

# LivingWell



## **Muehling a Female Homebuilding Pioneer**

page 4

## **Celebrating Older Americans Month in May**

page 7

## **Parrot Heads = Fun, Friends and Community**

page 30

## **Multigenerational Neighborhood Association Crucial to Witherbee**

page 34

**One Nebraska,  
One Nation,  
One Ben Nelson**

pages 25-29



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# Director's Corner

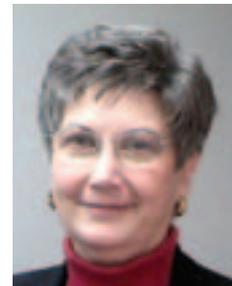
If you live in Nebraska, spring's arrival is a big deal. This issue of our magazine also is a big deal. I graduated from McCook High School a long time ago, and I am still amazed at the legacy of governors and U.S. senators that originated there: George Norris, Frank Morrison, Ralph Brooks and Ben Nelson. Having Nelson on the cover of this magazine pleases me very much. I appreciate his extended service to Nebraska's citizens and am delighted to see what he accomplishes in this next chapter of his life.

This is the issue in which we provide our annual report. We have strong feelings about our sources of financial support and are grateful for them all. It is no surprise that the population we serve is growing faster than our funding. Although the

Boomers have added significantly to that number, it's another group that needs our attention now.

With our goal of keeping people healthy and independent, people who are 75 and older represent an enormous change. The U.S. Census Bureau tells us that between 2000 and 2030, the number of people age 75 and older will increase in Nebraska by 68 percent. What will knock your socks off and into the washer is the information that in 2000 we had almost 500 Nebraskans who were 100 or older. The projection for 2030 is almost 2,500! Reality requires I also say that in the past five years, state funding for area agencies on aging has increased by \$400,000, a sum shared by all eight Area Agencies on Aging serving Nebraska. Until the sequester, federal funds for our programs had been stationery or diminishing.

What should be important to you is that the funding we receive is well spent, helps improve the lives of thousands of older Nebraskans and is provided by caring, deeply committed members of the aging network. 



*June Pederson*

June Pederson, Director, Aging Partners

## Table of Contents

### Planning Ahead

17 Is a Reverse Mortgage Right for You?

### Being Well

15 A New, Effective Approach to Healthy Living

### 8 Caregiver Corner:

10 Who You Gonna Call?

Gastroenterologists!

### 18 Eat To Your Health:

Seasoning Sans Salt

19 Dash Diet

20 Handling Food Safely

### Staying Involved

4 Muehling a Female Homebuilding Pioneer

6 History of Older Americans Month

7 Celebrating Older Americans Month in May

12 Baker Hardware: 100 Years of Family History

25 One Nebraska, One Nation, One Ben Nelson

30 Parrot Heads = Fun, Friends and Community

33 In Memory of Bob Courtney

34 Multigenerational Neighborhood Association Crucial to Witherbee

### Living At Home

8 Multigeneration Households – a Rising Trend

38 Home Handyman Corner: Celebrating 41 Years of Service

### 21 Annual Report

36 Aging Partners Services

39 Aging Partners News and Events

## On the Cover

Ben Nelson is beginning the next chapter of his life in Nebraska where he was born, raised, educated and served the state for 20 years as governor and U.S. senator. Photo by Zoe Olson.

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

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



*Live & Learn host Tim Francis interviews Nancy Muehling about her career in the homebuilding industry.*

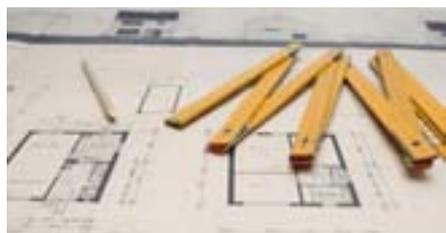
## Muehling a Female Homebuilding Pioneer

In a time when women were expected to remain at home and care for their families, longtime Lincoln homebuilder Nancy Muehling rebelled from the cultural mold and inspired hundreds of local women to enter the male-dominated construction field.

From homebuilding business owner to Habitat for Humanity director, Muehling built 100 for-profit and 80 nonprofit houses in her career—including the first two all-female built houses in the state of Nebraska in 1996.

**“It’s amazing how much self-confidence doing physical work on a job site can inspire women.”**

*— Nancy Muehling*



### Humble Beginnings

Her interest in homebuilding originated in the mid-1970s when the telecommunications company where she worked closed its doors. Simultaneously, her husband lost his job when his employer went bankrupt. In an effort to maintain their standard of living, Muehling joined the sales force and earned her realtor’s license. To supplement her income, she also became an administrative assistant for the Hoppe family’s lumber and land development company. Here, she became well-acquainted with the homebuilding business and met many local construction leaders.

Muehling got her first taste of homebuilding in the late 1980s. Her homebuilding brother feared he’d be forced to relocate from Dawson County to find work after a local meat processing factory closed, killing the housing market.

“He lived next to my newly widowed mother, which was

important to us, so I began trying to find ways to keep him in the territory,” she said.

Muehling proposed that her brother and his three-person crew rent a house on North 27th Street while she found them work in Lincoln on weekdays. The crew began buying lumber from her company and building houses on its lots. After about three months, her brother began returning home more often during the week, allowing her to begin scheduling subcontractors.

Learning the ins and outs of the industry from this experience and her job, Muehling began her own homebuilding business at age 50. She later worked 13 years as a general contractor.

### Resisting Speculation

Starting a business in the homebuilding industry as a woman took guts.

“This was when women were caring for their kids and baking cookies,” Muehling said. “What I was doing just wasn’t normal.”

When she applied for a loan to build her first houses in 1988, the banker, whom she'd known for many years, didn't take her seriously. Despite having a thorough description of costs and projected profits with her, the banker politely asked her, "why don't you tell me what it is you want me to do," as if speaking to a child. Although slightly offended by this interaction, Muehling successfully walked away with her first construction loan, using \$14,000 she borrowed from her mother as down payments on 14 lots.

Muehling continued to make waves when she insisted on building homes north of O Street, an area often neglected by homebuilders at the time.

When she held an open house at one of her many modest Victorian ranch houses in north Lincoln, the banker arrived and was pleasantly surprised with her work.

"He and his wife were sitting, looking around and taking it all in," she said. "I could tell he was thinking about how he helped make this happen. It was a big boost in my confidence seeing the way he approved of how I handled my business."

### Inspiring Female Homebuilders

While building a home for a local woman who volunteered with Habitat for Humanity, she challenged Muehling to share her talent with the community by building houses for people in need. The woman encouraged her to make history and oversee the construction of an all-female-built house.

"I struggled with the idea for a couple months, then gave into the pressure," she said.

When she began volunteering with the organization and searched for her crew, she only found one woman with construction experience. Refusing to give up, she created and led all-female construction classes for three months. About 1,000 women participated. Muehling was overwhelmed with the interest it generated within the community. Because of the high volume of interest, they built two all-female houses, side by side.

"That started my love affair with Habitat," she said.

Many of the women who helped build these houses are still involved today. Two even became president of the board of directors.

Throughout time, Muehling became the director for the Lincoln/Lancaster County Habitat for Humanity. She retired at the end of 2012 after her 13-year tenure.

"It has been one of the most wonderful experiences in my life," she said.

### Continuing Her Influence

Muehling is proud of the impact she has made on the female construction movement in Lincoln.

"It has, perhaps, given confidence for other women to move ahead," she said. "It's amazing how much self-confidence doing physical work on a job site can inspire women."

Hoping to see the demographic grow in the industry, Muehling encourages women to not be afraid of resistance and "step out into the deep water."

"There are people in the community willing to mentor you," she said. "Of course, this is a project I would be very willing to undertake with somebody. I want to help in any way I can."

To watch the Live & Learn interview with Nancy Muehling on 5 CITY-TV: Video-on-Demand, go to [lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm](http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm). 



Nancy Muehling

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# History of Older Americans Month

Every May, we honor the lives and contributions of older adults in our community and nation with an annual celebration – Older Americans Month.

Older Americans Month was established in 1963 after President John F. Kennedy met with the National Council of Senior Citizens in April of that year. The name of the celebration was changed from Senior Citizens Month to Older Americans Month in 1980 by President Jimmy Carter.

When Older Americans Month was established, only 17 million living Americans were 65 and older. Approximately one-third of the older American population lived in poverty, and there were few programs in existence that could meet their needs. However, an interest in the well-being of this demographic was rising.

Congress passed the Older Americans Act in 1965 to address the lack of community social

services for older people in the U.S. This act authorized the federal government to make grants to the states for research and development projects, community planning and social services, and personnel training in the aging field. With this act, the U.S. Administration on Aging was established to administer the newly created grant programs and to serve as the primary federal agency on issues concerning older Americans.

