN 1556-9780, USPS 657-630) is published quarterly (January, April, July and October) by Aging Partners and created by News Link, 2201 Winthrop Rd., Lincoln, NE 68502. Last issue Living Well Spring 2015.

Periodical Postal Rates paid at Lincoln, NE and additional mailing offices.

Issues printed: 18,500.

POSTMASTER-Aging Partners Address Changes to:

Living Well Magazine  
1005 "O" Street  
Lincoln, NE 68508-3628

Email: livingwell@lincoln.ne.gov

Fax: 402-441-7160

Phone: 402-441-6146

(collect calls accepted)

Toll free: 800-247-0938 (Nebraska only)

60+ Readership Level in Aging Partners' Eight-county area: 34,320+ (60% of 60+)

Publisher, Editor & Advertising Zoe Olson, 402-441-6156

Mailing List & Accounts Deb Elrod, 402-441-6146  
Production Coordinators News Link, 402-475-6397

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

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

# Successful First thrive! Event

From educational classes and motivational speakers to vendor booths and giveaways, the first thrive! event was one for the record books.

Hosted by the Lincoln Journal Star and Aging Partners, thrive! educated local older adults and their loved ones on ways to stay active and adventurous before and during retirement.

The event was May 27 at the Nebraska Innovation Conference Center.

Doors opened at 9 a.m. with a vendor fair. Attendees perused dozens of booths with educational material including retirement living, health and wellness equipment, skydiving and travel.

Throughout the day, people could attend one of four breakout sessions:

- Safe Homes for Seniors: A program of the Lincoln-Lancaster County Health Department.
- Remembering When: Safety and fall prevention program with Lincoln Fire & Rescue.
- An Instruction Manual for Aging: Financial and legal advice on what you need to know.
- Staying Active and Involved: How to stay active and involved, from traveling to taking classes to volunteering and participating in the arts.

During lunch in the central conference room, attendees enjoyed a presentation by Julie Masters, Ph.D., professor and chair of the department of gerontology at the University of Nebraska Omaha. She explained the



*Aging Partners employees from left, Marina Kuznetsov, program assistant; Tracie Foreman, community health educator; Zoe Olson, marketing and public relations director; and Mitch Sump, Home Handyman program coordinator, stand ready to provide information at the Aging Partners booth during the vendor fair.*

differences between surviving and thriving, and outlined ways everyone can enhance their resilient qualities.

“Resiliency is more than just coping,” Masters said. “It’s about learning, growing and responding to changes.”

The event concluded with a dinner and award ceremony.

The presentation honored Allen Neeman with the thrive! Volunteer Service Award, an award that recognizes an everyday active older adult who impacts the community in a special way. Neeman’s volunteer efforts include the Lincoln Marathon, Food Bank of Lincoln and city recreation swim meets.

Other nominees included Esther Bailey, Dorothy Schultz, Gatha Rathjen, Don Syes and Phyllis Vensky.

Following the presentation, T. Marni Vos, local humorist and motivational speaker, entertained the audience with a comical and endearing speech while they ate. She explained the importance of discovering humor in everyday life and learning to laugh.

“You weren’t born a cynic, but if that’s what you practice, then that’s what you’ll become,” Vos said.

Aging Partners thanks everyone involved in this event.

“We look forward to seeing everyone again next year,” said Aging Partners Director June Pederson. 



*Left: Julie Masters, Ph.D., professor and chair of University of Nebraska Omaha’s gerontology department speaks on the differences between surviving and thriving during her lunch presentation. Right: Attendees enjoy a delicious lunch.*

## About the Breakout sessions

### Safe Homes for Seniors

In this breakout session, Dan King, environmental health specialist for Lincoln-Lancaster County Health Department's Environmental Public Health Division, outlined Safe Homes for Seniors, a free service to help older adults manage dangerous household chemicals and products.

According to the Lincoln-Lancaster County Health Department, older adults with health concerns and those confined to homes are at greater health risk from exposure to dangerous household products due to lifelong accumulation of dangerous products, an extended time spent indoors and physical and medical limitations to properly dispose of dangerous chemicals.

To help reduce the risk, the Safe Homes for Seniors program was created in 2010.

This service, provided in partnership with the Aging Partners Home Handyman program, includes a free, convenient home assessment for dangerous chemicals. Home Handymen sort and identify, remove and recycle or dispose of hazardous products appropriately. These items include corrosive cleaning products, flammable liquids, paint-related products, bleach-based cleaners, mercury thermometers, pesticides and rodent poisons.

On average, the service assists 40 older adults a year.

"Some people have a lifetime accumulation of products," King said. "If these are stored, used and disposed of properly, it can make their lives better."

For more information on Safe Homes for Seniors, call Home Handyman at 402-441-7030.

The breakout session also included brief explanations of additional services that can keep older adults safe in their homes.

One of these was Leftover Meds, a Lincoln-Lancaster County Health Department service that educates older adults on proper disposal of unused or expired medications. Instead of flushing these medications—potentially causing poisoning and environmental contamination—King recommends taking medications to permanent collection sites such as a pharmacy. Since the program launched in 2010, 6,000 pounds of medications have been collected and more than 200 pharmacies across the state participate in collective services.

For more information on Leftover Meds, call 800-222-1222 or visit <http://www.leftovermeds.com>.

Another service the session highlighted was Lifeline, an emergency response system offered through Aging Partners that detects falls and can call for medical help. To learn more about this service, call 402-441-8816.

### Remembering When

Phil Lewiston, City of Lincoln Fire Department firefighter, paramedic and public education coordinator, collaborated with Aging Partners Health & Fitness Coordinator Peggy Apthorpe to present "Remembering When: A Fire and Fall Prevention Program for Older Adults" in this breakout session.

Audiences seemed surprised when Lewiston presented statistics from the National Fire Protection Association, illustrating that people 65 and older have higher fire mortality rates than other age groups. In 2009, people 65 and



*Aging Partners Health & Fitness Coordinator Peggy Apthorpe and Phil Lewiston, City of Lincoln Fire Department firefighter, paramedic and public education coordinator.*

older comprised 13 percent of the population, but nearly 30 percent of fire deaths.

Lewiston offered the following tips to prevent fires and fire-related injuries:

- If you smoke, smoke outside. Use deep, sturdy ashtrays and wet the cigarette butts and ashes before discarding them. Never smoke if medical oxygen is in the home; Lewiston said this scenario has caused deaths in Lincoln.
- Give space heaters space — at least 3 feet. Shut off and unplug heaters when leaving the room or going to bed.
- Remain in the kitchen when frying food. Wear tight-fitted clothing or short sleeves to avoid garments catching fire. Use lightweight, easy-to-manage pans. If a pan catches fire, slide—never drop—a lid over it.
- Stop, drop and roll if on fire. Drop in a calm, controlled manner to avoid further injury. Seek medical attention immediately.
- Smoke alarms save lives. Place them outside sleeping areas, bedrooms and every level in the home. If possible, interconnect alarms. Test alarms once a month. Change batteries twice a year and alarms every 10 years.

*Continued on page 6*

# Successful First thrive! Event

*Continued from page 5*

- Plan and practice escape routes from a fire. Always know at least two ways out of a situation.
- Know local emergency numbers. Get out of the burning building before calling to report the fire.
- Plan an escape around one's own abilities. Have necessary mobility items, medicines and glasses near the bed for a quick escape.

Each ambulance in Lincoln responds to at least one fall per day in Lincoln, according to Lewiston. Sickness and medication were the sources in most cases. The falls often involved tripping on uneven surfaces.

Apthorpe shared ways older adults can prevent falls:

- Exercise regularly.
- Take your time.
- Keep walking areas and stairs clear.
- Improve the lighting in and around the home.
- Use non-slip mats.
- Be aware of uneven surfaces.
- Ensure stairways are well lit.
- Wear sturdy, well-fitting shoes.

## An Instruction Manual for Aging

thrive! attendees seeking financial and legal advice attended the breakout session "An Instruction Manual for Aging," hosted by Aging

Partners Financial Counselor Houston Doan and Legal Counsel Mary Wilson.

She kicked off the presentation detailing the important legal considerations when planning for death, which included non-probate transfers, wills and trusts. She said people should consider these items as soon as retirement is on the horizon.

"Although planning for death is just as essential," Wilson said.

She urged attendees to consider financial and health care power of attorneys should this unfortunate situation happen to them.

Wilson also explained common legal pitfalls. For example, she advised people to designate their spouse as a beneficiary in their retirement funds, otherwise the state will collect the assets and loved ones will have an unnecessary probate hearing.

In the financial segment, Doan discussed Medicare, private health insurance policies and financial considerations for when a spouse enters a permanent care facility. He also reminded the audience that retirement may mean a lifestyle adjustment.

"It's common for me to sit down with people six or seven years after their retirement, and they are having money issues," he said. "When that



*Jamanda Wolfe presents the thrive! 2015 Volunteer of the Year award to Allen Neeman.*

happens, it's time to look at the person's lifestyle. Many don't have the luxury of the income they had prior to retirement. You have to be aware of the costs associated with your style of living and re-evaluate as you go."

For more information on Aging Partners Financial and Legal services or to schedule an appointment, call 402-441-7070.

## Staying Active and Involved

This panel discussion proved retirement doesn't have to be boring.

In this breakout session, a sampling of Lincoln's older adults and young professionals described ways older adults can stay active in retirement, such as traveling, volunteering, discovering a new hobby or returning to an old one, and taking classes or workshops through



*Aging Partners Financial Counselor Houston Doan and Legal Counsel Mary Wilson address the crowd during their breakout session, An Instruction Manual for Aging.*



*Staying Active and Involved breakout session panelists share their thoughts on living life to the fullest during retirement.*



*Marilyn Russell, her daughter Sherril Miller and her grandson Ben Miller visit the AseraCare vendor booth.*



*Robbie Nathan and Nancy Sutton fill out a prize entry form before exploring the thrive! event.*



*Robert Davis grabs free vendor goodies at the Union Bank booth.*



*At the Boomer-ANG booth, DeEtta Vrana, chief energizing officer, and Cindy Heider Kaliff, chief investigating officer answer thrive! attendee James Bailey's questions about their business.*

Aging Partners senior centers or University of Nebraska-Lincoln's Osher Lifelong Learning Institute.

Panelists discussed their retirement experiences and how they coped with the newfound free time.

"If I could give one piece of advice to my younger self about retirement, I'd tell myself to get out of your own way and take more risks," said Carla Fetch, local retired older adult and OLLI participant, one of the session's panelists.

Professionals on the panel, art and music therapists, described how people could benefit from their services in retirement.

Panelists included:

- Dee Aguilar, coordinator, OLLI
- Katie Bacon, art therapist, Life Resources

- Kit Boesch, retired Lancaster County Human Services director and president emeritus, Lincoln Fencing Club
- Nicole Jacobs, music therapist, Lincoln Music Therapy Services
- Dr. Jean Krejci, retired community health/diversity educator, Healthy Homes Program
- Lisa Lee, volunteer programmer, Mayor's Committee for International Friendship
- Linda Marcy, art therapist, Bryan LGH Medical Center-West
- Clay Naff, executive director, Lincoln Literacy
- Betty Stevens, author and retired Lincoln Journal Star columnist
- Victoria Welles, training and development manager, Lincoln Literacy 



*After her free spinal scan at the WellnessOne Chiropractic vendor booth, Pamela Thummel checks her results with Marketing Representative Madison Hill.*



*Humorist T. Marni Vos entertains the thrive! Volunteer Service Award dinner audience.*

# Third Annual Talent Show Another Success

For a third consecutive year, Live & Learn's Lincoln Seniors Got Talent proved that extraordinary natural abilities can season with time.

The event, which taped April 17 at Bethany Christian Church, 1645 N. Cotner Blvd., featured 12 inspirational acts that ranged from choral performances to poetry readings. Based on the audience's applause, laughter and looks of appreciation, the talent show was yet another success.

Live & Learn aired the show on 5City-TV throughout May in honor of Older Americans Month. It is available for viewing on YouTube <https://www.youtube.com/watch?v=bQkqyVJwO6A>.

Take a look at the event's featured artists:



## The L.U.G. Nuts, Ukulele Group

Back for a second year, the Lincoln Ukulele Group, affectionately known as the L.U.G. Nuts, brought 11 of its 99 members to perform "Blue Moon" by the Marceles.

The group formed in 2010 as an informal jam session and has evolved to a full-fledged performance group that plays at family reunions, country clubs, music festivals and recital halls. Inspired by the Ukulele Orchestra of Great Britain, the eclectic group mostly plays music from the 1970s.

The primary purpose is to have fun, said the group's founder, Bob Deschaine.

"If somebody hits a wrong chord, it's OK because it's more about enjoying one another's company," he said. "At our jam sessions, we laugh as much as we play."

The group welcomes older adults to join them for their next jam session. The group meets every second and fourth Tuesday of the month from 6 to 8 p.m. at CGS Music, 1244 High St. Deschaine recommends beginners join their new group called Fun-da-Mentals, which meets on Mondays.

"If you're a closet ukulele player—meaning you have a ukulele in your closet—come on out and jam with us," he said.



## Nebraska Christian Men's Chorus

Celebrating its 22nd year in the Lincoln community, the group returned to the Live & Learn stage to perform "Soon and Very Soon" by Andraé Crouch and "Hallelujah" by Leonard Cohen.

The 18-member group is directed by David Galant, a University of Nebraska-Lincoln doctoral student studying orchestral conducting. Although they are greatly influenced by religious music, they also sing Broadway, classical and blues tunes.

"We work together to pick music that appeals to everyone; we're very democratic," Galant said.

The group performs regularly throughout the community. Catch them at their upcoming performances: Legacy Estates, July 14, and Lancaster Rehabilitation Center, July 17.