Since the inception of Older Americans Month, every president has issued a formal proclamation near May, asking everyone to pay tribute to older persons in their communities in some way. Older Americans Month is often celebrated across the country through ceremonies, events, fairs and other activities.

The Administration on Aging gives Older Americans Month a new theme every year. This year's

theme is “Unleash the Power of Age.” The AoA website says this theme was chosen to promote the fact that “older Americans are productive, active and influential members of society, sharing essential talents, wisdom and life experience with their families, friends and neighbors.” 

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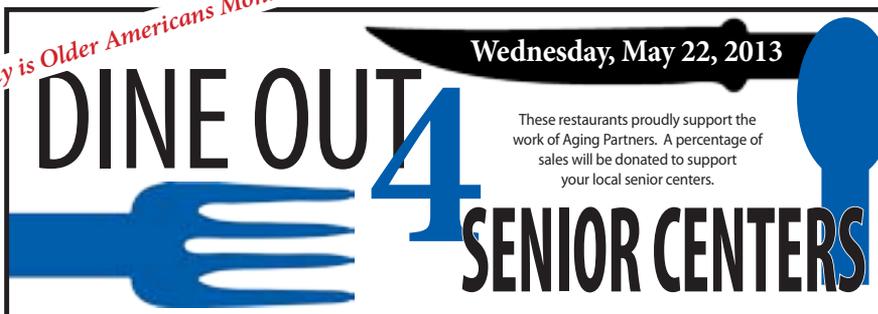
*May is Older Americans Month*

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*“Thank you for supporting our Senior Centers!”*

# Celebrating Older Americans Month in May

**A**ging Partners will host activities throughout May in celebration of Older Americans Month:

## May - Lincoln Seniors Got Talent

During the month of May, Live & Learn on 5 CITY-TV will feature talented performances in Lincoln Seniors Got Talent. To watch the Live & Learn performances, go to [lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm](http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm).

## May 8 - Hubert Humphrey III presentation

The son of the late Vice President Hubert Humphrey, Hubert "Skip" Humphrey III will give a one-hour presentation entitled, "Financial Protection for Older Americans," at the Aging Partners lower level conference room at 1005 O St., in Lincoln. The presentation will begin at 2 p.m. and will conclude with a question and answer session. The event is free and open to the public.

## May 14 - Older Americans Month All Center Picnic

This fun, festive picnic will be at Antelope Park Picnic Grounds (rain location: Auld Pavilion) from 10 a.m. to 1 p.m. During the event, musical guest, Crabgrass, will take the stage.

## May 15-16 - Dr. Michelle Segar presentation/workshop

See *Living Well* article on page 15 for more information.

## May 17 - Age Strong! Live Long! Walk On!

This one-mile walk will begin at 9 a.m. on the Union College campus in Lincoln. See information below.

## May 21 - Older Americans Month Fundraising Dance

The dance will be from 7 to 9 p.m. at the Auld Pavilion at 1650 Memorial Drive. The event features "The MerryMakers All Stars" and is sponsored with The Ambassador and Odyssey Hospice. See information to the right.

## May 22 - Dine Out 4 Senior Centers

A percentage of sales will be donated to support local senior centers. Be sure to tell your servers, "Thank you for supporting our senior centers!" See information on page 6. 

## Lincoln Seniors Got Talent



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A talent show in honor of Older Americans Month on the Live & Learn TV show during the month of May.

Taping will be on April 19 at the beautiful Savannah Pines Auditorium.

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## Older Americans Month Fundraising Dance Dance the Night Away



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## Multigenerational Households – a Rising Trend

**M**oving into her son's house, although never her plan, turned out to be a decision Jerre Brammeier was grateful she made.

While making plans to relocate from Arizona to Lincoln, her son, Matthew, and daughter-in-law, Cynthia, offered Brammeier and her husband a place in their home.

"At first I assumed it would never work because I have a lot of stuff," she said.

Brammeier and her husband agreed to the deal, eager for the company the new living arrangement would bring. In

April 2009, they bought half of their son's Near South circa-1887 house, which they owned in the 1990s before selling it to Matthew and Cynthia. Although her husband died two weeks before the move, Brammeier continued their plans and moved into a bedroom on the second floor next to her two grandchildren.

The family shares the first floor living space and kitchen, where Brammeier cooks for her family four nights a week. Matthew and Cynthia renovated the third floor for their own apartment.

In a similar circumstance, Lori McGinnis Black eagerly offered to share her four-bedroom home with her mother, DeLoris McGinnis, in 2000. For a small monthly rent, she gave her mother a room on the second floor with her and agreed to share the remainder of the house.

McGinnis made the move not out of necessity, but out of a desire to remain close to her daughter.

"I think I could live with any of my children and get along with them fine, but the others don't have the facilities Lori does," she said.

Through the years, as McGinnis Black married her husband, Tony, and the family moved to a new house, McGinnis always offered a place in her home.

"I've heard from a lot of people who say they could never live with their mother, but it's all in your personality and how well you blend together," McGinnis Black said.

### Multigenerational Houses on the Rise

McGinnis and Brammeier are two of the many older adults in Lincoln who live in multigenerational households.

The number of Americans living in multigenerational family households is the highest it has been since the 1950s, according to a March 2012 article by the Pew Research Center.

In 2009, 11.9 million of 113.6 million U.S. households were multigenerational. Two adult generations were the majority at 6.9 million and more than a third of multigenerational households, 4.2 million, contained three or more generations. These numbers rose 2 percent annually from 1980 to 2006 and took a rapid turn during the Great Recession, increasing by 4.9 million from 2007 to 2009.

Although adults ages 25 to 34 are the most likely to be living in multigenerational households, nearly 20 percent of those over age 65 live in these households as of March 2010.

### Factors Affecting the Increase

There are many reasons for the increase in multigenerational households.

The immigration increase since the 1970s contributes to this rise, according to the American Society on Aging. In the U.S., 25 percent of Asians, 23 percent of African-Americans and 22 percent of Hispanics live in multigenerational homes compared to only 13 percent of caucasians.



*Jerre Brammeier, seated, moved into the home of her son, Matthew, and daughter-in-law, Cynthia, in April 2009.*

People also are marrying at older ages. The U.S. Census Bureau reported that men typically married at age 23 and women at age 21 in 1970. These numbers rose to age 28 for men and age 26 for women in 2010, increasing the odds that these young adults will remain in the family home for an additional five years.

The increase in life expectancy increases the likelihood parents will move in with their children. In 1950, U.S. life expectancy was 68. In 2011, it was nearly 79, according to a National Public Radio report.

The American Society on Aging says other possible contributing factors, including the housing crisis, “boomerang youth,” women entering the workforce and the effects of recession.

### **Perks of Living with One's Children**

For older adults in particular, the benefits of multigenerational households are endless.

Older adults who live with their children and/or grandchildren have built-in opportunities to build stronger, mutually beneficial intergenerational relationships, according to the American Society on Aging. This living arrangement gives older adults the opportunity to be main characters in a child's life instead of being in a supporting role.



*From left is Lori McGinnis Black, DeLoris McGinnis and Tony Black. McGinnis has been living with her daughter since 2000.*

Living in the same house and on the same floor as her grandchildren, Miranda, 17, and Clayton, 20, provides Brammeier the opportunity to share her knowledge with the next generation.

Financially, multigenerational households make sense for many in these tough economic times. Although finances were not primarily why McGinnis moved in with her daughter, it was an added bonus. She also makes a financial impact for her daughter by paying rent, cooking meals for the family and looking after the family dogs while her daughter and son-in-law are away from home.

“There’s been a definite financial benefit for my mother and us,” McGinnis Black said. “It’s been nice to have an extra person

around the house. I’m working almost two jobs right now, so she helps a lot in that way.”

The companionship the living arrangement offers is one Brammeier and McGinnis cherish.

“I have somebody to eat with four nights a week, and if I need anything done, I can holler at my son if he’s here,” Brammeier said.

Living with her daughter gives McGinnis someone to depend on.

“When you live alone, you’re completely alone,” she said. “Last week, I had the flu, and it was good to have someone run and get my medicine. Tony is a prince-of-a-fella. It’s nice to wake up in the middle of the night and realize I’m not alone; if I ever need anybody, they’re down the hall.” 

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.

## Who You Gonna Call? Gastroenterologists!

**W**hen we eat or drink, solids and liquids must be digested into their smallest parts in order for the body to absorb the nourishment and produce the energy it needs.