Every other Thursday, the group practices from 7 to 8:30 p.m. at Crestwood Christian Church, 8000 A St. Galant welcomes anyone with a passion for music and desire to sing to join them at their next practice.

For more information on the chorus, visit [www.christianchorus.org](http://www.christianchorus.org).



## Original Prime Suspects, Trio

Live & Learn welcomed back the Original Prime Suspects, a local acoustic-driven, Americana trio, which performed during the inaugural Lincoln Seniors Got Talent. They performed "Josephine" by Chris Rea, "Early Morning Rain" by Gordon Lightfoot and "Jesse James" by Bascom Lamar Lunsford.

The group features Jeanette Hill on the acoustic and bass guitars, Steve Kehler on the mandolin, and Donn Samuelson on the acoustic guitar. They formed four years ago as a duet with Kehler and Samuelson. They added Hill in 2013.

"Steve and I used to meet at coffee shops, and, one day, we decided we ought to try playing together," Samuelson said. "Janet showed up at one of our performances, and that's how she joined the band."

They have an upcoming performance at Gratitude Cafe & Bakery July 18 at 7 p.m.

### **Dorothy Applebee, Pianist**

Local solo pianist and accompanist Dorothy Applebee paid tribute to the U.S. military branches by performing a patriotic medley.



“I chose that medley because I learned that our military’s songs are not taught in schools anymore, which is sad to me,” Applebee said. “It makes me feel as if we’re losing a part of our history.”

Drawn to music at a young age, she selected her first song for the piano at 2 and began taking lessons at 4. For most of her adult life, she made a living from her music. She accompanied for various establishments, including a local ballet school, horse shows at the state fair and churches. She also was the organist at Lee’s Chicken for 21 years.

Nowadays, Applebee keeps busy playing at 16 venues regularly each month.



### **Nebraska Women's Christian Chorus**

Three-year talent show veterans, the Nebraska Women’s Christian Chorus brought 18 of

its 25 members to the event and serenaded the audience with “A Spoonful of Sugar” from “Mary Poppins” and “Power of Your Love.”

The group enjoys singing a blend of both sacred and secular music, said director Judy Shonerd.

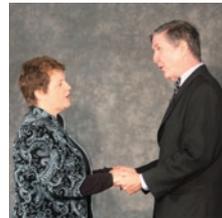
“However, we emphasize the sacred songs because we especially want to leave that message of love and inclusion with people,” she said.

The group welcomes new members, and no previous singing experience is required. Join them for their next rehearsal. They meet the second and fourth Mondays of the month from 6:30 to 8 p.m. at Crestwood Christian Church, 8000 A St.

For more information on the chorus, visit [www.christianchorus.org](http://www.christianchorus.org).

### **Anne Brehmer and Tom White, Musical Theater Duet**

Members of the Osher Lifelong Learning Institute, the two performed a



preview of the group’s upcoming performance of “The Music Man,” singing “Till There was You” as Professor Harold Hill and Marian the librarian. Karen Howland, the music director and accompanist for every OLLI production, provided accompaniment.

The musical, which is the group’s eighth production, was held at the Lincoln Community Playhouse’s main stage May 21 and 22.

What made their performance unique is that unlike a traditional musical production, the group performed as though they were on

the radio instead of in front of a live theater audience.

“Everyone reads from scripts and is animated,” Brehmer said.

### **Anne Brehmer, Musical Theater Solo**

Brehmer had another opportunity to showcase her musical theater talent when she performed “On the Street Where You Live” from the 1956 Broadway musical “My Fair Lady.”



Her passion for singing began at 14 when she heard a gentleman singing during an off-Broadway performance on a cruise ship.

Brehmer enjoys performing show tunes and 1940s music the most, but she recently began to branch into praise and worship songs.

“The reason I love to sing is because it takes me out of myself and into another dimension,” she said. “Singing is my therapy.”

Brehmer retired from Tabitha Health Care last year after 35 years as an activities director at various senior living facilities in Lincoln. She starred in OLLI’s May production of “The Music Man” and hopes to book additional performances.

### **Ken Gettman, Book Reading**

Inspired by his experience of growing up in the 1950s, Gettman narrated excerpts of “Heartland: Growing Up in the Middle of Everything” by



*Continued on page 10*

*Continued from page 9*

Douglas Keister, inserting personal anecdotes along the way.

"I decided to read from this book because it reminded me of things that happened to me as a child that I could relate to," he said. "For example, just like the author, The Lone Ranger was my idol, too. I liked him better than the other popular figures of that decade like Gene Autry or Roy Rogers."

Although Gettman doesn't give regular public book readings, he has performed with OLLI/Playhouse Radioactive Players, reading scripts in front of an audience.

### **John McCrea, Poetry Reading**

Having written about 1,800 poems in his lifetime, McCrea entertained the audience by sharing three of his favorites: "God's Plan for Man," "River of Life" and "Wrap Around Porch."



McCrea has been creating poems since he learned to write. He draws inspiration from all aspects of life.

Several of his poems have been published, including a Christmas poem that the U.S. government displayed on one of its websites and a poem about Pearl Harbor, which was published on the event's 50th anniversary in "The Pentagram," a newspaper for the Pentagon.

McCrea turns 80 in July, and he hopes to continue writing poetry for many years to come.



### **Kris Beckenbach, Singer**

Backed by accompanist Marcia Murray, Beckenbach soothed audience members with her renditions of "In the Garden."

She chose this song because of its deep personal meaning to her. "In the Garden" is a traditional favorite she grew up singing.

Beckenbach is a lifelong Lincolnite and has been singing since she was a little girl. She works in state government and enjoys bringing stories to older adults as a host for Live & Learn.

### **Tom White, Singer**

Another of Live & Learn's own hosts had the chance to share the stage. White crooned to the Frank Sinatra feel-good tune, "That's Life."

A local entertainer, he enjoys performing popular songs from the 1930s, '40s and '50s as well as more contemporary selections.

He shares his talents at local retirement homes, senior centers and assisted living facilities throughout the state.

White is known as a dynamic and stylistically versatile performer. He has performed at popular venues across the country, including the 2000 Democratic National Convention, Hollywood Bowl, and the KCET-TV Annual Christmas Extravaganza at the Dorothy Chandler Pavilion.



On Sept. 10 he will be the featured performer at Dinner & A Show presenting "I Want To Hold Your Hand." For information and reservations call 402-441-7158.



### **On Tap!**

This tap group is no stranger to Lincoln Seniors Got Talent. This same group performed for the third consecutive year. Their skill level has increased immensely with each performance, said the group's instructor, Stephanie Chase.

Nine of the group's 25 members performed a routine to "Anthropology," which showcased their improved talent.

On Tap! has progressed from beginners to a more intermediate level. They perform at the Independence House twice a year and have showcased their talent at a benefit for the Food Bank of Lincoln, held at the Madonna Proactive Health and Fitness Center.

"If anybody loves to listen to music, has rhythm and wants to try a new hobby, they should join our team," Chase said.

For more information about On Tap! and their schedule, call Madonna Proactive at 402-420-0000.

To watch this episode of Live & Learn, visit [lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live](http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live) or on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 

# Get Into the Act with Aging Partners Senior Centers

Every September, the nation celebrates National Senior Center Month.

This monthlong observance is an opportunity to promote a positive image of aging, show senior centers' importance in local communities and create interest in prospective new participants.

For more than 40 years, Aging Partners has used its tools and resources to empower older adults to make choices that enhance their lives. Today, they offer health and fitness classes, entertainment, meals and other wonderful programming and important services to older adults in Lincoln and the surrounding areas.

Celebrate the role Aging Partners has played in your aging journey by joining us for our many National Senior Center Month events.

## **Sept. 4—Aging Is Becoming...: The Fine Art of Experience 2015 Older Nebraskans Art Show**

Older Nebraskans' artistic accomplishments are something to be praised. In honor of their hard work and dedication, Aging Partners is asking interested local older adults to contribute works they've created at age 60 and older for this special art show.

Submitted pieces should celebrate the personal growth and changes that stems from our individual aging. The artwork must be framed and wired for hanging. Only 2D work will be accepted. For questions about submitting artwork, call Bob Esquivel at 402-441-6102.

Join us Sept. 4 from 6:30 to 8:30 p.m. as we debut the fabulous artwork at the Downtown

Senior Center's Milestone Gallery. Refreshments will be served, and the show is open to everyone. This artwork will remain on display until Oct. 2.

## **Sept. 18—Elvis: Rock 'N' Remember!**

If you love Elvis — and who doesn't — you won't want to miss this rockin' tribute to the King!

Elvis tribute artist Joseph Hall will perform three decades of Elvis hits that will remind everyone of a time when life was much simpler. Hall has been featured on Good Morning America, America's Got Talent, USA Today, Fox News, The Morning Show and other notable media venues.

While listening to great music, guests will enjoy hors d'oeuvres and a silent auction for gift baskets valued at about \$200 each. There's even a chance to have your photo taken with Joe!

The fundraiser, held at the Plamor Ballroom at 6600 West O St. from 6 to 10 p.m., is an opportunity to support our local senior centers. Tickets are \$15 for individuals in advance, \$28 for couples in advance and \$20 for individuals at the door. To purchase tickets or for more information, call 402-441-7158 or stop at your nearest senior center.

## **Sept. 29—Nebraska City Tree Adventure**

Nebraska City has changed over the years. Now's your chance to see just how much!

Join us for a day trip to Nebraska City. We will depart from the Northeast Senior Center at 8 a.m. The day begins with "Tree Adventure" at the Arbor Day Farms. Attendees will enjoy a scenic,

educational guided tram ride, explore the Apple House, walk the orchards, view the film "Trees In The Movies" and purchase various apple treats at the farm's store. Lunch will be at the Valentino's Grand Italian Buffet. The day concludes with an afternoon exploring downtown Nebraska City's charming boutiques and shops.

The tour costs \$50, and reservations and payments must be submitted by Sept. 22. For reservations, call 402-441-7158.

## **Sept. 30—Brain Matters: A Brain Health Fair**

Although we often consider how aging affects our physical abilities, it's just as important to learn how it affects us mentally. In recent years, new research has been done on how to properly care for the brain. Curious as to what environmental and lifestyle factors impact cognition as we age or what role stress plays in cognitive decline?

Expand your knowledge of brain health at Brain Matters, Sept. 30 from 8 to 11:30 a.m. at Marcus Edgewood Theaters.

The event will feature two special speakers. Julie Masters, Ph.D., department chairperson gerontology at University of Nebraska at Omaha will present "Train Your Brain!" a look at practical, real-world ways to enhance and support brain health across the life span. "Nourish Your Noggin: Eat a Brain-Healthy Diet" by Alice Henneman, extension educator at University of Nebraska-Lincoln, will educate the audience about foods that not only promote brain health but also tickle the tastebuds.

The event is free for all ages. Call 402-441-6156 to register. 

## The Difference Between Helping and Enabling a Loved One

By Carol Bradley Bursack, author, speaker, columnist and eldercare consultant. Used with permission from AgingCare.com

**H**ow do you know when you're enabling an elderly loved one as opposed to actually helping with something they really need? It's rarely easy to determine and the answer may differ on any given day.

### The loved one who wants (but doesn't necessarily need) everything done for him or her

Some people refuse help from their family members while others would like to retire from life and let others satisfy their every whim. How do you respond to someone like this?

You press them to do what they can for themselves while reassuring them that you are available for specific chores and emergencies. You

might also consider making an extra effort to visit regularly, for no other reason than just to see how they are doing.

### What About Addictive Behavior?

Millions of caregivers struggle to cope with a loved one's addictive behavior, which could involve anything from cigarettes, alcohol and drugs to eating unhealthy foods.

What is the place of a caregiver in such a situation? Enable the addiction or refuse to take part? Only you can make the decision whether to cooperate, ignore or flat-out refuse to be a part of your loved one's addiction. There will be consequences either way.

Much depends on the person's age and physical condition. Many elders may be too far into their end-of-life journey to give up their addictive behavior. The humane approach may be to allow them to keep their long-held source of comfort. However, when it comes to illegal amounts of painkillers and other drugs, you cannot help them continue that kind of addiction. You should get them medical help for withdrawal and try not to judge them, but don't risk your own future in an effort to obtain illegal substances for them.

### Independence Is Good For Self-Esteem

Nearly every caregiver will regularly face the dilemma of determining whether they are helping or hurting their vulnerable loved ones by providing a particular service or access to some substance.

However, even the most vulnerable elders may have areas where they can help themselves.

If there is some way your loved one can experience a little independence, then that should be encouraged. Good days may require less help from a caregiver, whereas bad days may require significantly more. 

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.

## SENIOR BENEFIT STRATEGIES

- Medicare Supplement, Prescription Drug and Advantage Plans
- Renewals or New Enrollments

**402-489-9171**

Also Offering: Long-Term Care Planning and Insurance, Annuities, Life and Dental Insurance

7412 Karl Drive  
Lincoln, NE 68516  
Fax: 419-821-1953

[www.seniorbenefitstrategies.com](http://www.seniorbenefitstrategies.com)



Past Chair, National Association of Health Underwriters Medicare Advisory Group

Affiliated with UNICO-Midlands



Bob Grundman  
Certified Senior Advisor

# Who are Caregivers?

By Family Caregiver Alliance. Used with permission from AgingCare.com

**T**he short answer is most of us, at some point in our lives, will serve as a caregiver to someone else. In fact, right now you could be a caregiver to your mother, father, husband, wife, daughter, son, grandchild, partners, niece, nephew, cousin, neighbor or friend and not even realize it.

A caregiver can be the person who:

- Buys groceries, cooks, cleans house or does laundry for someone who needs special help.
- Helps a family member get dressed, take a shower and take medicine.
- Makes medical appointments and drives to the doctor and drugstore.
- Helps with in-home medical procedures such as changing dressings or setting up pillboxes.
- Talks with the doctors, care managers and others to understand what needs to be done.
- Spends time at work handling a crisis or making plans to help a family member who is sick.
- Is the designated “on-call” family member for problems?