Digestion plays a crucial role in our daily function. When something goes awry, people turn to gastroenterologists for help. These digestive specialists handle everything from gallstones and lactose intolerance to colon cancer and inflammatory bowel disease.

The National Digestive Diseases Information Clearinghouse reports that 60-70 million people are affected by digestive diseases, which causes approximately 13.5 million hospitalizations, 5.5 million diagnostic and therapeutic inpatient procedures and 20 million ambulatory surgical procedures.

Although gastroenterologists are not surgeons, they do perform multiple procedures, such as colonoscopies, gastroscopies and endoscopic retrograde cholangiopancreatographies or ERCP.

### Colonoscopies

Colonoscopy involves a long, flexible tube called a colonoscope to detect abnormalities and changes in the rectum and colon. The instrument is passed into the rectum and utilizes a digital computerized system, to allow the gastroenterologist to view the colon maximally.

During the procedure, polyps or other abnormal tissues present in the colon can be removed. Tissue samples or biopsies also can be taken during the procedure as well.

Persons with anemia or blood

in the stool need this procedure, said Dr. David Dyke, a retired gastroenterologist who practiced in Lincoln for 37 years. When X-rays or CT scans suggest something wrong in the colon, a colonoscopy can be necessary, too. For those 50 and older, doctors may recommend a colonoscopy every 10 years or less depending on previous endoscopic findings, to help prevent colon cancer. Those with a positive family history for colon cancer should have their first surveillance examination at age 40.

“Thorough preparation of the colon is crucial,” Dyke said. “The better prepared the patient is, the more effective the procedure will be.”

Patients typically are placed on low-residue diets two days before the procedure to initiate the preparation and then should only drink clear liquids the day before the endoscopic examination. Because residual stool can obscure the view of patient’s colon and rectal lining, cleaning the colon completely is mandatory.

Complications during the procedure are very uncommon, but could include perforation and bleeding. This should be discussed before the procedure with the examining physician.

“Patients must have a driver after the procedure; otherwise, it will have to be rescheduled,” Dyke said.

### Endoscopies

Also known as esophagogastroduodenoscopy, this exam uses the same computerized digital system to examine the patients’ upper digestive tract. The procedure can help



*Dr. David Dyke, retired gastroenterologist*

gastroenterologists diagnose and treat conditions affecting the stomach, esophagus and the upper portion of the small intestine or duodenum.

Those with symptoms such as nausea, vomiting, weight loss, abdominal pain, difficulty swallowing and gastrointestinal bleeding need an endoscopy. This procedure can test for diseases such as cancer, diarrhea, peptic ulcer and a chronic bacterial infection from *Helicobacter pylori*.

It is used to treat, assess and dilate a narrowed esophagus; to coagulate a bleeding vessel to stop hemorrhage; to resect a polyp or to remove a foreign object from the upper gastrointestinal tract. It is also used to diagnose a hiatal hernia.

“Our goal is not to detect every small hernia as they are usually not a surgical condition,” Dyke said. “If there is associated reflux causing symptoms, that is what must be effectively managed.”

Patients preparing for this procedure typically fast four hours before to ensure an empty stomach. This prevents any aspiration stomach material into the lungs, as is the standard of care for any operation.

## ERCP Procedures

Endoscopic retrograde cholangiopancreatography is necessary when a person's bile or pancreatic ducts become narrowed or blocked due to polyps/cancer, gallstones, inflammation, infection and scarring.

During the exam, the endoscope is passed down patients' throats, through their esophagus and stomach and into the upper part of their small intestine. Gastroenterologists must sometimes use air to inflate the upper intestinal tract, in order to detect the tiny pancreatic and bile duct opening. Contrast material is then injected into the ducts with the tube or catheter and X-rays are taken.

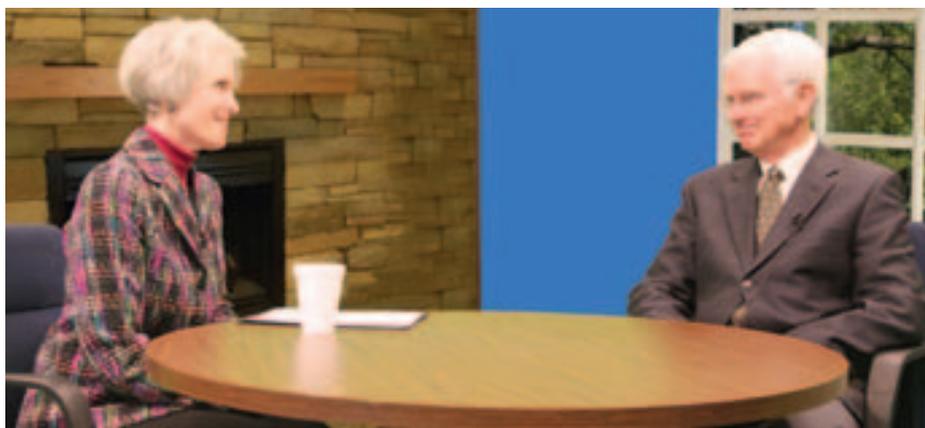
ERCP procedures can both diagnose and treat serious problems of the bile and pancreatic ducts.

"Obstructive jaundice is most frequently the reason for the examination," Dyke said. "We use the ERCP technique to place special wire-coated stent into the bile duct to keep it open and relieve the jaundice."

## Supplemental tests

In addition to these three invasive procedures, gastroenterologists uses three more tests to help diagnose a problem.

Motility tests are used to identify abnormal patterns of muscular function in the digestive region. These are most often utilized in the esophagus and rectum. When testing the esophagus, patients swallow a special pressure-measuring tube to assess the neuromuscular function of the esophagus. The procedure identifies motility disorders within the body of esophagus, including the upper and lower sphincters. By using



*Live & Learn host Kristen Stohs interviews Dr. David Dyke, retired gastroenterologist, about the tests and procedures related to the digestive system.*

a similar system, abnormalities of the rectum and its sphincters can be detected and effectively treated.

Hydrogen breath tests for lactose and fructose intolerance is another common test. After drinking one of these sugars, patients breathe into a plastic bag. Breath samples are collected at 30-, 60-, 90-, 180- and 240-minute intervals and analyzed for an abnormal rise in hydrogen content. If the patient cannot properly metabolize the sugar administered, an increase of 20 parts per million of hydrogen equals a positive test, Dyke said.

Blood tests can help identify intolerances and allergies. Because autoimmune diseases don't affect the GI tract as much, food intolerances and allergies are the reason for the majority of these tests.

## Intolerances vs. allergies

People confuse intolerance and allergies because they share many of the same symptoms.

Immediate immune system reactions are characteristic only of food allergies. These reactions are

often severe or life-threatening, such as an allergic reaction from peanuts.

Food intolerance symptoms are typically limited to the digestive area and aren't as serious as an allergy.

Noting the difference between a severe and a benign reaction can help individuals distinguish between the two. An allergist and dietitian can help in these circumstances.

## When to See a Gastroenterologist

These specialists see patients with clinical diseases, but also gastrointestinal problems.

People should consult a gastroenterologist when they notice symptoms, which might include a new abdominal pain, significant change in bowel habits, difficulty swallowing, weight loss, fever and blood in stool.

"I hope individuals will never procrastinate too long before calling a gastroenterologist," Dyke said.

To watch the Live & Learn interview with Dr. David Dyke on 5 CITY-TV: Video-on-Demand, go to [lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm](http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm). 



*Live & Learn host Harland Johnson asks David White to share the history of Baker Hardware.*

## Baker Hardware: 100 Years of Family History

Of the many local, family-owned, multigenerational businesses in Lincoln, one of the community's greatest treasures is Baker Hardware.

From its original store on the corner of 9th and O streets to its current location on the corner of 8th and N streets, the company has seen many changes as it has provided Lincolniters their home improvement needs during the past century. In that time, four generations of the Baker/White family managed the company, growing the store from its humble beginning into a strong competitor in the local hardware market.

### **Baker's 100-Year Journey**

Baker Hardware's rich history began with Leon Baker, who worked at Nebraska Hardware at 9th and O and was one of that store's share owners. Leon bought out his colleagues in 1909, creating Baker Hardware.

Despite his Pennsylvania upbringing, Leon despised the Lincoln weather. He contacted the National Weather Service to determine what U.S. location has

the least weather change. Learning Eureka, Calif., was such a place, he moved there in 1915, leaving the store to his son, Lewis.

Lewis and his wife had four daughters. At some point, Leon sent Lewis and his family an invitation to join him in Eureka. A brief trip to the city was all they needed to discover California was not for them, so they returned to Lincoln.

Until his retirement in 1963, Lewis managed the store at its 9th and O location.

During his younger years, Richard White began working with Lewis as a clerk, and remained with the store through college. Along the way, Richard met and eventually married one of Lewis' daughters, Constance. Upon graduating from a teacher's college, Richard left Baker Hardware for a teaching job at North Dakota State University in Fargo.

"They spent one winter there, and his wife politely informed him he could stay in North Dakota if he wished, but she would be going back to Lincoln," said Dave, Richard's son and the current manager of Baker Hardware.

Upon their return to Lincoln, Richard began working for Baker Hardware again. He started another business in the O Street building that operated simultaneously with Baker Hardware for some years.

In the 1960s, Richard and Constance bought out Lewis and ran the store until Richard's death in 1982. Immediately afterward, Dave took over the business and continues to operate it to this day.

### **A Time of Change**

Under Richard's management, Baker Hardware relocated to its current 8th and N street location. At the time, a group of investors wished to build a Hilton hotel where the shop was located. One of the investors offered to trade Richard for his N Street property. Richard agreed to this man's offer. Leaving the dusty, un-air-conditioned building behind, Baker Hardware moved to the new location in the early 1970s.

In conjunction with the move, Baker Hardware opened other stores at Gateway and Briarhurst. The Gateway store closed after 15 or 20 years when the property



*Baker Hardware is founded by Leon Baker in 1909 when he bought out Nebraska Hardware at 9th and O.*

management chose to bulldoze the building. The Briarhurst location was only open five years due to the building's immense size and local competition. Today, only the 8th and N store remains.

Baker Hardware experienced many other changes through the years.

"In the old location, we had a dynamite store in the walls of the building, if you can believe that," Dave said.

Technology changes also have made ordering easier for Dave and his staff.

### **The Future of the Store**

Dave and his wife, Shelby, have six children. When asked which one will follow in his footsteps and one day manage the store in his stead, Dave is unsure who will volunteer.

"At this point, none of them because they all have other things to do than take care of a hardware store," he said.

For now, Dave continues to manage the store and plans to do so until his retirement.

To watch the Live & Learn interview with David White on 5 CITY-TV: Video-on-Demand, go to [lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm](http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm). 

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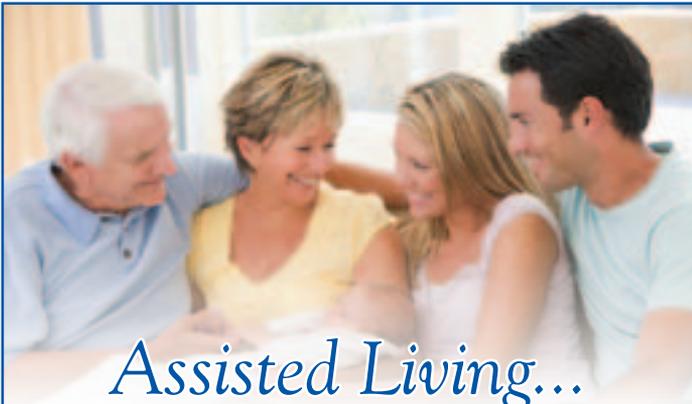
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*Return to sanity*

# A New, Effective Approach to Healthy Living

If exercise is important for our health and well-being, why is it so hard to stay motivated?

Many are tempted to blame themselves for their lack of motivation. Michelle Segar, Ph.D., motivation scientist and associate director of the Sport, Health and Activity Research and Policy Center for Women and Girls at the University of Michigan, said the problem lies in the current exercise culture that focuses on long-term goals such as reversing health concerns and weight loss.

“Physical activity is an elixir of life, but we’re not teaching people that,” Segar said in a recent *New York Times* article. “We’re telling them it’s a pill to take or a punishment for bad numbers on the scale. Sustaining physical activity is a motivational and emotional issue, not a medical one.”

Segar’s research shows that focusing on immediate benefits, such as more energy, a lifted mood, less stress, less pain and a better night’s sleep, are incentives more likely to motivate people to make exercise a lifelong habit.

“We do things that impact our lives immediately and are meaningful to us,” she said. “Long-term goals, in theory, sound good, but don’t ‘make the cut’ in daily practice. We have to determine how to make exercise relevant to our *daily* lives.”

## Moving Toward Health One Step at a Time

On May 15, Segar will describe how to retrain our minds to focus on these benefits through a presentation called “Moving Toward Health One Step at a Time.” She will highlight the specific strategic steps people can take to establish a more

sustainable and enjoyable exercise and eating plan.

“I’ll explain why it’s been so hard to stay motivated to exercise, and that it isn’t our fault,” she said. “We’ve learned a system that sets us up to fail. People will be surprised and shocked about what they hear. They’ll walk away feeling as if a weight has been lifted from their shoulders because they’ve found a new approach with which they’ll finally be successful.”

The presentation, which will be at Southeast Community College at 6 p.m., is for everyone—from those who have never exercised to those who exercise religiously and need a boost.

Although the presentation is open to all ages, older adults will especially benefit from it. The revolutionary mindset outlined will help older adults maintain their independence and enjoy life more.

Caregivers, too, will benefit from this presentation, learning how exercise boosts their mood and gives them the energy they need to be the best caregiver possible.

“If caregivers don’t take care of themselves, not only is their own quality of life at risk, so is the quality of life of those they care for,” Segar said.

The presentation is one people won’t want to miss, she added.

Immediately following Segar’s presentation, Aging Partners Registered Dietitian Denise Boyd will give a 30-minute presentation called “Everybody Eats.” She will help participants discover why we eat what we eat. The group will examine changing eating patterns and learn how those changes can influence health and vitality.

The fee for the presentation is \$19 and includes a chef salad buffet.



*Dr. Michelle Segar*

## Reframing Health and Well-Being: The Secret to Lasting Motivation and Behavior

Segar will present a workshop May 16 for behavioral and health professionals, such as nurses and social workers, called “Reframing Health and Well-Being: The Secret to Lasting Motivation and Behavior.”

Participants will learn easy-to-understand research on how humans make decisions that impact healthy lifestyles, and simple methods to better foster sustainable motivation and behavior among their patients and clients.

In the workshop, held at Southeast Community College, Segar will discuss what motivation actually is and how it works.

“It’s different than people think,” she said.

The fee for the workshop is \$39.

For more information on the upcoming presentation and workshop, contact Deb Peck at Aging Partners 402-441-6158. 

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# Is a Reverse Mortgage Right for You?

By Houston Doan, Aging Partners insurance and financial counselor

**D**id you know Aging Partners is a HUD-certified reverse mortgage counseling provider through a grant from the National Council on Aging?

Our counselors provide one-on-one reverse mortgage counseling throughout the U.S. by telephone. We also provide in-person counseling for our local clients.

Today's seniors are under immense financial strain, and many seniors are turning to the equity they have in their home to help them remain there. This is when the reverse mortgage option enters the financial picture.

Misinformation about reverse mortgages runs rampant, as does a genuine lack of understanding of what this product can offer seniors today.

The American Association of Retired Persons recommends seniors ask five questions before considering a reverse mortgage:

## 1. Do You Truly Need a Reverse Mortgage?

A dream vacation or the opportunity to invest in a once-in-a-lifetime deal is not an adequate reason to get a reverse mortgage.

## 2. Can You Afford a Reverse Mortgage?

A reverse mortgage can be an expensive way to borrow a small sum of money.

## 3. Can You Really Begin Using Up Your Home Equity Now?

At age 62, you may have another 20 to 25 years to live in your home. Remember, the longer you wait to take out a reverse mortgage, the greater amount of home equity you receive from the reverse mortgage loan.



## 4. Do you have less costly options?

Do you have other assets, or could you make monthly payments on a home equity loan or home equity line of credit?

## 5. Do you Fully Understand How the Reverse Mortgage Works?

This is where seniors fail to do the homework. Some seniors will listen to friends or family who know nothing about reverse mortgages. People are often repeating one of several myths they have heard; for example, that reverse mortgages were designed to take your home away from you.

A reverse mortgage, like any other investment tool, is not right for everyone. We find many seniors are able to stay in their homes with the help of a reverse mortgage; however, we also find many seniors who really should not stay in their home, regardless of the money they receive from a reverse mortgage loan.

The best thing any senior can do is learn reverse mortgage facts from Aging Partners because we have no financial interest in selling you a product or investment. 



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

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

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## Seasoning Sans Salt

**T**he recommended sodium intake for the general public is approximately 2,300 mg per day, yet the average American consumes approximately 3,000-4,000 mg!

It is recommended for adults ages 50 and older as well as individuals with high blood pressure, diabetes or kidney disease to consume no more than 1,500 mg of sodium per day. A high sodium diet has been shown to increase blood pressure, which increases the risk of developing cardiovascular disease or stroke.