In small doses, these jobs are manageable, but having to juggle competing caregiving demands with the demands of your own life on an ongoing basis can be challenging.

Caregiving roles and demands are impacted by several other factors, including:

- **Type of illness.** Caring for someone with Alzheimer’s disease, other forms of dementia or brain-impairing disorders can be more stressful than caring for someone with a physical impairment due to the unpredictability of the care recipient’s behavior.
- **Long-distance caregiving.** Long-distance caregiving is usually defined as care provided by a caregiver living more than an hour away from the care recipient. Caring from a distance is difficult both emotionally and logistically, and is most common in situations where adult children and their parents do not live in the same area. In these cases, the caregiver’s role is not as much “hands on” as it is gathering information about available resources, coordinating services and putting together a team of family, friends and paid help that can meet the care recipient’s needs.

- **Urban versus rural settings.** Caregivers living in rural settings face unique challenges. These include fewer available formal services, fewer physicians and health education services, transportation difficulties, weather problems in winter, geographic distance and isolation.

For some people, caregiving occurs gradually over time. For others, it can happen overnight. Caregivers may be full or part time. They may live with their loved one or provide care from a distance. Caregivers provide a range of services, from simple help such as grocery shopping, to complex medical procedures. For many individuals, being a caregiver is an important part of their personal identity. For others it is an overlooked facet of their personality. Either way, most caregivers need support or assistance at some point in their caregiving journey. 

## When it’s time to talk, we can help.



The only thing more uncomfortable than having the conversation about retirement living, is not having the conversation about retirement living. Fortunately, we’re here to help with information and advice that can make a potentially awkward situation—just a little bit easier.

Now is the perfect time to give us a call at **402-420-9355** or visit [ImmanuelCommunities.com](http://ImmanuelCommunities.com). Together, we will help you find a place that’s uniquely your own.

Williamsburg Village  
**The Landing**  
an  Immanuel community



[ImmanuelCommunities.com](http://ImmanuelCommunities.com) 402-420-9355  
Affiliated with the Nebraska Synod, Evangelical Lutheran Church in America

## 10 Essential Steps to Take When a Loved One Needs Help

By Sheri Samoan, expert president, LifeBridge Solutions.  
Used with permission from AgingCare.com

**A**ging loved ones often do an excellent job of “hiding” their declining physical or cognitive abilities from their families—especially from those who live far away. They do this for a range of reasons, from not wanting their family “in their business” to an outright denial that there is a decline. They may even lack the cognitive ability to recognize that they have a problem.

If you have determined that your loved one is struggling, here are 10 steps to help you determine how to help.

**1. Assess the situation:** Do you have a crisis on your hands? An urgent situation? Or an ongoing chronic decline? Your answer to this very important question will determine how quickly you must act and make decisions, and how much collaboration with other family members you can afford to engage in.

- 2. Prioritize needs:** Make a long list of everything you can think of that needs to be done, fixed, solved or otherwise handled. Prioritize this list according to what needs to be accomplished right now and what can wait (it is essential to distinguish between wants and needs).
- 3. Remember that safety must come first:** As you are prioritizing, don't forget that your job is to make sure that your loved one stays safe.
- 4. Make efforts to prioritize your loved one's independence:** The most difficult aspect of aging for many older adults is the real (or perceived) loss of independence, so if you can keep your loved one safe and as independent as possible, it is usually the better choice.
- 5. Get organized:** Make a sheet with three columns. In the first column, list the needs in order from highest to lowest priority. In the second column, write down your proposed solution. In the third column, write down the next step you need to take in order to work toward that solution.
- 6. Figure out what resources you have available:** Add a column to your list and fill in the resources you already know your family has.
- 7. Make a plan:** Look at that prioritized list. If there are many blanks, your first step is to begin to fill them in so that you can create a more comprehensive plan. If the list is pretty well populated, now is the time to determine how you might be able to divide and conquer.
- 8. Build a team for now and later:** Identify family, friends, neighbors and volunteers, along with other trusted advisors and professionals who will help you execute the plan.
- 9. Communicate with both your loved one and the rest of the family:** Don't do any of this in a vacuum. It is imperative to include both your loved one (assuming he or she is able to participate) and the rest of the family in the process of developing the plan. The more inclusive you can be, the less likely you will later face roadblocks.
- 10. Execute your plan!** 



**STAY IN CONTROL OF YOUR LIFE**  
**ALL INCLUSIVE LIVING AT A GREAT PRICE!**

Lexington Assisted Living Center provides you with the best meals, activities and wellness programs to keep you focused on your lifelong goals. You can be as active as you want or live your life in leisure. Our dedicated team is here to help you create the lifestyle you prefer!

- 24/7 On Site Staff
- Meals Provided
- Medication Administration
- Bathing & Dressing Assistance
- Laundry Services
- Weekly Housekeeping
- Transportation Available



**Come See For Yourself! Schedule Your Personal Visit Today!**

The **LEXINGTON** Assisted Living Center

5550 Pioneers Blvd.  
402-486-4400  
[www.thelexington.com](http://www.thelexington.com)



# Good Food. Good Cause

The community showed its support for Aging Partners senior centers May 20 by eating at one of seven sponsored restaurants during the third annual Dine Out 4 Senior Centers.

Each participating restaurant donated a portion of the day's revenue to Aging Partners. The event raised more than \$1,785. These funds will be evenly distributed among Lancaster County's senior centers to cover operational and programming costs.

"We appreciate everyone who came out to eat a good meal and support a worthy cause, and we appreciate all our participating restaurants," said Bob Esquivel, Aging Partners Senior Centers coordinator.

Aging Partners thanks the event's participating restaurants:

- Engine House Cafe, 6028 Havelock Ave.
- FireWorks Restaurant, 5750 S. 86th Dr.
- Golden Corral, 3940 N. 26th St.
- Lee's Restaurant, 1940 W. Van Dorn
- Pizza Ranch, 8420 Lexington Ave.
- Stauffer's Cafe & Pie Shoppe, 5600 S. 48th St.
- Texas Roadhouse, 6301 Apple Way

Most restaurants participated for the second or third year in a row. The owners enthusiastically support the event's cause.

"Many of our guests are seniors, so this gives us a chance to give back to the community, especially to those special folks," said Bill Pinter, Golden Corral co-owner.

"I want to support the older people because they deserve the facilities and services Aging Partners provides," said Jan

Wilcoxon, Lee's Restaurant owner. "I love our seniors."

"The majority of our customers are Havelock seniors, and we appreciate the work Manager Dave Chappelle of Aging Partners does at the Northeast Senior Center," said Roger Pletcher, Engine House Cafe owner.

Dine Out 4 Senior Centers was part of Aging Partners Older Americans Month celebration. 



*Curt Magnus, Texas Roadhouse manager, and Bob Esquivel, Aging Partners Senior Centers coordinator.*



*Bob Esquivel, Aging Partners Senior Centers coordinator, and Roger Pletcher, Engine House Cafe owner.*



*Nathan Unger, general manager, FireWorks Restaurant, and Bob Esquivel, Aging Partners Senior Centers coordinator.*



*Jan Wilcoxon, Lee's Chicken owner, and Bob Esquivel, Aging Partners Senior Centers coordinator.*



*Donald Egbert, Golden Corral co-owner, and Bob Esquivel, Aging Partners Senior Centers coordinator.*



*Bob Esquivel, Aging Partners Senior Centers coordinator, and Ryan Stauffer, manager Stauffer's Cafe & Pie Shoppe.*



*Bob Esquivel, Aging Partners Senior Centers coordinator, and Jess Meekma, Pizza Ranch owner.*

## Reducing Wasted Food at Home

**M**ost people don't realize how much food they throw away daily, from uneaten leftovers to spoiled produce.

About 40 percent of the U.S. food supply goes uneaten. In 2011, we landfilled more than 36 million tons of food waste. Once in landfills, food breaks down to produce methane, a potent greenhouse gas that contributes to climate change. Preventing food waste saves money and resources. Not only will preventing food waste in our homes save us money today, but also will help feed the world tomorrow.

Feeding the world becomes more difficult as the population grows. Nine billion people are expected on the planet by 2050, compared to our current world population that is approaching 7 billion. Developing habits to save more of the food we already have will put less strain on the resources associated with producing and buying food and aid in reducing the creation of greenhouse gas emissions for future generations. Let's be kind to our planet and good stewards of the food we are blessed with.

### What Are the Benefits of Reducing Wasted Food?

- **Saving money:** The most immediate benefit of reducing food waste is that it spares your pocketbook when doing weekly grocery shopping. We all like saving a little here and there. By being more aware of your spending and eating habits, you can limit what you buy down to the essentials and buy only the

amount of food you know you will eat in a certain time limit.

- **Lowering methane emissions from landfills and lowers your carbon footprint:** Along the same lines, it prevents pollution involved in the growing, manufacturing, transporting and selling of food, not to mention hauling the food waste and then landfilling it.
- **Supporting your community:** If you buy two jars of a new spaghetti sauce on sale and you find out you don't like its flavor, why not donate the extra jar to a local food bank? By providing donated untouched food that would have otherwise gone to waste to those who might not have a steady food supply, you're doing yourself and a needy person a huge favor while protecting the environment.

### Ways to Reduce Wasted Food in Your Home

- **Shop your refrigerator first.** Cook or eat what you already have at home before buying

more. One meal a week can be designated as the "recreating leftovers" menu. Take leftover cooked vegetables and pot roast and incorporate them into a fabulous, tasty quiche. Other classic "refurbished" meals are shepherd's pie, casseroles and tacos stuffed full of produce nearing the end of its ripeness.

- **Plan your menu before you go shopping.** Buy only those things on your menu, but double-check your fridge and cabinets first before adding an item to the grocery list.
- **Buy only what you realistically need and will use.** Buying in bulk only saves money if you are able to use the food before it spoils.
- **First-in, first-out mindset.** Move older food products to the front of the fridge, cupboard, freezer and place just-purchased items to the back. This makes it easier and more likely foods will be used before they go bad.
- **Have your refrigerator set to the right temperature.** Your fridge should be set at or below 40°F to



prolong the life of foods. Frozen foods should be kept below 0°F in your freezer.

- **Be creative.** If safe and healthy, use the edible parts of food that you normally do not eat. For example, stale bread can be used to make croutons and beet tops can be sautéed for a delicious side dish.
- **Freeze, preserve or can surplus fruits and vegetables using safe, up-to-date food preservation methods.** Visit the National Center for Home Food Preservation website ([nchfp.uga.edu](http://nchfp.uga.edu)) for freezing and canning instructions. You can enjoy home-frozen broccoli or try making your own homemade salsa.
- **Take home restaurant leftovers.** Refrigerate within two hours of being served and eat within three or four days, or freeze. Or you can always choose to spilt a main dish with a companion to reduce leftovers.
- **Be careful at all-you-can-eat buffets.** Take only a reasonable amount of what you think you can eat. You can always go back for seconds on your favorites if still hungry.
- **Don't be afraid to buy the misshaped fruits and veggies.** Odd-shaped produce has no effect on the taste or nutrient content of the product compared to the “perfectly shaped” fruits and vegetables. Misshaped produce are often found at organic stores and

local farmers markets. Just because a strawberry may have a lumpy shape does not mean it should be thrown out.

- **Check out your garbage can.** Which food items do you find yourself throwing out most often? If the same foods are constantly being tossed, make an effort to eat them sooner: buy less of them, incorporate them more into recipes or freeze them before they go bad.
- **Mix and match.** If you have several foods that might go to waste at the same time, try adding them to adaptable recipes such as salads, soups, pasta and casseroles.

- **Compost.** Why not try composting food scraps rather than throwing them away? Compost is a great addition for any garden or flowerbed in your yard.

There are so many wonderful ways to cut back on food waste. Enjoy all your favorite foods while trying to cut back on waste to make your money go further and to benefit the environment. 

*Resource: <https://food.unl.edu/14-ways-consumers-can-reduce-food-waste>*

### Powered-Up Potato Salad

#### Ingredients:

- 2 pounds small red potatoes, unpeeled, cooked, cooled and cut into bite-size pieces
- 1 pint grape tomatoes, halved
- 1 cup sliced celery
- 1 cup sliced green onions, with green
- 1/2 cup basil leaves, shredded
- 2 garlic cloves, crushed
- 2 tablespoons white balsamic vinegar, or other white vinegar
- 6 tablespoons extra-virgin olive oil
- 2 teaspoons Dijon mustard
- Salt and freshly ground black pepper, to taste

#### Directions:

1. In a large bowl, combine potatoes, tomatoes, onions, basil and celery.
2. In a small bowl, whisk together garlic, vinegar, oil, mustard, salt and pepper. Add dressing to potatoes and toss. Refrigerate until ready to serve.



## Summer Time Eats: Peaks and Pits

**T**here are many delicious foods we turn to when the weather gets hot. Some of them are tasty and nutritious, while others may be yummy but should be eaten in limited amounts to keep us healthy.

### The Peaks

These are tasty foods that are commonly eaten during the hottest months of the year and may be at peak season. Peak foods are going to be low in calories and nutrient dense while providing a smorgasbord of important nutrients, vitamins and minerals.

- **Tomatoes:** These contain an array of beneficial nutrients and antioxidants, and are a rich source of vitamins A, C and folic acid.
- **Shrimp cocktail:** Great for a mid-afternoon snack, as an appetizer

at a party or for a light lunch, shrimp are a high-protein and low-calorie way to get energized. They provide about 14 percent of your daily recommended iron intake, and a 3.5-ounce serving is less than 100 calories.

- **Zucchini:** Raw, grilled, rolled, sliced or diced, zucchini is the perfect summer veggie. At only 20 calories per cup, it has zero fat and cholesterol and 35 percent of your daily recommended intake of vitamin C.
- **Grilled chicken kabobs:** Easy to throw on the barbecue, chicken kabobs are packed with protein but low in calories, fat and carbs. When you add veggies like zucchini, bell peppers and squash to your skewer, you'll add delicious, summery flavors and loads of antioxidants. Vitamin C-packed red bell peppers are a great addition, as they get even sweeter on the grill. A half-cup provides only 14 calories.
- **Fruit salad:** Summer is peak season for colorful berries and stone fruit, and fruit eaters tend to weigh less. If that's not enough to get you to the farmers market, red, purple and blue fruit are potent sources of antioxidants and vitamins, and some, especially berries, pack up to one-third of your daily fiber needs per serving.
- **Fresh iced tea:** Tea has zero calories, loads of antioxidants and may even help you lose weight. To get the nutritional benefits of tea, you really need to make it yourself and not go for the bottled variety. Black or green, if you make your

own using a tea bag, iced is just as beneficial as hot. Try sweetening it with lemon wedges.

- **Watermelon:** Popping some watermelon into your mouth is a great way to rehydrate after a long day in the sun. True to its name, watermelon is more than 90 percent water. It's also an even better source of cancer-fighting lycopene than raw tomatoes. At just 44 calories a cup, there's no reason not to bite into this summery fruit.
- **Corn on the cob:** Without butter or salt, corn is a high-fiber, low-calorie food. We love shaving some off the cob into salads, using it for healthy salsas, and grilling it — just don't overdo the butter. Tip: Choose the yellow variety over the white kind for added vitamin A.

### The Pits

Yes, these foods can be enjoyed in any diet, but they should be eaten in moderation and not overindulged on. They provide higher amounts of fats, calories and are not as nutritiously as dense.

- **Onion rings:** While onion rings don't sound like the worst health choice you can make, once onions are dipped in flour and eggs, thrown into a deep fryer, then salted, the outcome is a diet disaster. A much better idea is to try a faux fry. Coat sliced onions with egg whites and a mixture of grated Parmesan cheese, whole-wheat flour, and panko breadcrumbs. Spritz with cooking spray and bake in



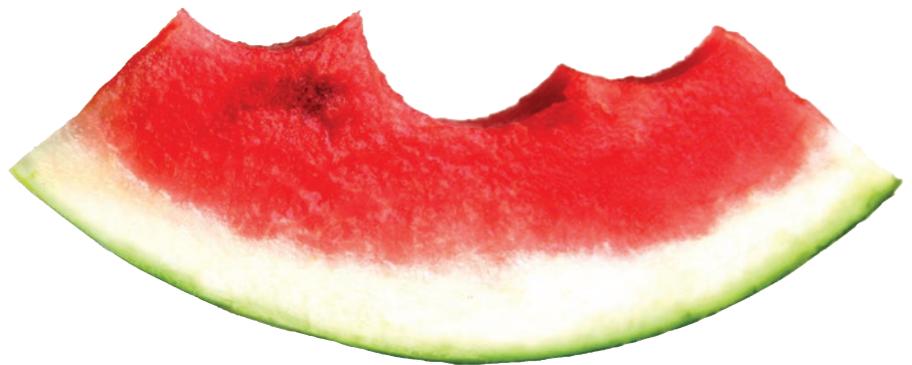
a 450-degree oven for about 15 minutes.

- **Macaroni and potato salad:** While we still love eating macaroni and potato salad throughout the summer, fattening mayonnaise is unfortunately what makes both taste so good. A better bet is to use low-fat mayo or heart-healthy unsaturated fats, like olive oil. Our Picnic-Perfect Pasta Salads offer lots of lean options, and our Powered-Up Potato Salad is a colorful, low-fat and delicious salad that uses no mayo at all.
- **Ribs:** Ribs come in all shapes and sizes, but no matter how you cut them, restaurant ribs need to stay off your summer menu. A quarter pound of beef or pork ribs weigh in at 288 calories and are loaded with saturated fat, and that's before you slather on barbecue sauce. When cooking ribs at home, skip the sauce in favor of low-fat spices such as mustard, garlic, and chili powder. They'll add delicious flavors without many calories. Before cooking, be sure to trim off all visible fat and keep portion sizes small.
- **Fried dough:** A staple at summer fairs and carnivals we all dip into fried foods in the summer months. Deep-fried flour, butter, shortening and sugar may sound like something you can get away with once or twice a year, but keep in mind that fried and battered foods are among the worst sources of trans fat. While trans fat can be tasty, it raises bad cholesterol, lowers the good kind and can increase inflammation in

your body. Keep this in mind for other battered, fried foods such as fried chicken, fried potatoes, fish fries and corn dogs.

- **Ice Cream:** Ice cream is a delicious sweet treat for hot weather, but is high in empty calories and fat, and low in nutrients. The average 1/2 cup of ice cream contains 150 calories,

but most people enjoy it 1 cup at a time, which is closer to 300 calories! Instead, try reaching for frozen fruits or 100 percent fruit/vegetable blend fruit bars to cool you down and suppress your sweet tooth. **Lw**



### Baked Parmesan Tomatoes

A sprinkle of parmesan and a drizzle of olive oil transform tomatoes into the perfect side dish. Or try sandwiching them between slices of your favorite whole-wheat country bread.

4 servings | Active Time: 5 minutes | Total Time: 20 minutes

#### Ingredients:

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated parmesan cheese
- 1 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

#### Preparation:

1. Preheat oven to 450° F.
2. Place tomatoes cut-side up on a baking sheet. Top with parmesan, oregano, salt and pepper. Drizzle with oil.
3. Bake until the tomatoes are tender, about 15 minutes.

#### Nutrition:

Per serving: 91 Calories; 6 g Fat; 2 g Sat; 4 g Mono; 4 mg Cholesterol; 6 g Carbohydrates; 3 g Protein; 2 g Fiber; 375 mg Sodium; 363 mg Potassium

**What you get:** Vitamins A & C, potassium and calcium



*Dave Polson records a commercial at the Digity Studio.*

## Working With Passion Beats Retirement

*Story and Photos by Zoe Olson , Director of Marketing and Public Relations*

**D**ave Polson discovered his passion at an early age and has been living and working his dream career throughout his adult life. He wants you to know he has no plans to stop any time soon.

Born and raised in Great Bend, Kansas – a fourth-generation Jayhawk from the University of Kansas, Polson will tell you he is first and foremost a Jayhawk and admits with his characteristic smile to also being a Husker fan, which makes him a “Jayhusker.” He attended the University of Kansas studying journalism and majoring in radio and television broadcasting.

He served in the Army National Guard on active duty and then transferred to the Air National Guard while working in Topeka, Kansas, at WIBW radio. He and his wife married 43 years ago this July while he worked in Topeka. The couple have two

daughters and one granddaughter, Lola, whose grandfather is wrapped around her little finger.

Polson and his family moved to Lincoln when he went to work for Stuart Broadcasting running the KHKS Beautiful Music radio station, which became KFOR-FM Beautiful Music. In 1978, KFOR-FM changed format to rock music, becoming KFRX.

In 1980, he started his own advertising agency, Sterling Communications, which he ran through 2006. He also owned a digital company that installed flat-screen televisions in college student unions and recreation centers. Messaging on the screens promoted campus activities, news and weather information while advertising local businesses.

In 2012, Polson returned to work at KFOR, at the time a part

of Three Eagles Communication before becoming Digity Communications in 2014.

He started working in radio at the age of 15 at KVGB in Great Bend, “1590 on the dial” and has continued doing voice work in commercials for 40 years.

Polson has spent his adult professional life in the field of marketing and media.

“I was lucky to have been mentored by Roger Larson and Dick Chapin and many other people, including my clients,” he said. “Marketing takes much more than education only—you need street cred, street smarts and time to learn—you don’t learn marketing in a week or two. Roger spent tremendous time with me. It was invaluable training that I couldn’t have received anywhere else. Now I like to mentor others.”

Polson is a self-proclaimed “news junky who reads a lot.” He also is a marketing junky.

“I’m always reading trade publications on advertising, public relations and marketing,” he said. “I constantly want to learn more.”

Polson has been a digital guy the past 18-19 years.

“I was working on the Internet before most people knew what it was,” he said. “Digital and social media won’t pull the marketing wagon, but they are tools to accessorize the wagon.”

Polson likes to work with clients on their entire marketing situation, to help their advertising work harder for them so they receive better response.

What does he do when he’s not working? He enjoys attending concerts, especially at the Starlight Theater in Kansas City. In fact, you can find him there in August where he will be enjoying a concert by Chicago and Earth, Wind and Fire, thanks to tickets from his daughters for Father’s Day.

Visiting his granddaughter in Kansas is another activity he enjoys.

Polson also can be found sitting in on drums at the Zoo Bar as he did with the FabTones this past May.

“I’m getting older, but I’m never going to grow up,” he said. “There’s a 17 year-old living in this body.”

Polson has been and continues to be an active volunteer in the Lincoln community. He has served on the boards of many organizations including the Malone Center, Lincoln Children’s Zoo, Seniors Foundation, original Children’s Museum Board, Nebraska Children and Families Foundation, Red Cross and churches.

He has been an adjunct professor at UNL’s College of Journalism and Mass Communications, a Junior Achievement volunteer and is the Lincoln Chapter Chair for the KU Alumni Association.

Polson is an advocate for veterans.

“I appreciate what veterans have done, and I hope they get the

services they deserve from both the Veterans Administration as well as their employers,” he said. “When I see a veteran or someone in military uniform, I thank them for their service.”

Polson believes the VA in Lincoln is the best in the country.

“It processes paperwork and claims faster than anywhere else in the United States,” he said. “We have informed and friendly people here. Veterans may be afraid of the VA for any number of reasons, but in Lincoln, there’s no reason for them to be.”

With that advocacy in mind, Polson volunteers with the Veterans Freedom Music Festival in Lincoln, which just completed its fifth year June 20. According to him, the festival always seeks volunteers.

“We need people with new and fresh ideas; people to help put up tents, with parking, moving the bands’ equipment on and off stage, and serving as stewards,” he said.

“We’re also always looking for donations. The festival is funded totally by donations. We have been blessed by the support from Lincoln businesses. We couldn’t do this without them. We have great media partners in 10/11 and the six Dignity stations. The Journal Star provides great information on the event. The Nebraska Pork Producers helps feed homeless veterans in addition to providing food and beverages at the event. Their eagle constructed from 9,000 cans of food is an engineering feat.”

He invites everyone to try something new and get involved with the festival and supporting veterans.

Why does Polson choose working over retirement?

“I don’t play golf, and I don’t do woodworking,” he said. “Seriously, I love what I do and there is no reason to quit.”

Polson doesn’t see age as a limiting factor in effectiveness.



“If you look at strong businesses in town with active owners and at our elected officials – they’re not all 60 and below,” he said. “Many are 60, 70, 80 and still going strong. I know people who are 65, 75 and 80 who are active in their professions. I have a lot to offer. There’s no magic to retirement at 65.”

Polson believes life is market research.

“You learn something new every day,” he said. “You learn by making a mistake, and whatever you learn in life belongs to you.” LW

Want to volunteer at next year’s Veterans Freedom Music Festival in June?

Call Polson at 402-770-6013 or by email: [dpolson@dignity.me](mailto:dpolson@dignity.me)

For more information, visit Veterans Freedom Music Festival on Facebook or [www.VFMF.net](http://www.VFMF.net)

# “Walk On” Celebrates Healthy Living

Despite an overcast sky and threat of rain, older adults flocked to the Union College campus May 15 to participate in the third-annual Age Strong! Live Long! Walk On! 1-mile walk.

The event, celebrated in conjunction with Aging Partners Older Americans Month, drew 267 participants ranging in age from 1 to 94.

Although the walk began at 9 a.m., most participants showed up early to register and grab their goodie bag and a free Walk On! T-shirt for those who pre-registered by April 15. The vendor booths attracted quite the crowd, educating participants in health care, retirement communities, Aging Partners services and more.

When the walk began, people chose between two 1-mile



*Aida Bosques gives a thumbs up as she completes her first lap.*

routes: one with a flat surface and another with slight inclines and declines. Participants enjoyed one another’s company during the walk, conversing

with friends and making new acquaintances.

Although the rain interfered with post-walk activities, it did not keep people from enjoying the event. 

## Special Thanks To Vendors!

### Level 1:

- Union College
- KFOR
- KLKN-TV
- Eastmont Towers
- Ambassador Health
- Jim Schueth, Saving Seniors Money
- The Lexington Assisted Living Center
- Lincoln Journal Star

### Level 2:

- Waterford Assisted Living
- Guardian Angels Homecare
- Lancaster Rehabilitation Center
- Tabitha Health Care Services
- Colonial Chapel Funeral Home
- Gentiva Home Health
- Sumner Place Skilled Nursing & Rehabilitation

- Bridge to Better Living
- Home Instead Senior Care
- Triumph Home Health Supplies

### Level 3:

- HoriSun Hospice
- Changing Spaces SRS
- Homestead Rehabilitation Center
- Community Home Care
- Community Health Endowment of Lincoln
- Gateway Vista
- Lincoln Memorial Funeral Home & Cemetery
- Bob Grundman, Senior Benefit Strategies
- Capitol View Tower Apartments
- Southlake Village Rehabilitation and Care Center
- Russ’s Market

- Caring for People Services
- Coddington Physical Therapy
- Crete Physical Therapy

### Level 4:

- AseraCare Hospice & Palliative Medicine
- Aging Partners Health & Fitness
- Pathways to Compassion Hospice
- Holmes Lake Rehabilitation & Care Center
- Alzheimer’s Association – Great Plains Chapter
- Home Care Assistance
- TOPS - Taking Off Pounds Sensibly
- Hospice Community Care of Nebraska



*Aging Partners Health & Fitness Coordinator Peggy Apthorpe leads the pack in the first lap of the 1-mile walk.*



*Aging Partners Director June Pederson kicks off the walk with a brief announcement. Chris Goforth, left, of KFOR was master of ceremonies*



*Linda Jensen takes a pit stop during the walk along with her 1-year-old grandson James Budd.*



*Cady Bell of Eastmont Towers and Eastmont resident Norm Griswold enjoy the walk.*



*Constance Woods-Brown smiles for the camera as she walks with the group.*



*Carrying his bag full of vendor goodies, a walker completes the last lap of the walk.*



*Participants enjoy one another's company during the walk.*



*Before the 1-mile walk, a participant browses through the many vendor booths.*



*Walkers round the corner of their second-to-last lap on the even-surface 1-mile route.*

**Trusted by 110,000 patients a day.**



**Maybe you should, too.** Our care can help you after a hospital visit, after surgery or if you're having trouble with your condition. We believe in industry-leading excellence that helps you live independently in your own home. Maybe that's why so many patients and physicians turn to us every day.