### Sodium in Foods

Sodium preserves the shelf life of food products. It's found in many foods; therefore, it can be difficult to eliminate from the diet. Processed, packaged and restaurant foods tend to be high in sodium and can contribute a large amount of the recommended daily sodium intake – if not more. High sodium foods include ready-to-eat frozen meals, canned soups, snack foods, deli meats, processed cheese and condiments. Sodium also is added to foods such as canned products to add flavor and increase shelf life. Now, more companies are selling “reduced sodium” and “no salt added” products. Reading the Nutrition Facts label and comparing products will help you become more informed and make smarter food choices.

### Sodium vs. Salt

Sodium and salt often are used interchangeably when in fact there is a difference. Table salt is 40 percent sodium and 60 percent chloride. One teaspoon of salt contains 2,300 mg sodium.

Although we receive most of the sodium in our diet through processed foods, limiting the amount of salt added during cooking or at the dinner table can be very beneficial.

### Seasonings

Salt is a taste acquired over time and can lead us to believe that foods taste bland without it. Similarly, teaching our taste buds that food can taste good without salt also will take time. Reducing salt intake will not only be more beneficial for your health, but may increase your appreciation for the natural flavor of foods. Other seasonings, such as herbs and spices, enhance flavor without adding salt. Salt-free seasonings like Mrs. Dash have become increasingly popular.

Healthy ways to season foods include:

- Incorporate the use of fresh or dried herbs such as rosemary, mint, sage, parsley, basil, cilantro and thyme. Dry herbs often have a stronger flavor than fresh ones. When substituting dry for fresh herbs, 1 tablespoon of fresh herb equals 1 teaspoon of dried herb.
- Adding lemon juice or vinegar (red or white wine) to fish, meat or vegetables.



- Season meat and poultry with curry powder, dry mustard, garlic powder, green pepper, marjoram, onion, tarragon and thyme. Choose powders instead of the salt versions.
- Season vegetables with curry, dill seed, garlic, ginger, mint, mushrooms, onion or parsley.

Although sodium is prevalent in a large portion of our food supply, there are steps that we can take to reduce intake, which will help reduce the risk of developing heart disease and stroke. Whole foods such as fruits and vegetables tend to be low in sodium and should be chosen more often. There are a variety of ways we can substitute spices and herbs instead of relying on salt to enhance the flavor of food. Salt is an acquired taste. It may take some time to break the salt-seasoning habit, but doing so will help you live a healthier life. 

# Dash Diet

The Dietary Approaches to Stop Hypertension (DASH) Diet was developed for individuals with high blood pressure. Throughout the past several years, research shows this diet has more benefits than just reducing blood pressure. The DASH Diet not only lowers blood pressure and cholesterol, but also reduces the risk of developing certain types of cancers, heart disease, stroke and diabetes. Following the DASH Diet is now recommended for the general public and can be followed throughout a person's life.

The recommendations for the DASH Diet include (based on a 2,000-calorie diet):

- Grains and grain products: 7-8 servings per day, 3 servings of whole grain.
- Fruits: 4-5 servings per day

- Vegetables: 4-5 servings per day
- Low-fat dairy: 2-3 servings per day
- Lean meats, fish or poultry: 6 or less servings per day
- Nuts, seeds and legumes: 4-5 servings per week
- Fats and Oils: 2-3 servings per day
- Sweets: Limited to less than 5 servings per week

The DASH Diet places an emphasis on the consumption of fruits, vegetables and whole grains. It's recommended to lower the consumption of sodium and fat; doing so has positive effects on blood pressure and cholesterol.

## Make Changes Gradually

Don't try to make changes all at once; try incorporating one or two changes at a time. If your diet is low in fruits or vegetables,

try including one or two more fruits or vegetables per day. If you are not typically consuming a diet high in fiber, increase your fiber intake. Adding too much fiber at one time can cause stomach pain. With increased fiber, it is important to increase water consumption, which will help prevent constipation. Making small changes throughout time will help you develop healthy eating patterns that will last a lifetime. 

## Dash Diet is No. 1!

U.S. News & World Report named the DASH Diet Eating Plan as the best overall diet for the third consecutive year. The diet finished ahead of other popular diets such as Therapeutic Lifestyle Changes (TLC) Diet, the Mayo Clinic Diet, the Mediterranean Diet, Weight Watchers, the Jenny Craig plan and "The Biggest Loser" plan. Safety, effective weight loss, diabetes prevention and heart health are some of the factors used in this ranking process. 

## Wild Rice Mushroom Soup

### Ingredients:

- |                                |                        |
|--------------------------------|------------------------|
| 1 Tbs olive oil                | 2 Tbs flour            |
| ½ cup low-sodium chicken broth | ¼ cup chopped carrots  |
| ½ white onion, chopped         | 1/3 tsp dried thyme    |
| 1 cup fat-free Half and Half   | 1 cup cooked wild rice |
| ¼ cup chopped celery           | black pepper to taste  |

Recipe courtesy of [www.mayoclinic.com](http://www.mayoclinic.com)

### Directions:

1. Put olive oil in a stockpot and bring to medium heat. Add chopped onion, celery, and carrots and cook until tender. Add mushrooms and low-sodium chicken broth. Heat and cover.
2. In a bowl, combine half-and-half, flour, thyme, and pepper. Stir in cooked rice.
3. Pour rice mixture into the stockpot with the vegetables. Cook over medium heat. Stir continuously until thickened.

*Nutritional Information: Serving size: 1 ½ cups. Sodium: 190 mg. Calories per serving: 170. Dietary Fiber: 1.5 grams. Total fat: 5 grams. Protein: 7 grams. Monounsaturated fat: 3 grams.*



## Handling Food Safely

**F**ood safety is one of the most important things we can do to reduce our risk of developing a foodborne illness.

A foodborne illness can occur up to several days after consuming the contaminated food and may show symptoms that are similar to stomach flu. Older adults are at an increased risk for foodborne illnesses due to a weakened immune system, and they can experience a longer recovery period. Practicing safe food handling is critical to keep our bodies healthy and safe.

### Wash Your Hands

Foodborne illness can result from poor hygiene practices. Hand washing is one of the most effective ways we can stop spreading germs. Hand washing should be performed frequently throughout the day and especially after using the restroom, coughing or sneezing, taking out the trash and handling raw meat. Hand washing should be done before and after eating and handling food. Proper hygiene and frequent hand washing can stop the spread of germs, which helps reduce the risk of developing a foodborne illness.

The steps to properly washing your hands include:

1. Wet your hands with running water and apply soap.
2. Rub your hands together with soap and scrub well. Make sure to scrub the backs of your hands, between your fingers and under your nails.
3. Continue rubbing your hands for at least 20 seconds (hum the “Happy Birthday” song two times).

4. Rinse your hands well under warm, running water.
5. Dry your hands using a clean towel or air-dry them.

### Avoid Cross-Contamination

Cross-contamination occurs when bacteria from one food is transferred onto another food, which can cause illness. Cross-contamination can be avoided by ensuring counters, cutting boards and utensils are clean and sanitized before and after each use. It is important to keep raw meat products away from fresh fruits and vegetables. Washing fruits and vegetables, regardless of whether the skin will be eaten, is necessary to avoid cross-contamination.

### Use a Food Thermometer

Cooking foods to a safe temperature is an important way to prevent a foodborne illness. Bacteria grow best at temperatures between 41 degrees and 141 degrees, which is known as the Temperature Danger Zone. Sometimes it can be difficult to see if a food is cooked thoroughly. A food thermometer is the only way to ensure a food is the proper temperature. It is crucial to understand how to correctly use a food thermometer:

Insert the thermometer into the thickest part of the meat or casserole. Hold the thermometer there for several seconds to obtain a correct internal temperature. Do not allow the thermometer to touch the bottom of the pan or any bones within the meat. These surfaces tend to be hotter than the food product

and may result in an inaccurate temperature reading.

Perishable food should not be left at room temperature for more than two hours. Food left at room temperature for more than two hours has an increased risk of bacteria developing to harmful amounts. Perishable foods should be placed in the refrigerator or freezer, which helps to stop bacterial growth. Refrigerator temperature should be below 40 degrees and freezer temperature should be below 0 degrees. 

### Food Products and Their Minimal Internal Temperatures:

- Ground meat (beef, turkey or chicken) – 160 degrees
- Steaks, loins or chops – 145 degrees with a three-minute rest time\*
- Chicken or turkey breasts – 165 degrees
- Fresh pork or ham – 145 degrees with a three-minute rest time\*
- Eggs – cooked until yolk and white are firm
- Egg dishes – 160 degrees
- Leftovers – 165 degrees
- Casseroles - 165 degrees
- Fin fish – 145 degrees or until fish is opaque and separates easily with a fork

*\*Rest time refers to the amount of time that food product should remain at that exact temperature or should continue to rise (www.foodsafety.gov).* 



*A Pioneering Area Agency on Aging*

**ANNUAL REPORT**

October 1, 2011 - September 30, 2012

**OUR 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.*

*AND IN THE END,  
IT'S NOT THE YEARS IN  
YOUR LIFE THAT COUNT.*

*IT'S THE LIFE IN  
YOUR YEARS.*

~ABRAHAM LINCOLN

**PROUDLY SERVING**

*Aging Partners staff is proud to serve the people of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.*





## Where is the source of Aging Partners revenue?

Aging Partners receives funding from a number of sources primarily Federal, State and Local governments. Additionally, the agency receives revenue from client contributions and user fees, grants as well as other revenue sources such as fundraising and support from several foundations.

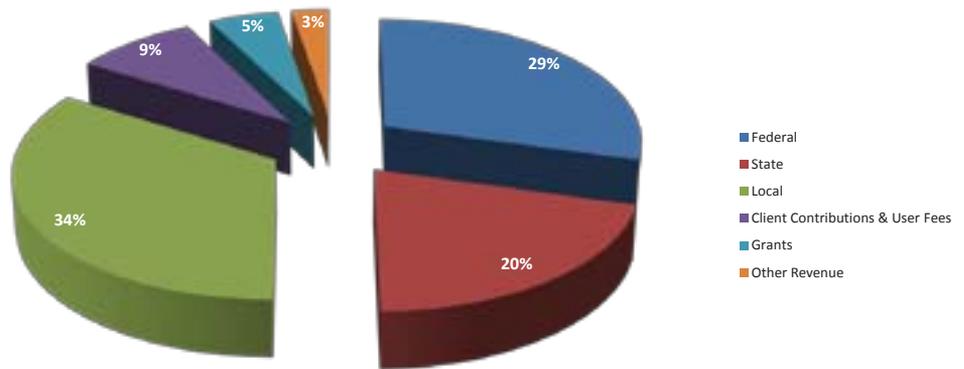
### REVENUE

Oct.1, 2011 - Sept. 30, 2012

Federal	\$ 2,574,212
State	\$ 1,886,041
Local	\$ 3,130,321
Cont/Fees	\$ 795,879
Grants	\$ 438,798
Other	\$ 253,465

TOTAL REVENUE \$ 9,078,716

### FUNDING SOURCES: OCTOBER 1, 2011 - SEPTEMBER 30, 2012



## Our Financial Summary



## How does Aging Partners use the revenue it receives?

Aging Partners uses the revenue we receive to serve people. We are people caring for and helping people. Our largest expenditure is service delivery — the people who serve our clients — expert, trained and caring staff. Building space, communications and utilities, raw food for Lincoln's Central Kitchen, printing and supplies, travel and equipment are additional expenses. Insurance and data processing are other expenses we incur in service to our clients.

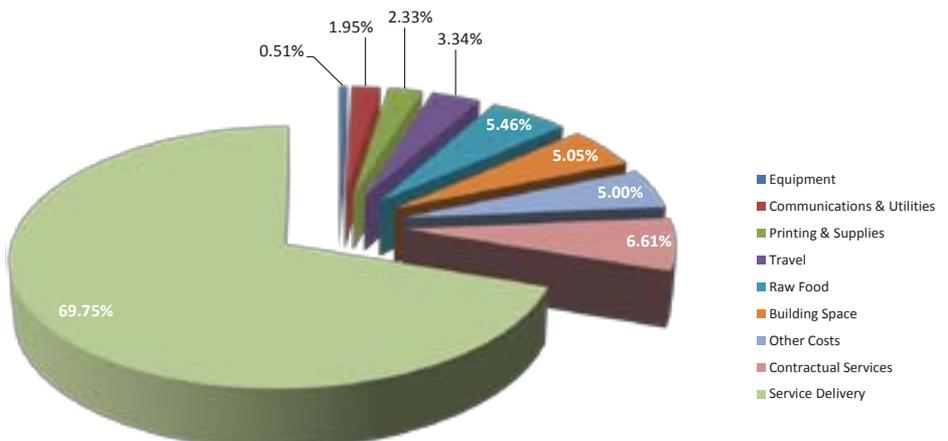
### EXPENDITURES

Oct.1, 2011 - Sept. 30, 2012

Equipment	\$ 45,720
Comm & Util	\$ 174,460
Print & Supp	\$ 208,760
Travel	\$ 299,349
Raw Food	\$ 489,698
Building Space	\$ 452,226
Other Costs	\$ 447,899
Contract Serv	\$ 592,639
Service Delivery	\$ 6,251,058

TOTAL EXPENDITURES \$ 8,961,809

### EXPENSES BY TYPE: OCTOBER 1, 2011 - SEPTEMBER 30, 2012



<http://aging.lincoln.ne.gov> • 402-441-7000



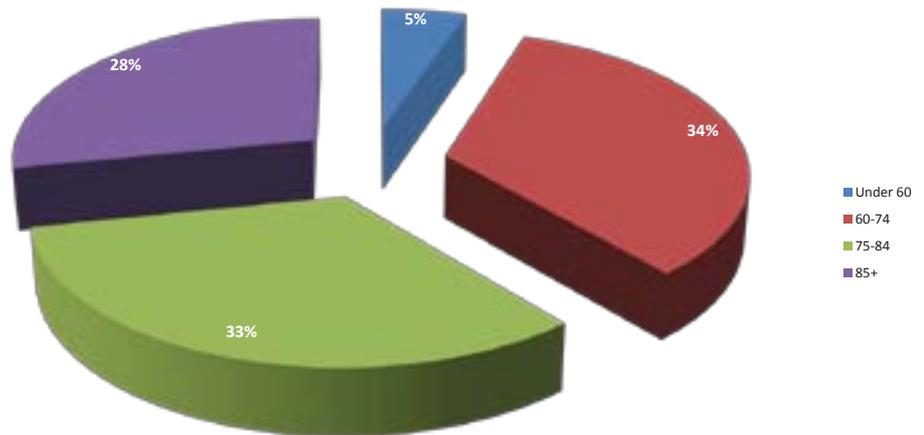
## What population does Aging Partners serve?

Aging Partners serves persons ages 60+ in an eight-county area in Southeast Nebraska comprised of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in accordance with the policies established under the Older Americans Act. Aging Partners also provides services to persons under age 60 on a fee-for-service basis.

*AGE IS AN ISSUE  
OF MIND OVER  
MATTER. IF YOU  
DON'T MIND, IT  
DOESN'T MATTER.*

~ MARK TWAIN

**CLIENTS SERVED BY AGE: OCTOBER 1, 2011 - SEPTEMBER 30, 2012**

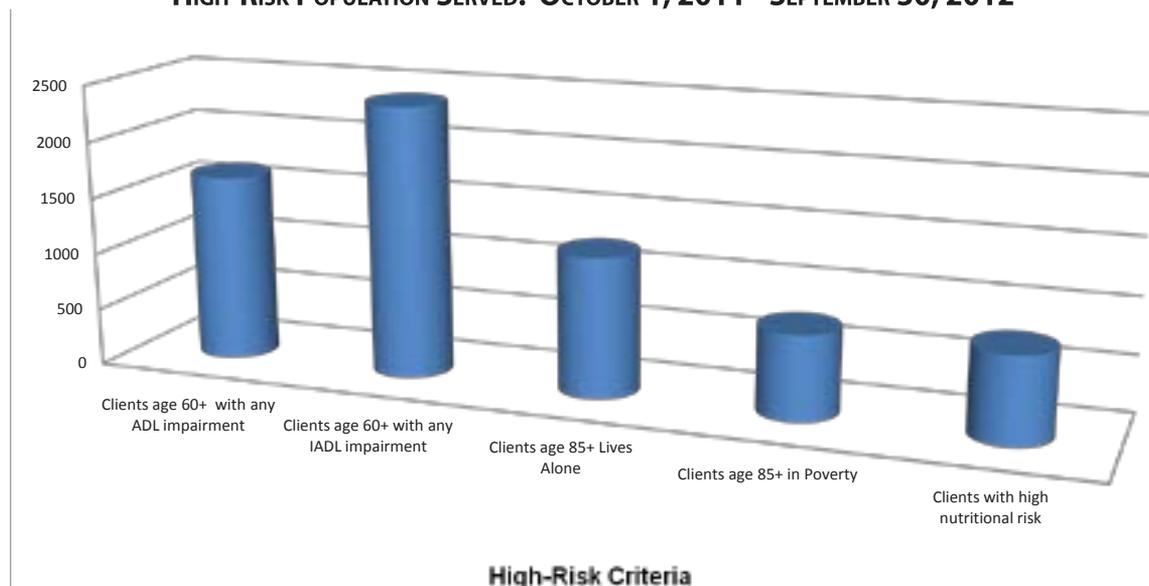


## Our Impact

*OLD AGE IS NOT A DISEASE - IT IS STRENGTH AND SURVIVORSHIP, TRIUMPH OVER ALL KINDS OF VICISSITUDES AND DISAPPOINTMENTS, TRIALS AND ILLNESSES.*