Call **402-434-8081**  
[gentiva.com](http://gentiva.com)



**GENTIVA®**  
Home Health

Gentiva accepts patients for care regardless of age, race, color, national origin, religion, sex, disability, being a qualified disabled veteran, being a qualified disabled veteran of the Vietnam era, or any other category protected by law, or decisions regarding advance directives. © 2014 Gentiva Health Services, Inc. 4017FTF



## Meet Mitch Sump

In every job experience Mitch Sump has had, working with people has been his bread and butter.

It is for this reason Sump feels his new role at Aging Partners is the perfect fit. He joined the team this May as the new program coordinator for Home Handyman, Lifeline and Lancaster County Public Rural Transit programs.

"It may sound corny, but the chance to work with people and help them excites me," he said.

Sump is responsible for the administration of the three programs, which includes creating and managing a budget, supervising the staff, and setting policies and procedures.

"If people have any questions or concerns about these programs, Mitch will be the go-to person," said Deb Peck, division administrator. "He'll work with them to help solve any issue they may have. He'll also be open to new ideas about the programs."

Sump comes to Aging Partners with experience in all the different areas in which he will work.

While pursuing his bachelor's degree in agriculture at the University of Nebraska-Lincoln in the late '80s and early '90s, he worked for a local construction firm.

"Because of that job, I understand a lot of the aspects of Home Handyman," Sump said.

His first job out of college was district executive for a local youth organization. During the next five years, he honed his recruiting, management and fundraising skills in this role. From there, Sump transitioned into the real estate business as a realtor. After seven years in this role, he began working for a fire and safety company in Lincoln. He spent 11 years there before joining Aging Partners.

In addition, he has experience working with an emergency response system similar to Lifeline and has managed a fleet of vehicles.

Desiring a change of pace, Sump's friends informed him about the open position at Aging Partners.

"I didn't go looking for the job; it really found me," he said. "Several people said this job would be a great experience for me because of my experience in sales, working for nonprofits and my desire to help people."

Sump looks forward to building relationships with the programs' staff and clients in the coming months.

Outside of work, he volunteers in his children's after-school activities, including swim club and 4-H. He has a 14-year-old daughter, Anna, and an 11-year-old son, John. He and his wife, Kathy, have been married 18 years.

An avid toy collector, Sump enjoys scouring the country to find toys he played with as a child, primarily those produced by Louis Marx and Company, which went out of business in the 1970s. Although he cannot guess exactly how many toys he owns, he has "boxes and boxes" of them in storage and only has enough space to display about 5 percent of his collection at one time between his home and his office. Because of this, he prefers to frequently rotate items he displays. Sump hopes to build upon the toy collection on display in his office soon. [LW](#)



*Mitch Sump, Home Handyman program coordinator*



## Orchard Park Assisted Living Retirement community

**"Care That Promotes Maximum Independence and Dignity"**

- 24-hour Staff Supervision
- 3 Excellent Meals Daily
- Emergency Call Services
- Religious Services
- Medicaid Approved
- Organized Activities
- Personal Laundry Service
- Private Rooms
- Rooms for Couples
- Quiet • Comfortable • Peaceful • Friendly

# 402-488-8191

**Registered Nurse Supervision**  
3110 South 48th St. • Lincoln, NE 68506 • Ideal Location Near Van Dorn Shopping Center.

# MusicianFest Brings Music to the Community

**D**istinguished local pianist Janet Danielson entertained captivated audiences with beautiful music during the MusicianFest Performance Series June 5, 11 and 25 at the Downtown Senior Center.

For her first program, “Color My World,” Danielson performed songs that include a color in their title, such as “Blue Moon” by the Marcels and “Red Roses for a Blue Lady” by Paul Anka. Her second program, “Broadway Hits,” featured some of the most memorable show tunes, including “I Could Have Danced All Night” from My Fair Lady and “Seventy-Six Trombones” from The Music Man. She described the scenes in which each song was set. Danielson concluded the



*Local pianist Janet Danielson plays “Blue Moon” as audience members sing along during her “Color My World” program for the MusicianFest Performance Series June 5.*

series with her “Golden Oldies” program, which paid tribute to the greatest classical music, such as Beethoven and Debussy.

Not only did the music delight, but so did her brief remarks designed to add to the audience’s understanding and enjoyment of each program.

The MusicianFest Performance Series featuring Danielson was presented in partnership with the National Council on Aging’s National Institute of Senior Centers and the Music Performance Trust Fund, a nonprofit independent public service organization that helps provide admission-free, live, quality music performed by professional musicians to the public of all backgrounds throughout the United States.

## About the Artist

A Lincoln native, Danielson started her musical journey at age 4 when she began studying with local piano teacher Margaret McGregor. In fifth grade, she was accepted by piano teacher Beth Miller Harrod, who taught only advanced students. She remained with Harrod for nine years, including four summers at Rocky Ridge Music Center in Estes Park, Colorado.

A co-winner with her sister Martha Danielson at the Lincoln’s Symphony Orchestra young artist student auditions in 1956, she performed the Piano Concerto in D Minor for two pianos and orchestra by Francis Poulenc before a nearly-sold-out audience at the Stuart Theatre, now the Rococo Theatre.

With the goal of becoming a professional musician one day,

Danielson pursued a degree in music and majored in organ performance, studying with Myron Roberts at University of Nebraska-Lincoln until 1957. Her junior year, she transferred to Eastman School of Music in Rochester, New York, where she received her bachelor’s degree in music with an emphasis in piano and a master’s degree in music with an emphasis in both music history and piano performance.

Following graduation, Danielson was involved in various music performances in the ‘60s and ‘70s. Her most notable jobs were as an orchestral rehearsal accompanist for Grant Johannesen in New York City from 1964 to 1966, accompanist for the Kamehameha Schools Concert Glee Clubs’ seven-week mainland tour in 1970 and accompanist for Carol Vaness with the San Francisco Opera in the late ‘70s.

While in Los Angeles, Danielson furthered her musical expertise by studying organ with Ladd Thomas and piano accompanying with Jean Barr at the University of Southern California in 1979.

Danielson returned to her roots in 1981 and moved to Lincoln. Here, she served as organist at First United Methodist Church, taught piano at Union College and played piano for the Bobby Layne Orchestra for three years.

Danielson is married to Keith Heckman, a 42-year piano salesman and partner for Dietze Music House who retired in June, and has a daughter, Stefanie. 

# The Joys and Challenges of Pet Ownership

**T**here's no friendship quite like the one between a furry companion and its loving owner. An animal's caring disposition and loving qualities are the reason why millions of Americans choose to adopt pets.

According to the Humane Society of the United States, U.S. pet ownership has more than tripled from the 1970s. At that time, approximately 67 million households had pets. As of 2012, there were 164 million pet owners.

The American Veterinary Medical Association estimates that there are approximately 37,727 dog owners, 31,422 cat owners and 3,204 bird owners in Lincoln.

Pets often are considered for the companionship they provide their owners, but they also provide many health benefits, especially to older adults. An article by animal nutrition researcher and consultant Ed Kane, Ph.D., stated that the

pet ownership positively impacts older adults in the following ways:

- Pets provide older adults with needed, nonjudgmental warmth and affection, and satisfy their need to touch and be touched.
- Pets encourage playfulness, exercise and laughter.
- Pets promote social interaction, decreases feelings of loneliness or isolation and boost morale.
- Pet ownership has been linked to people with fewer minor health issues, lower medical costs, a better psychological well-being and higher one-year survival rates following coronary heart disease.
- Pet owners typically have lower triglyceride and cholesterol levels.
- Dogs can spark conversations with passersby, especially for owners ages 65 to 78.
- Older adults with dogs have fewer doctor's visits.
- Dogs can be therapeutic for everyday stress.

"Pets promote good health and a more positive, happy life," said Jill Morstad, Ph.D., and owner of Prairie Skies: Dog Training For Open Spaces. "All pets, but especially dogs, keep us from lingering in our chairs. They encourage us to get off the couch, get moving and live in the moment."

## It's Not for Everyone

Convinced it is time to get a pet? Not so fast.

Despite its many health benefits, pet ownership isn't something to enter into lightly. It is a responsibility just as much as it is a privilege. Animals depend on their owners for more than just food and shelter.

*Deb Wingrove laughs at Jill Morstad's story during the Prairie Skies: Dog Training for Open Spaces puppy kindergarten class at UNL Feb. 9.*

Older adults should consider pet ownership's obligations before adopting an animal companion.

The first question older adults should ask themselves is whether or not they are willing and able to devote the necessary time and attention to their pet.

"Be realistic about your schedule," Morstad said. "If you're recently retired or a recent empty nester who has a bucket list that includes visiting the Seven Wonders of the World, this is probably not the time to get a pet. If you're always out of state, visiting the grandchildren and your pet spends most of its time in a boarding kennel, that's not fair to the animal."

Some pets require more attention than others. For example, cats can be left alone for a day or two if they have enough food or water, but dogs require attention multiple times a day.

Another factor older adults should think about before acquiring a pet is the financial cost. Pet ownership can be costly. Not only is there food and toys to consider, but also licensing fees, supplies, medicines, annual veterinary visits, vaccinations and pet insurance. Plus, there is the initial adoption fee.

According to the American Pet Products Association, Americans spend \$55.5 billion on pets per year. The American Society for the Prevention of Cruelty to Animals reported that people spend about \$1,579 on dogs, \$1,055 on cats, \$705 on rabbits and \$705 on guinea pigs during their first year of ownership.

Owning an animal requires varying amounts of physical activity. Dogs must be walked regularly. Cat owners must be able to bend over and scoop litter. Likewise, most animals require grooming, from brushing their teeth and giving them a bath to cleaning their fur and swabbing their ears.





*During her puppy kindergarten class at UNL Feb. 9, Jill Morstad, owner of Prairie Skies: Dog Training for Open Spaces, explains the importance of keeping dogs under control.*

Older adults physically unable to do some of these activities may have caregivers or family members who can assist. In these cases, older adults should include them on the pet ownership decision-making process.

An additional physical consideration is the possible tripping hazard of a pet, said Peggy Apthorpe, Aging Partners Health & Fitness coordinator.

“Just because you can trip over a pet doesn’t necessarily mean you shouldn’t have one, but it does mean you should be cautious when you’re moving around at home,” she said. “I’d encourage pet owners to get Lifeline so that they’re protected in the rare case that their pet causes a fall.”

Lastly, older adults contemplating dog adoptions should be prepared for the cost and time associated with properly training the animal.

“Training is absolutely essential,” Morstad said. “A domestic dog is not fully domesticated until it’s trained. Training helps morph a dog into one that keeps its voice down, is polite and minds its own business. You should not own a dog if you will not train it; it’s unkind and unsafe to not only you and your dog, but the public as a whole.”

## Choose the Perfect Animal Companion

Once older adults have reviewed the pet ownership requirements and decide to adopt, there is no need to rush to the nearest shelter and adopt the first pet they see. Morstad advises people take time to research different animals, breeds and adoption venues first.

First, people should think about what type of pet they wish to own. Although dogs and cats are the more popular choices, older adults could consider birds, fish and more unique animals. She said saltwater fish are perfect for those who want a challenge. For those seeking a sociable animal, she suggests a domesticated rat, which people can adopt from Nebraska Wesleyan University’s psychology students by contacting Prof. Marilyn Petro at [mpetro@nebrwesleyan.edu](mailto:mpetro@nebrwesleyan.edu).

Once they have chosen a type of animal they want to own, people should research which breed suits them best.

“Some people do more research before buying a refrigerator than they do before buying an animal,” Morstad said. “Before you adopt, you should consider not only what breed fits well in your situation, but what type of animal you will enjoy looking at for the next few years. Think about size, hair length and personality types.”

Although adopting animals from a shelter is convenient, it is not always the smartest move, she added. She recommends older adults choose a breed and then find a reputable breeder online. For dog adopters, she recommends the American Kennel Club website <http://www.akc.org>. The key indicator of a credible breeder is a sales contract.

“If they don’t back their product, don’t do business with them,” Morstad said.

Upon selecting a pet, owners should check their local city

ordinances before picking up their animal. Ordinances differ by city, which is why people who have moved since owning an animal should double-check their local animal control website. For Lincoln city ordinances, visit <http://www.lincoln.ne.gov/city/health/animal/ordinances.htm>.

After introducing the animal to its new home, she warns older adults to be patient with the animal. It will take time for it to adjust to a new owner and living arrangement. The transition will go smoothly if older adults let go of their expectations and embrace the animal for its individuality.

“For previous pet owners, it is tempting to draw from our experiences and assume the new animal will be exactly like the old one,” Morstad said. “Realize that you may have to train the animal differently and that it may have different needs than your previous pet.”