~ MAGGIE KUHN

**HIGH-RISK POPULATION SERVED: OCTOBER 1, 2011 - SEPTEMBER 30, 2012**



ADL = Activities of Daily Living (i.e., Bathing, Dressing/Grooming, Eating, Mobility, Continence, Toileting, Transferring)  
IADL = Instrumental Activities of Daily Living (i.e., Cooking, Cleaning, Laundry, Transportation, Managing Finances, Running Errands)

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*It is my pleasure to share this annual report with you. Aging Partners staff are people who help people—daily demonstrating a strong commitment to serving our senior population. We have the answers to your questions about aging, whether it is for yourself, a family member, a neighbor or friend. We listen. Sometimes only a bit of information is required. Sometimes many staff are involved to solve difficult problems.*

*Despite declining revenues and an increase in the number of clients we serve, I am most pleased that our staff continues to provide high-quality caring service. Each year we survey our clients who receive care management services.*

*The questions on the survey are the same as those used on the Administration on Aging's AGING Integrated Database (AGID) National Survey of Older American Act Participants. The questions and results are listed below. Aging Partners did as well as or better than the national survey in every category. This is a shining example of people helping people while serving with the highest standards in our industry.*

*This past year, we operated on once-again decreased revenues and have met the challenge by streamlining our programs and reducing our number of employees to match the same economic realities you and your family face. We are proud of our ability to solve problems for elders and their families. To our clients and supporters, we say, "Thank you."*

June Pederson, Director  
Aging Partners Area Agency on Aging

## **Care Management Survey Questions and Results**

1. Does your Aging Partners care manager explain your services in a way you understand?
2. Has your situation improved because of the services your Aging Partners care manager arranges?
3. How would you rate the Aging Partners care management services you have received?
4. Do the Aging Partners services you receive help you to continue to live in your own home?
5. Does your Aging Partners care manager treat you with respect?

### **Aging Partners Client Received Responses by Percentage rounded to nearest whole number**

<b>Question 1</b>	99%	Yes
<b>Question 2</b>	96%	Yes
<b>Question 3</b>		
1 Excellent	86%	
2 Very Good	9%	
3 Good	2%	
4 Fair	2%	
5 Poor	1%	
<b>Question 4</b>	98%	Yes
<b>Question 5</b>	99%	Yes

### **AGID National Survey of OAA Participants Received Responses by Percentage rounded to nearest whole number**

<b>Question 1</b>	96%	Yes
<b>Question 2</b>	90%	Yes
<b>Question 3</b>		
1 Excellent	45%	
2 Very Good	29%	
3 Good	20%	
4 Fair	4%	
5 Poor	2%	
<b>Question 4</b>	96%	Yes
<b>Question 5</b>	99%	Yes

**1005 "O" Street, Lincoln, NE 68508-3628**

# One Nebraska, One Nation, One Ben Nelson

By Zoe Olson

When you first meet E. Benjamin Nelson, you may not be aware of a sense of humor that has served him well from his time as a boy growing up in McCook, Neb., through trying times in a divided and often divisive U.S. Senate in Washington, D.C. Perhaps his easy and genuine smile should offer a hint of the good-natured humor that is part of his being. His pranks or “gotchas” as he calls them are never mean-spirited, are often at his own expense and are delivered with a gentle voice and smile.

As a young man, Nelson thought his future would be spent in the ministry. He tells the story of meeting the Rev. Raleigh Peterson at a church camp, “I was headed for a life in ministry,” he said. During Nelson’s high school years, Peterson met with the young man and his mother, recruiting Nelson to attend religious classes at Cotner College in Lincoln while also attending the University of Nebraska. “Sort of like coaches try to recruit athletes,” Nelson remembers with a smile.

“Dr. Peterson called me as a Timothy Minister to come to the university and take classes at Cotner. I had the opportunity to preach in churches and my first job was as youth director at First Christian Church in Lincoln. Somewhere along the line, I guess I shifted directions and became interested in the legal profession.” Nelson attended law school after graduating with bachelor’s and master’s degrees

in philosophy from the University of Nebraska-Lincoln.

About his education, Nelson has humorously remarked on more than one occasion, “I was born, raised and educated in Nebraska, and I’m a proud graduate of the University of Nebraska – or as we like to call it, Harvard with a milk barn.”

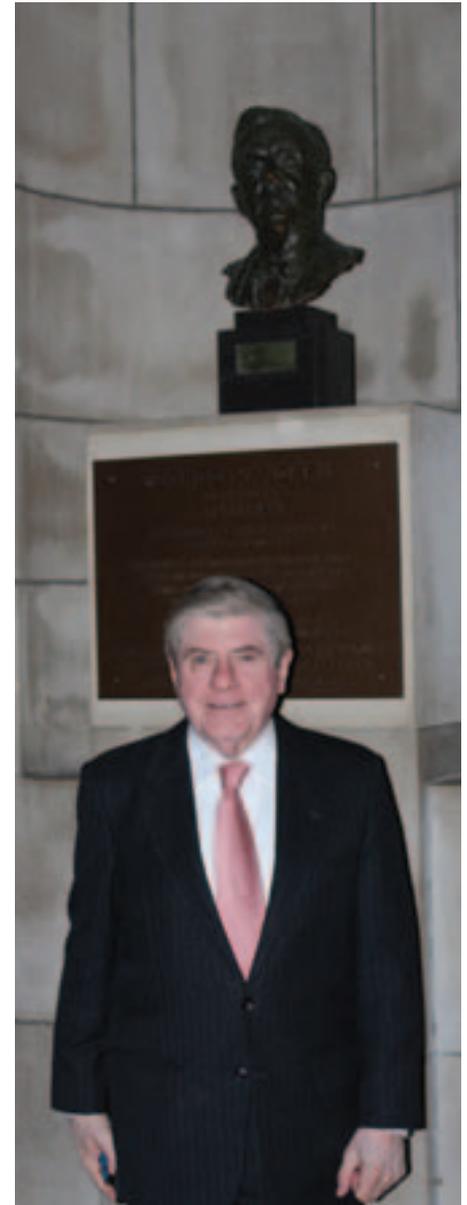
Following graduation from the University of Nebraska College of Law, Nelson went to work in the insurance industry – beginning in the private sector, becoming director of insurance for the State of Nebraska and eventually serving as executive vice president for the National Association of Insurance Commissioners.

In 1990, he won a close race for governor of Nebraska over incumbent Kay Orr. Nelson was easily re-elected governor in 1994 and was the first Nebraska governor to be elected to a second term in two decades.

During his eight years as Nebraska’s governor, he worked toward his vision of “One Nebraska” as a way to bring rural and urban interests together in order to solve the problems facing the state and reach his goal of creating a “more efficient and effective state government.”

Nelson led the state to eight straight balanced budgets with record balances in Nebraska’s General Fund. Some notable accomplishments during his time as governor included: the initiation of a state lottery; Nebraska battling a low-level radioactive waste disposal site in Boyd County – which later

*Continued on page 26.*



*Ben Nelson stands in front of the bust of fellow McCook, Neb., native George W. Norris at the Nebraska State Capitol. Photo by Zoe Olson*

**“If you are not willing to risk angering the majority to protect the minority, then why would you want to be a Senator?”**

*– Ben Nelson*



*Rural America Tour Sept. 2009 at Scotts Bluff National Monument. Also pictured are Governor Dave Heineman, Representative Adrian Smith, Secretary of Agriculture Tom Vilsak, Secretary of the Interior Ken Salazar, and Senator Ben Nelson (pictured from left). Photo by Zoe Olson.*

led to a judge's ruling against the administration and a nearly \$146 million judgment against the state; the merger of the Departments of Health, Social Services and Public Institutions into the Health and Human Services System; and Nebraska becoming a leader in ethanol production increasing from 15 million gallons in 1990 to more than 300 million gallons at the end of his second term in 1999.