Most of all, love the animal as one of the family.

“If you treat it with kindness and authority, you’ll have a pet that loves and respects you in return,” she said. LW



*Judy Wolfe walks her dog during an exercise at the Prairie Skies: Dog Training for Open Spaces puppy kindergarten class at UNL Feb. 9.*

# Protect Yourself with AutoAlert

**A** minor fall can have major consequences for anyone. Worst case scenario: A fall can result in unconsciousness or immobilization. In those moments, when no family member or loved one is nearby to help, additional assistance is needed.

That's where Lifeline with AutoAlert can be beneficial.

Introduced in 2010, AutoAlert is the first pendant-style emergency response button that can automatically place a call for help when it detects a fall and the subscriber cannot push his or her personal button.

## How It Works

The purpose of AutoAlert is to help avoid long lie times, which can have serious health and financial consequences. Within 30 seconds of a detected fall, the pendant sends a signal to the Lifeline response center. If the response center representative cannot communicate with the subscriber, they will send emergency personnel.

In non-emergencies, the Lifeline response center representative can contact a responder—typically a family member, friend or neighbor—who can access the home and assist the individual.

The AutoAlert fall detection signal extends about 200 feet from the communicator unit. At the time service

is installed, the Aging Partners Lifeline representative conducts a range test to show the subscriber how the signal works as it pertains to the particular home.

## Why It May Be Right for You

Falls can happen anytime to anyone, no matter his or her physical health.

About one of every three adults 65 and older fall every year, and studies show fall rates increase as people age, according to "Falls Among Older Adults—Risk Factors and Prevention Strategies" by Judy Stevens, Ph.D. The National Center for Injury Prevention and Control reported that many falls can cause serious injuries such as hip, wrist or vertebra fracture and, in some cases, death.

People at a higher risk are those with heart disease, Parkinson's disease, blood pressure issues, diabetes, COPD, arthritis and vision problems. Additionally, certain medication treatment for sleeping issues, depression and anxiety can be factors.

Aging Partners Lifeline specialist Suzanne Frasier recommends AutoAlert for these individuals.

"We have clients who have mobility issues, are oxygen dependent and live in multi-level homes," she said.

Those who live with a family member or loved one should consider AutoAlert, Frasier advised, because their companion may not be around during the moment a fall occurs.

She also said those who carry cellphones with them in their walkers should increase their level of protection by adding Lifeline.

"If you fall, your cellphone could go flying across the room," Frasier said. "If you have AutoAlert, it will send a call for help without you having to crawl across the floor to reach your phone. AutoAlert saves lives."

## Take The Next Step

AutoAlert can help anyone continue to live in the comfort of his or her home while having access to prompt caring assistance 24/7. In almost five years, AutoAlert has benefited more than 300,000 subscribers in North America and has automatically detected more than 200,000 falls, according to the Philips Lifeline website. It is an added feature that provides peace of mind for friends and loved ones.

Frasier and the other members of the Lifeline team are prepared and willing to answer any questions people have about Lifeline with AutoAlert or other Lifeline services.

If interested in learning more, call Aging Partners at 402-441-8816. 



- Rent adjustment: 30% of income after medical expense
- 2 Elevators
- 1 Bed / 1 Bath, 570 square feet
- Full-time service coordinator
- Paid utilities
- Community room
- On bus route
- Social activities

Senior Living - 62 and older  
1700 J St. | 402-474-4003

# FoodNet Celebrates 25-Year Volunteer

**L**ois Wathen loves serving those in need. Because of this passion, she dedicated the past 25 years of her life to delivering perishable foods to those in need through FoodNet, a local 501(c)(3) organization.

To recognize and thank her for reaching this service milestone, fellow volunteers organized a celebration in her honor April 24 at the Golden Corral.

Wathen's journey with FoodNet began in 1990 when she noticed a lady in the St. Luke United Methodist Church parking lot whose car trunk was stuffed full of bread. When she inquired about the food, the woman responded that she volunteered with FoodNet. Shortly afterward, she joined the team and began distributing food out of her car and apartment at West P Street.

In February 1994, she helped launch a Wednesday night food distribution site at St. Luke United Methodist Church and later assisted FoodNet's move to the current location in the Center for People in Need building. Her dedication to the program is part of the reason why FoodNet now serves about 623 people per week and has expanded to include 21 distribution sites throughout Lincoln, Denton, Seward, Milford and Crete.

"I'm fortunate to work using my passion of helping people at age 83," Wathen said.

She has served on the FoodNet board since 1995 and as president six years—from 2004 to 2006 and 2008 to 2010. She helped launch and continues to update the FoodNet website and email account.

During Wathen's volunteer career with FoodNet, she has been

honored with The Living Bell Award as volunteer of the year, the President's Call to Service Award and the KOLN/KGIN-TV Sunshine Award.

Reflecting back on her volunteerism, one memory rises above the rest.

"I remember one little child we gave food to looked up at his dad with excitement and said, 'Daddy, we get to eat fruit tonight,'" Wathen said. "I get goosebumps even now just thinking about it. I was glad we were there to help people." 



*Lois Wathen, right, and Wathen's longtime friend and fellow FoodNet Volunteer Shirley Brozek, left.*



**More privacy. More comfort.  
More like home.**

- Complimentary Massage For Rehab Stays
- South Lincoln's Newest Rehab Center
- Therapy/Admissions 7 Days a Week
- Onsite Nurse Practitioner
- More Private Rooms
- 24/7 Refreshment Bar
- Free Wi-Fi & Internet



402.488.0977 | HomesteadRehab.com | 4735 S 54 (54th & La Salle)



Equal Opportunity Employer

Rehabilitation | Extended Care | Memory Support | Respite | End of Life Care | Your neighbor in care.



## New Memory Wing ... **Autumn View**

- Beautiful courtyard view with community patio
- Life-enriching activities
- Licensed professional staff 24 hours a day
- Beautiful studio apartments

**NOW AVAILABLE—Independent and Assisted living 1 & 2 Bedroom apartments**



8401 So. 33rd St., Lincoln, NE 68516 • [www.clarkjeary.com](http://www.clarkjeary.com)

**Call Carla at 489-0331 for lunch and a tour**



# Be a Fan of Seniors Sets Record Donations

**F**or the third consecutive year, the Lincoln community helped seniors beat the summer heat by donating new and gently used fans during the “Be a Fan of Seniors” Donation Drive May 20.

Organized by the Coalition of Older Adults Health Promotion, the event was at The Shoppes at Piedmont at 1265 S. Cotner St. from 3 to 5 p.m. This was the most successful drive year to date with 56 fans donated. The majority were box fans, but standing fans also were donated.

“We always have a wonderful turnout, but this one topped them all,” said Nancy Castillo, Aging Partners Lancaster County case aid.

For the first time, the event allowed donations of incontinence care items for older adults. About 2,035 incontinence products and 1,530 incontinence supplies were collected.

With the help of The Shoppes at Piedmont Shopping Center merchants, those who donated supplies at the event were given a raffle ticket they could put in a drawing toward one of several prizes:

- Package of four sewing-themed cookie cutters (Bernina Sewing Studio)
- One free adult hair cut (Cost Cutters)
- Free T-shirt (Gloria Deo)
- Six free coffee coupons (Harbor Coffee)
- \$20 gift card (Four Star Drug)
- \$45 Grooming Room (The Groom Room)
- Two extra long shoe horns (Ole’s Boot and Shoe Repair)
- Two folding patio chairs (True Value)

- Six-inch fresh value meal (Subway)

“This was a way to show appreciation for those who chose to donate,” Castillo said. “Their donations will help many of our older adults stay cool and prevent heat-related illnesses that are common to seniors.”

According to the Centers for Disease Control and Prevention, people 65 and older are more prone to heat stress than the younger population for three key reasons:

- Some older adults’ prescription medicines can inhibit perspiration or impair the body’s ability to regulate temperature.
- Older adults are more likely to have chronic medical conditions that alter the body’s normal heat response.
- As age increases, it’s harder for the body to adjust to sudden temperature changes.

At the event’s end, Triumph Home Health Supplies employees Chris Saager and Steve Blomgren loaded the collected items into a 1-ton truck with a lift gate and transported them to Aging Partners for storage and distribution.

Aging Partners will distribute the fans and incontinence care supplies on a first-come, first-served basis to adults 60 and older who are in need. No financial screening is required in order to receive these items.

Those interested in a fan or incontinence care items should call Nancy Castillo, Lancaster County case aid, at 402-441-7070 to register.

“If people have a fan preference, we’ll try and get them what we can on a first-come, first-served basis,” Castillo said. 



*Nancy Castillo, Aging Partners Lancaster County case aid*

## Protect Yourself From Heat-Related Illnesses

Nebraska summers can be especially brutal with temperatures extending to 110°F in extreme circumstances.

Fans are a first line of defense to prevent heat-related illnesses, but there are other, supplemental steps the CDC recommends older adults take to stay cool during summer.

- Wear lightweight clothing.
- Remain indoors during the day’s warmest hours.
- Avoid strenuous activities.
- Take a cool shower, bath or sponge bath as needed.
- Get plenty of rest.
- Drink cool, nonalcoholic beverages, preferably water.

However, if the doctor limits fluid intake or a person is on water pills, they should consult their doctor on how much water to ingest during hot weather.

# Reverse Mortgage Loan Changes Make Big Difference

By Houston Doan, Aging Partners Financial Counselor

In July 2013, Congress passed the Reverse Mortgage Stabilization Act. This gave the Federal Housing Administration to power to make changes to the program that allow homeowners age 62 and older to access a portion of their home equity. This program will allow the owners to stay in their home and defer any loan repayments until they either sell the home or pass away. The new rules are designed to stabilize the program and minimize the future risk of individuals defaulting on HECM (Home Equity Conversion Mortgage) loans.

## You Might Receive Less Money

Under the new rules, the amount a homeowner can borrow remains tied to their age, the current interest rates and the value of their home. The FHA has cut the percentage of the equity the homeowner can borrow through the HECM program. With a 5 percent interest rate, for example, a homeowner who is 65 years old with home valued at \$100,000 can withdraw about \$54,000, or about 15 percent less than under the old rules.

## You'll Pay More Fees

Under the new rules, new fees are based on the amount of equity a homeowner withdraws. Borrowers who withdraw more than 60 percent of their equity in the first year of the HECM loan will pay an upfront mortgage premium equal to 2.5 percent of the appraised value of their home. If the borrower withdraws less than 60 percent of their home equity the first year, the mortgage premium is 0.5 percent of the appraised value of the home.

Under the old rules, the fees were between 1 and 2 percent.

Remember: This is on top of the annual mortgage insurance premium, which remains at 1.25 percent of the HECM loan balance.

## Upfront Cash Will Be Limited

HUD has limited the amount of cash that can be withdrawn in the 12 months following the reverse mortgage approval. The homeowner currently is limited to a withdrawal of 60 percent of the available home equity in the first year of the loan. The remaining equity can be accessed at the end of the 12-month period after the loan approval. There are exceptions to this rule: If a homeowner has a "mandatory obligation," like a first or second mortgage that exceeded the 60 percent of the approved home equity, the homeowner may be allowed to take out additional cash from the HECM loan.

## You Might Not Qualify for a Loan

Starting this year, borrowers must undergo a financial assessment to qualify for the HECM loan. This can include an analysis of the borrowers' debts, their payment history, and confirmation of up-to-date homeowner insurance policies. The assessment also will check for any unpaid liens against the property and delinquent or defaulted debts owed to the federal government.

This new rule could mean some borrowers who would have been able in the past to get a HECM loan will not qualify for a HECM loan now.

## You May be Required to Save for Taxes

To reduce default rate of reverse mortgages, HUD wants to ensure borrowers have the funds to cover property taxes and homeowners insurance for the life of the HECM loan. For example, a homeowner with a minimum of \$529 remaining each month after paying all monthly expenses will not likely be required to set aside funds for future property taxes and home insurance.

Borrowers who do not meet the minimum income requirements will be required to set aside funds from the home equity loan to cover future taxes and insurance for the life of the loan, into a fund called a "Lifetime Expectancy Set Aside." Borrowers also have the option to have these fees withdrawn from the monthly reverse mortgage payments they receive, if they choose to have a lifetime payment option from their HECM Loan.

Remember: The HECM reverse mortgage is like any other financial product. It may be just right for you, or it may not. Everyone has a different financial situation. It is a good idea to talk to your financial advisor and family if you are considering an HECM reverse mortgage.

Aging Partners does HUD Certified Reverse Mortgage counseling for persons who are applying for a HECM Reverse Mortgage. Call 402-441-7070 for an appointment with a certified counselor to see if an HECM Reverse Mortgage is right for you. 

# Lincoln to Host 2015 State Games of America

Nebraska sports history expands this summer as the state prepares to host the State Games of America for the first time.

The event, held July 28 through Aug. 2, is hosted by the Nebraska Sports Council and Lincoln Convention & Visitors Bureau, and replaces the 2015 Cornhusker State Games.

The State Games of America originated in 1999 and is a biannual event. Previous host cities include St. Louis; Hartford, Connecticut; Colorado Springs, Colorado; San Diego; and Hershey-Harrisburg, Pennsylvania.

“Lincoln is honored to be added to this prestigious list,” said Roger Lempke, Nebraska Sports Council president and former adjutant major general of the National Guard.

Being chosen to host the 2015 State Games of America required much more than simply filling out an application.

For four years, council staff researched other host cities and how they ran the games. They studied the hosting requirements and collected funds and support from local businesses, government and community. Hosting the games requires raising more than \$900,000 in cash and \$600,000 in non-cash donations such as goods and volunteer hour commitments.

Lempke said Lincoln was selected to host the games because of its new infrastructure—now capable to support the games—and long-standing reputation.

“We’re known as having one of the best state games in the country,” he said. “That’s one reason why we were given the honor of hosting this year.”

The 2015 games will feature 60 sports, which is an event record. The State Games of America format allows

eligible Nebraskans to participate in conjunction with State Games participants from other states who have earned a medal in the two years prior to the games. As of mid-May, athletes from 45 states are expected to participate. Olympic hurdler and bobsledder LoLo Jones and Olympic wrestler Jordan Burroughs will appear at opening ceremonies and host events.

The event is expected to attract 12,000 Nebraska participants and 6,000 non-resident qualifiers, which will make it the largest State Games of America in history. Projections also include 5,000 volunteers and 24,000 spectators for a total attendance of 47,000.

Although most sporting events will occur in Lincoln, at least a dozen sports will be hosted in Omaha, including figure skating—the largest State Games of America sport in annual participation, averaging around 900.

The Pinnacle Bank Arena is Lincoln’s headquarters for the games. It will host the temporary office, packet pickup, athletes village, vendor expo, evening television show and competitions. There will be a sports village and ESPN-live-type broadcast in both Lincoln’s headquarters and Omaha’s.

Additionally, 5-CITY TV will broadcast event wrapups and the University of Nebraska-Lincoln College of Journalism and Mass Communications and KOLN-TV will assist in reporting.

The games’ opening ceremonies will be grander than in past Cornhusker State Games.

“Trust me, you won’t want to miss this one,” Lempke said. “It’s going to be good.”

Held at Memorial Stadium, the athletes will enter by state instead of



*Harland Johnson, Live & Learn host, interviews Roger Lempke, Nebraska Sports Council president, about the upcoming 2015 State Games of America.*

sport, stepping onto the field from the south side. During their entrance, the jumbo screen will show pictures and pre-recorded video clips of the athletes.

Lempke said the torch lighting will be “extra special” this year, but he refused to share any hints.

“We’re not ready to reveal yet,” he said. “Folks will have to come out and see it for themselves.”

Weather permitting, the ceremonies will feature the United States Army Parachute Team, otherwise known as the Golden Knights. David Ehrke, 15, of Alma, Nebraska was voted for the right to sing the Star Spangled Banner during the ceremonies.

Passes for the 2015 State Games of America are \$20 and can be purchased online at <http://www.sga2015.com> or by phone at 402-471-2544.

More volunteers are needed to help with crowd control, the medical and safety team, parking guidance, emergency preparedness and more. If interested in serving, please contact the Nebraska Sports Council by phone or email: [info@sga2015.com](mailto:info@sga2015.com).

To watch this episode of Live & Learn, visit [lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live](http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm#live) or on Live & Learn’s YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 

# Educating Older Adults About Technology

Portable electronic devices—be it a tablet, laptop, smartphone or some other gadget—keep older adults connected to their family and friends.

For some, however, the endless number of functions can be overwhelming, confusing and, in some cases, frustrating.

It is for this reason that Aging Partners Northeast Senior Center partnered with local Boy Scout Troop 159 May 2 to host Senior Technology Day.

From 8 a.m. to 4 p.m., the troop and their Scout leader, an AT&T employee with advanced knowledge on portable electronic devices, offered advice to interested older adults. Guests were encouraged to bring their devices with them so that troop members could walk them through their specific concerns. The majority

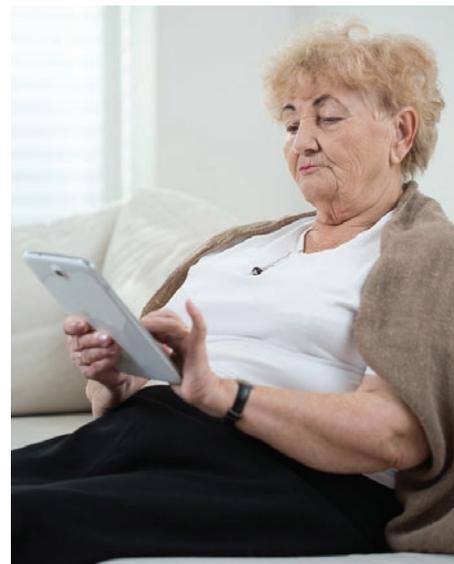
of attendees sought assistance with smartphones.

“Portable devices are becoming more of a necessity in our lives, no matter our age,” said Dave Chappelle, Northeast Senior Center manager. “To have a device and not know how to access all of it is frustrating. The bells and whistles on phones nowadays can be frightening, and some might be worried that the device could break because of something they did. This event was meant to educate people and help them feel more comfortable with their devices.”

As a treat, the troop brought a 3D printer to the event to demonstrate the advancement of modern technology.

This is the second time the center has hosted a technology event.

Chappelle hopes the older adults who attended walked away with a new understanding of their devices and more confidence in their ability to navigate them. 




**PIONEER HOUSE**  
Lincoln's Premier Housing Cooperative

For persons 55+ interested in the benefits of home ownership without the responsibilities of home maintenance we offer:

- Affordable buy-in & monthly fee
- Includes utilities & basic cable
- Controlled entry
- Off-street parking
- Located in historic downtown
- Nearby bus stop
- Spacious lobby with large-screen TV, library and piano
- Exercise room
- Craft room
- Locked storage space for each unit
- Guest room and party room with kitchen

1130 H Street, Lincoln, NE 68508 | 402-475-1454  
<http://pioneerhouse.org>

**“The Funeral Home Family & Friends Recommend.”**

**Butherus,  
& Maser  
& Love**  
Funeral Home

4040 A Street  
Lincoln, NE 68510

**488-0934**

Hickman Location  
211 E. 1st Street  
Hickman, NE 68372

**402-792-2470**

Visit Us Online:  
[bmlfh.com](http://bmlfh.com)



Locally Owned &  
Operated Since 1883

- FUNERAL, MEMORIAL AND CREMATION SERVICES
- ON-SITE CREMATION FACILITIES
- ON-SITE RECEPTION FACILITIES WITH KITCHEN
- PRE-PLANNING CONSULTATION WITH PAYMENT OPTIONS
- ON-SITE CHAPEL WITH VIDEO SCREEN
- ACCEPTS PRE-ARRANGEMENT TRANSFERS FROM OTHER FUNERAL HOMES
- PERSONALIZED VIDEO TRIBUTES
- MONUMENTS AND MARKERS
- AFTER SERVICES OUT-REACH
- CENTRALLY LOCATED

**Owners / Directors**



**Jim Love**



**Pat McCashland**

## 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  
<http://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** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **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.

## 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.
- **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

- **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**

## 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 <http://www.seniorsfoundation.org>.

## Staying Involved

### VOLUNTEER!

- **Foster Grandparent 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 four in Lancaster County.

▲ 402-441-7158

## Other Services

### INFORMATION AND REFERRAL

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

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

### TRANSPORTATION

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

### LIVING WELL MAGAZINE

This 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 [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov).

### LIVE & LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at <http://lincoln.ne.gov/>. View on CITY-TV Channel 5 or online at: <http://lincoln.ne.gov/city/mayor/cic/5citytv/>

- Mondays, Wednesdays, Fridays and Saturdays at 11:30 a.m.
- Tuesdays & Thursdays at 11 a.m. & 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 <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, 402-764-2252
- **Saline County Aging Services**  
Amy Hansen, 402-821-3330

- **Seward County Aging Services**  
Kathy Ruzicka, 402-761-3593
- **York County Aging Services**  
Lori Byers, 402-362-7626

### CARE MANAGEMENT

**All Counties: 800-247-0938**

**Care Management Coordinator**

**Joyce Kubicek**

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

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

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

**402-441-7070**

In Nebraska **800-247-0938**

**<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 the whole magazine or just the pages that interest you. Call Deb Elrod at 402-441-6146 or email her at [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov) to sign up.



## Health and Wellness

**Aging Partners Health & Fitness Center**  
233 S. 10th St., Suite 101  
Monday through Friday  
8 a.m. – 4 p.m.

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

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

*For most Health & Fitness classes there is a \$3 suggested contribution per class for people age 60+ or a \$4 fee per class for people under 60. Punch cards are available. Pre-registration is required.*

**Chair Tai Chi**  
Tuesdays, 9:45 – 10:30 a.m.  
July 28 – Sept. 1  
233 S. 10th St., Suite 101

This program is based on the modified Tai Chi – Moving for Better Balance 8 Form Program. Participants are taught simple movements they can practice

while sitting or standing near a chair. Some movements are designed to improve heart function and prevent diseases of the cardiovascular system.

**Contemporary Yoga (6 week session)**  
Cotner Center Condominiums  
1540 N. Cotner Blvd.

This renewing practice uses body postures, breath and relaxation to bring about a sound and healthy body. Movements consist of several positions and poses that have strengthening and restorative benefits.

- Mondays, 1:30 – 2:30 p.m.  
July 27 – Aug. 31

**Traditional Tai Chi-24 Form (4 week session)**  
Auld Recreation Center  
3140 Sumner St.

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

- Tuesdays, 9 – 10 a.m.  
Sept. 1, 8, 15, 29

**Continuing Tai Chi-24 Form (4 week session)**  
Auld Recreation Center  
3140 Sumner St.

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

- Tuesdays, 10:15 – 10:45 a.m.  
Sept. 1, 8, 15, 29

**Beginners Tai Chi for Balance and Fall Prevention Class Basic 8 Form (4-week session)**  
Auld Recreation Center  
3140 Sumner St.

This is a modified program designed for older adults to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

- Thursdays, 9 – 10 a.m. & 10:15 – 11:15 a.m.  
Sept. 3, 10, 17, 24

**Line Dance Class (4-week session)**  
Auld Recreation Center  
3140 Sumner St.

Whether your goal is weight loss, balance improvement or just plain fun, line dancing is a great option.

- Wednesdays, 2 – 3 p.m.  
Sept. 9, 16, 23, 30

**Senior Health Promotion Center**  
1005 O St., lower level

Services available to people 60 years and older include comprehensive foot care, ear care, blood pressure, glucose, cholesterol, Sahara bone density checks and health education. The clinic is open on the lower level of the Downtown Senior Center.

\$15 suggested contribution will enable these services to continue.

### Summer Schedule:

#### Comprehensive foot care only

- Thursdays, 9:30 a.m. – 1:30 p.m.  
July 30, Aug. 13 and 27, and Sept. 3

#### Stepping On – Building Confidence and Reducing Falls (Lincoln sessions)

This project is sponsored in part by the Community Health Endowment of Lincoln.

Stepping On is a community-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Classes meet for two hours one time per week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises, along with the roles vision, medication, safe walking outside and footwear play in fall prevention. \$3 per class suggested contribution.

- Madonna ProActive  
7111 Stephanie Ln.  
Thursdays, 10 a.m. – Noon  
July 9 – Aug. 20
- Lancaster County Extension  
444 Cherrycreek Rd.  
Mondays, 1 – 3 p.m.  
Sept. 14 – Oct. 26
- Williamsburg HyVee  
6001 Village Dr.



Tuesdays, 9:30 – 11:30 a.m.  
 Sept. 29 – Nov. 10

**Stepping On – Building Confidence and Reducing Falls (Multi-County sessions)**

Sponsored by Aging Partners & Four Corners District Health Department

Funded by Nebraska Health & Human Services Injury Prevention Program

- Seward Civic Center  
 616 Bradford St., Seward  
 Tuesdays, 10 a.m. - noon  
 June 16 – July 28  
 Call Seward County Aging Service  
 402-761-3593 to register.
- David City Senior Center  
 592 D St., David City  
 Mondays, 9:30 – 11:30 a.m.  
 July 20 – Aug. 31  
 Call Butler County Senior Services  
 402-367-6131 to register.
- Stromsburg Senior Center  
 118 E. 3rd, Stromsburg  
 Wednesdays, 9 – 11 a.m.  
 Aug. 6 – Sept. 16  
 Call Polk County Senior Services  
 402-764-2252 to register.

**What is Stepping On?**

Stepping On is a community-based falls prevention program intended to educate participants and build confidence to reduce or eliminate falls.

**Why should I be concerned about falling?**

- More than one-third of adults 65 or older fall each year.
- Falls are the leading cause of injury, hospital admission for trauma and death among older adults.
- 35 percent of people who fall become less active and independent.

**Who can best learn from Stepping On?**

- Anyone who is 60 years or older and has had a fall in the past year or is fearful of falling. Stepping On is designed for people living in a home or apartment and not suffering from dementia.

**What will I learn if I participate?**

- Simple and fun balance and strength exercises

- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to stay safe when out and about in the community
- What to look for in safe footwear

**What are the benefits of participating in Stepping On workshops?**

- Learn the most up-to-date information about falls prevention.
- Learn with people your own age.
- Become more aware of fall hazards and learn how your fall risk can be reduced.
- Learn to step outside with confidence.
- Help others by sharing what has worked for you.

For more information about Stepping On – Building Confidence and Reducing Falls workshops or becoming a workshop facilitator, call Aging Partners Health & Fitness at 402-441-7575 or email [papthorpe@lincoln.ne.gov](mailto:papthorpe@lincoln.ne.gov).

**Educational**

**Lincoln History Lunch featuring Jim McKee and Ed Zimmer**

Gere Branch Library, 2400 S. 56 St.  
 Noon

\$4 box lunch suggested contribution for people 60+.

\$8 box lunch fee for people under 60.

For so many of us who have called Lincoln home for the past 50 years or more, the changes in our town sometimes seem to come fast and furious. And for those who want to learn more about Lincoln, we have just the opportunity for you. Ed Zimmer and Jim McKee have spent years collecting photos, articles and personal accounts that ensure our ability to look back at the years of our lives with warmth and wonder. Join us for a box lunch and a fascinating historical program by two of Lincoln’s favorite historians. Seating is limited. Call 402-441-7158 for reservations.

- “An Architectural History of Lincoln’s Churches” with Ed Zimmer  
 Wednesday, July 15
- “Historic Havelock” with Jim McKee  
 Wednesday, Aug. 19

- “College View and Normal Neighborhoods” with Jim McKee  
 Wednesday, Sept. 16

**Adventures in Antiques**

Friday, July 17, 5 – 7 p.m.

Downtown Senior Center, 1005 O St.

\$8 meal suggested contribution for people 60+.

\$9 meal fee for people under 60.

\$4 van transportation suggested contribution for people 60+.

The Downtown Senior Center will host a catered dinner and an evening of free verbal appraisals compliments of Tom Bassett, local antique appraiser. Bassett is a regular guest on KFOR radio’s call-in show “Problems & Solutions.” He helps listeners learn about evaluating and researching antiques and collectable items. You can bring one item of your choice, but it must be small enough to carry in a grocery bag. Enjoy a catered dinner while you listen in as Tom gives his expert opinion on everyone’s treasures. Call 402-441-6135 by July 14 to reserve your meal.

**Day Trip Tours**

Join us for reasonably priced day trips featuring entertaining places and activities. A minimum of 32 riders is necessary to confirm these tours. For details and reservations, call 402-441-7158.

- Brownville Village Theatre & “The Spirit of Brownville” Dinner Cruise  
 Saturday, Aug. 1  
 Departure: 9:30 a.m., Northeast Center  
 Return: Approximately 9:30 p.m.  
 Cost: \$70  
 Reservations and payment due by July 23.

The day begins with lunch at the Lyceum Café (on your own). Next, it’s off to a matinee performance of the Brownville Village Theatre’s musical production of “Godspell.” This delightful, time-honored musical conceived by John-Michael Tebelak, with music by Stephen Schwartz, tells the story of Jesus, drawn from the Book of Matthew. The show has a blend of songs ranging in style from pop to vaudeville. Songs that are featured include

*Continued on page 46*

# Aging Partners News and Events

*Continued from page 45*

“Day by Day,” “Prepare Ye the Way of the Lord” and “By My Side.” After the show, we board the “Spirit of Brownville” for a dinner cruise down the mighty Missouri. Finally we head for home after an exciting day.

- “Nebraska City Tree Adventure” – Explore Downtown Nebraska City Tuesday, Sept. 29  
Departure: 8 a.m., Northeast Center  
Return: Approximately 4 p.m.  
Cost: \$50  
Reservations and payment due by Sept. 22.

This fall morning begins with a Nebraska City’s “Tree Adventure” at the Arbor Day Farms. Enjoy a scenic and educational guided tram ride, explore the Apple House, walk the orchards, view the film, “Trees in the Movies” and, of course, buy apples, cider, and taste apple treats. Next it’s off to lunch at Valentino’s Grand Italian Buffet (included in trip cost). Then, spend the afternoon exploring the charm of downtown Nebraska City’s boutiques and shops. Nebraska City has changed a lot over the years, now is your chance to see just how much.

## **Bob Ross Oil Painting Class**

Saturday, Aug. 22, 9:30 a.m. – 3:30 p.m.  
Lake Street Center, 2400 S. 11 St.

“Not Quite Spring” – A cold mountain valley overlooking a lake. Paint along with certified instructor Donald R. Belik in this one-day painting class. Start, complete and take home a finished oil painting. No experience required. All materials and supplies are provided. To enroll, call 402-441-7158. Cost: \$50

## **Brain Matters: A Brain Health Fair**

Wednesday, Sept. 30  
8 – 11:30 a.m.  
Marcus Edgewood Theatres  
56th & Highway 2  
To register for this FREE event, call 402-441-6156.

We all want to maintain our mental capacities as we age. Much has been learned in recent years regarding the “care and feeding” of your body’s most vital organ. What environmental and lifestyle factors

impact the brain and cognition as we age? What role does stress play in cognitive decline? Join us as our speakers shed light on these and other related areas that concern us all. You don’t want to miss this event. It’s a “No Brainer!”

**Featured Speakers:**

- “Train Your Brain!” – Julie L. Masters, PhD, chairperson, University of Nebraska at Omaha Department of Gerontology. Practical, real world ways to enhance and support brain health across the life span, from education to exercise.
- “Nourish Your Noggin: Eat a Brain Healthy Diet” – Alice Henneman, extension educator at the University of Nebraska-Lincoln. Foods that tickle your taste buds and provide real “brain food.”

## **Entertainment**

### **Dinner & A Show 2015**

Cotner Center Condominiums  
1540 N. Cotner Blvd.  
Dinner: 5:30 p.m., Show 6:30 p.m.  
Van Transportation: \$4 round trip  
Dinner & Show: \$10  
Show only admission: \$5  
Pre-registration required.

Reservations, payments and cancellations are due by noon the Tuesday before the show. No refunds. Send payment to: Aging Partners, Dinner & A Show, 1005 O St., Lincoln, NE 68508. Sponsored by Butherus Maser & Love in cooperation with Cotner Center Condominiums. Call 402-441-7158.

- “Light Up the Night with Moonbeam Swing,” featuring the Lightning Bugs Thursday, July 9  
This trio specializes in “Moonbeam Swing,” with smooth vocal harmonies in the Mills Brothers tradition and an era when big bands were blowing. Their repertoire features jazz and pop standards from the ’30s and ’40s. It’s a great tribute to the music of the greatest generation. The band has released several outstanding recordings including “The Lightning Bugs,” “Bugology,” “Stretchin’ Out” and “Glow.”

- “Homegrown Bluegrass,” featuring the Toasted Ponies  
Thursday, Aug. 13  
These musicians combine the best of both traditional and contemporary bluegrass music. Look for great harmony singing and hot instrumentals as they play everyone’s bluegrass favorites along with a fun mix of Cajun, Western Swing, Gospel and Celtic tunes. Just try to see a Toasted Ponies show without tapping your toes — it just can’t be done!
- “I Want to Hold Your Hand,” featuring Tom White  
Thursday, Sept. 10  
Tom White loves to entertain, whether onstage at the Community Playhouse or doing memorable interviews on Aging Partners “Live & Learn” 5 City TV show. White always brings his “A” game! As a boy he remembers sitting in front of the family TV, watching the Ed Sullivan Show back in 1964 when the Beatles made their American debut. Join us as White brings us an evening of music, stories and music trivia featuring the early hits of the Beatles.

### **“Get Into The Act”**

#### **Celebrating 50 years of the Older Americans Act**

Thursday, July 16  
Lincoln Firefighters Reception Hall  
241 Victory Lane  
Program: 10:30 a.m., Lunch: 11:30 a.m.  
\$4 meal suggested contribution for people 60+.  
\$8 meal fee for people under 60.  
\$4 transportation suggested contribution for people 60+.

We are celebrating the 50th anniversary of the signing of the Older Americans Act (OAA), with a special presentation by Dr. Christopher Kelly, UNO Department of Gerontology; musical entertainment by Paul Baker and Sylvia Griffith, and a delicious lunch. President Lyndon B. Johnson signed this landmark legislation into law in 1965. It provides a nationwide aging services network and funding that helps older adults live with



dignity in the communities of their choice for as long as possible. Among other programs, it provides support for senior centers just like yours! We'll learn about the place of the OAA in the political and cultural atmosphere of the 1960s. Ask your center manager for more information or to reserve a lunch, or call 402-441-7158.

**Saturday BINGO**

Northeast Senior Center  
 6310 Platte Ave., Doors open at 9 a.m.  
 \$4 meal suggested contribution for people 60+.  
 \$8 meal fee for people under 60.  
 July 18, Aug. 15, Sept. 19, Oct. 17  
 Join us for bingo at 10 a.m., followed by a delicious hot lunch at 11:30 a.m. Please remember to bring a prize for the winner's table. Reservations must be made before 3 p.m. the Wednesday before the event. For details or reservations, call 402-441-7151.

**The Fine Art of Experience 2015  
 Older Nebraskans Art Show**

Public Reception  
 "Aging Is Becoming..."  
 Friday, Sept. 4, 6:30 - 8:30 p.m.  
 Milestone Gallery  
 Aging Partners Senior Center  
 1005 O St.  
 In celebrating the artistic accomplishments of our older Nebraskans, artists were asked to create pieces that celebrate the personal growth and change that comes from our individual aging. Featured will be the works of artists aged 60+. Don't miss an opportunity to see specially completed works in a variety of mediums. The show will hang until Friday, Oct. 2. For details or questions, call Bob Esquivel at 402-441-6102.

**"Elvis: Rock 'N' Remember!"  
 Featuring Joseph Hall, Tribute Artist**

Senior Centers Fundraiser  
 Friday, Sept. 18, 6 - 10 p.m.  
 Pla Mor Ballroom, 6600 W. O St.  
 \$15 advanced tickets  
 \$28 for couples  
 \$20 each at the door  
 As seen on Good Morning America, NBC's America's Got Talent, USA Today, Fox News, The Morning Show and more. If you love Elvis... and who doesn't? You won't want to miss this amazing tribute to the King! Joseph Hall will perform three decades of Elvis' hits and take us all back to a time when life was so much simpler. Great hors d'oeuvres will be served, and there will be a silent auction and a chance to meet and have your photo taken with Joe. Who could ask for more? For details, call 402-441-7158 or stop at your nearest senior center. 

**LivingWell** ◆◆◆

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

**Suggested Contribution Levels:**

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

**And receive,**

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

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

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

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

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

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

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

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

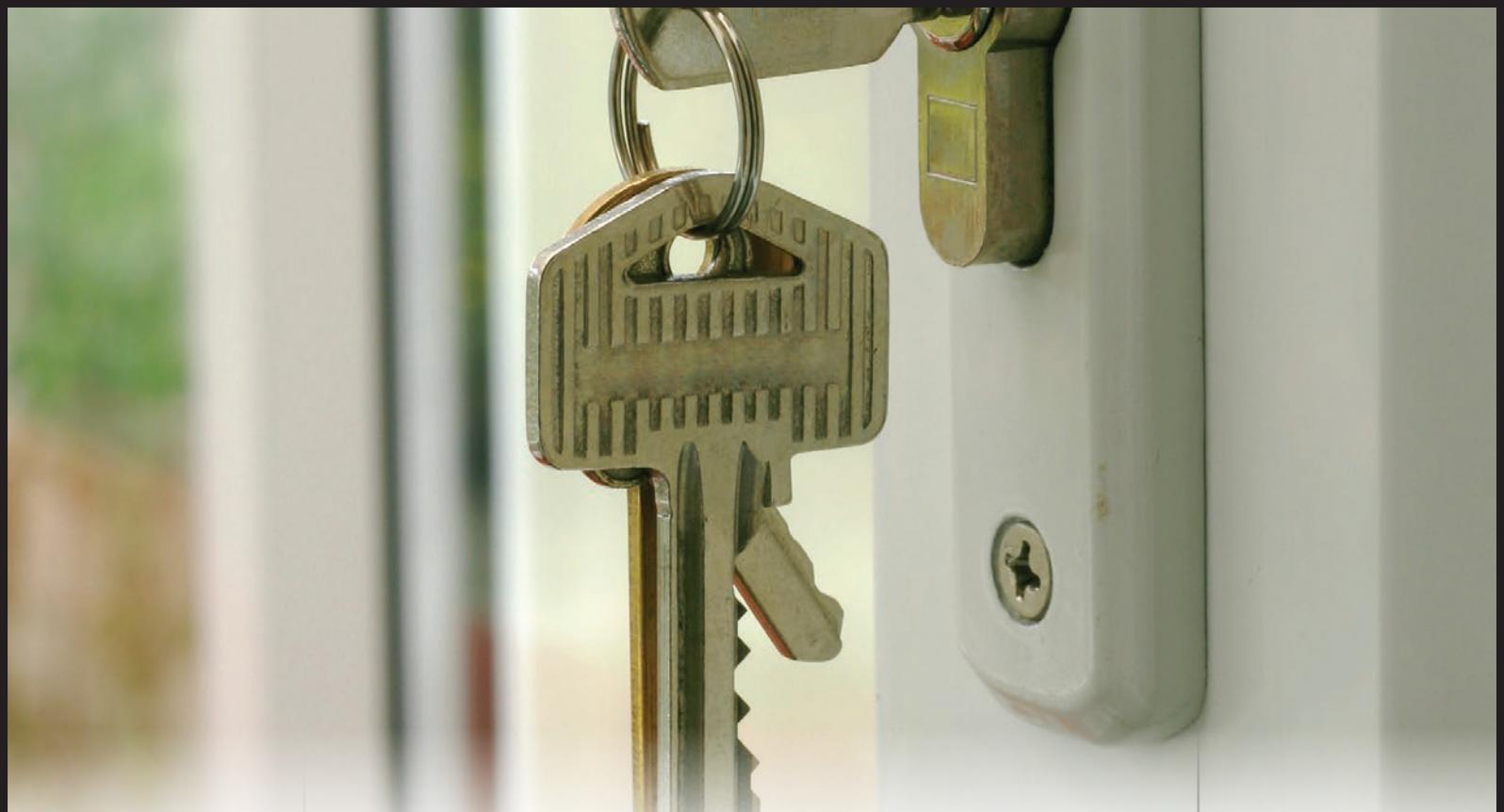
City: \_\_\_\_\_ State: \_\_\_ ZIP: \_\_\_\_\_

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:  
 \_\_\_\_\_



# *Welcome home!*

This summer, we invite you to open the door to a unique lifestyle at Eastmont.

Eastmont Towers is a robust, vital community with so much to offer...

- Located in the heart of Lincoln's shopping and entertainment district
- Upscale apartment homes with contemporary finishes and full kitchens
- Services and amenities to enhance your independence
- Enjoyable social and educational opportunities
- A worry-free and secure lifestyle

Come see what's happening on O Street.  
There's **just something different** about Eastmont!



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

*independent living • assisted living • long term care*