### **The Humorous Side**

A self-identified practical joker, Nelson enjoys playing "gotchas" on friends, family members, staff and colleagues. As governor, he had the leading role in a segment of the Candid Camera television show. A hidden camera was set up in the governor's office where then Gov. Nelson interviewed capitol visitors about some of his ideas – one in particular was to

change the name of Nebraska to something more modern.

"You know the name Nebraska has served this state so very well. But it's time to move on to different things. I'd like to run this by you," he'd say to an unsuspecting visitor. Then he'd suggest a name like Zenmar or Quintron.

Reactions ranged from polite confusion to anger. The visitors were then treated to the standard line, "Smile! You're on Candid Camera!"

Nelson lost his first bid for election to the U.S. Senate to Chuck Hagel in 1996. In 2000, he narrowly defeated Don Stenberg. In 2001, he agreed to skydive with the Army Golden Knights Parachuting Team prior to a Husker football game. Skydiving was a way to help promote recruiting for the Army.

On the way down, he waved at the fans gathering for the game

at Memorial Stadium in Lincoln. Upon landing he joked, "Fifty-two percent were waving back," as a reference to the narrow margin he won his Senate election in 2000.

### **In the Senate**

Once in the Senate, Nelson sought and gained appointment to several key committees including Veterans' Affairs; Agriculture, Nutrition and Forestry; Armed Services; Commerce, Science and Transportation; Appropriations; and Rules and Administration. He quickly went to work on big issues and used his centrist philosophy to work for compromise. Nelson was known as a negotiator who would put together various "mod squads," groups of moderate senators who could and would work together on compromise solutions between Republicans and Democrats.

Some of those key compromises included negotiations on the Bush-era tax cuts and labor issues necessary for organizing national security organizations into what would become the Department of Homeland Security following the Sept. 11, 2001, terrorist attacks. He is proud of his role in the “Gang of 14” – seven Republican and seven Democratic Senators – who worked together to break “the political logjam on judicial nominations without erasing the rules of the Senate to protect minority views” and calm the dispute surrounding President George W. Bush’s judicial nominees. For his efforts with the Gang of 14, the late Senator Robert Byrd, a Democrat from West Virginia thanked him for preserving the tradition of collegiality with the words “You saved the Senate!”

Nelson often worked with fellow centrist, Sen. Olympia Snowe, a Republican from Maine on issues of great importance. They both played key roles in approving President Barack Obama’s economic stimulus package. They worked to reduce the initial \$787 billion proposal with approximately half accounted for in tax cuts. For these efforts he received criticism from liberals for a lack of boldness and from conservatives for supporting ineffective government spending. Ultimately, however, the country was spared from spiraling into a deep depression due to the effects of the stimulus.

Despite all the criticism on the stimulus package, “I didn’t

have a single business person tell me, ‘don’t do it,’” Nelson said. “Waiting was not acceptable.”

Undoubtedly, Nelson’s most controversial and discussed position was his decision to deliver the 60th vote for cloture to advance President Obama’s Patient Protection and Affordable Care Act. He will tell you his mistake was in not having his staff write the amendment to the bill that would have reflected his intention, leaving it instead to Senate Majority Leader Harry Reid – language that led to the now infamous “Cornhusker Kickback” – language that was removed from the amendment.

“I simply wanted a placeholder to require the federal government to pick up the full cost of expanding Medicaid rather than forcing the states to pick up the cost, which would essentially amount to an unfunded mandate. They put Nebraska in and that was never my intention.” Nelson stated. It was a painful time and the critics were vicious; however, Nelson knows his work was worth the pain. “If you are not willing to risk angering the majority to protect the minority, then why would you want to be a Senator?”

Critics ignore how Nelson worked to protect the private insurance market and prevent movement to a single-payer system. “It was important to preserve a free market for health insurance,” he said. He should know considering his experience in the insurance industry.

And he will tell you that the health care law is anything but complete. He sees it as a work in progress. “The bill begs for improvement but we have to



**Waiting was not acceptable.”**

– Ben Nelson

have people on both sides of the aisle willing to work together. Unfortunately, neither side trusts the other today.”

### **Views on U.S. Politics Today**

When asked about the divisive nature of U.S. politics today, Nelson becomes a teacher explaining his theory of political math. “Different people have different sets of math. I’ve always been into multiplication and addition – building on things and bringing people along, adding to the value of their lives and adding more of them to the cause of whatever you’re pursuing. It’s a multiplier effect and that kind of political approach is not only discernible, it’s measurable. Sometimes it’s measured in how much you win an election by, but it’s more measured by how much you do.”

“But there’s another math – division and subtraction – and there are those who engage in that form of math. They divide for a lot of reasons. One of them today is that division, in many cases, will end up causing a person to win an election by causing the other person to lose. But the subtraction that goes along with that pulls people apart. Ultimately, if there’s division going on, I assure you the subtraction is measurable, too.”

“Today in Washington there are more people engaged in division and subtraction than in multiplication and addition. What will cause that to change

*Continued on page 28.*

will be when the people back home say, 'I'm tired of division. I'm tired of subtraction. We can have differences but we work out the differences. We don't allow our differences to keep us permanently and perennially divided.' And that's where we are right now, almost permanently and perennially divided."

"Things will change when people get fed up with the fact that positive things aren't happening, that they're kicking the can down the road, because people don't want to get along; because if they get along they might lose an election, because someone will come along and knock them off in a primary. People back home are going to have to say to the dividers, 'We're tired of it. We want uniters, not dividers.'" Nelson explained.

"In some respects it's why Sen. Olympia Snowe left. It didn't cause me to leave. I just have a bucket list, but it definitely made it more difficult to get anything done. It probably affected my attitude. I decided I was young enough to do other things – things that are fun to do and that includes work as well."

### Reflection

Nelson recalls the surprises he encountered when he went to Washington in 2001. Surprises that included working with a Rockefeller – something he hadn't imagined growing up in McCook. He was surprised at the close personal friendship that developed with Sen. Trent Lott, a Republican from Mississippi. "But those were the days when there was more uniting and less

dividing," he said. "When things became more about division than getting things done it was contrary to my personal beliefs. It is one nation indivisible, not one nation divided."

Nelson noted there has been increased discussion about trying to get along following the recent Lincoln movie. He observed that President Lincoln divided in order to emancipate but then worked to unite the nation. "The problem in Washington is that no one seems to be in a position to move beyond the division to the unity."

### His Plans

So what's on Nelson's fun bucket list? "Doing what I'm doing but that allows me to spend more time with my family. I've been hunting more. My son and I are raising big horned sheep at our cabin on the Platte River. I'm in a position to do things I've been putting off because I wasn't in control of my schedule and I've got more control of my schedule now. The list is growing."

"The biggest concern is whether you'll have time to get things done – the game clock runs and I didn't want to be in the position of trying to shoot a three-pointer to win the game at the last second – I might miss. I decided this was the time and my family decided this was the time. My son said, 'I want to spend more time with you' and that pushed it over the top."

Nelson is now CEO of the National Association of Insurance Commissioners, the oldest association of state officials, a nonprofit organization with

offices in Kansas City, New York City and Washington DC. He maintains an office in Omaha but notes that location is secondary due to all the technology available today. He will be a politician-in-residence at the University of Nebraska in Omaha and lecturing in political science and sharing his perspective on politics. He said, "Politics used to be a contact sport, now it is a combat sport."

### Always 'From Nebraska'

Nelson and Tom Osborne recently were honored with the League Legacy Congressional Award at the League of Nebraska Municipalities meeting in Lincoln. A long line of attendees stopped to speak with Nelson and thank him for his ability to bring federal funding to many Nebraska projects. Often overheard was the sentiment that, though a person didn't always agree with Nelson's position on a particular issue, they always appreciated his support of Nebraska and Nebraska's needs.

"I fought to make sure the needs of Nebraskans were always a top priority when it came to funding important projects including roads, bridges, water and sewer projects, and other infrastructure. My priorities also included funding for a new

 **I fought to make sure the needs of Nebraskans were always a top priority when it came to finding important projects ..."**

– Ben Nelson

STRATCOM headquarters to replace the current half-century-old building, and to remodel the VA Medical Center. Nebraskans send their tax dollars to Washington, and they deserve to get some of them back for worthwhile projects. You're not just sent to Washington to cast votes. You are there to advocate for your state."

Not bad for a man who says with a smile, "I think the best way to describe myself is that I'm from Nebraska. And like so many growing up there, I dreamed of one day holding the most powerful office in the land – Nebraska football coach."

Welcome home, Senator. 



*Ben Nelson accepts the League Legacy Congressional Award from the League of Nebraska Municipalities in Lincoln, Neb., February 2013. Photo by Zoe Olson.*



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*Before the Kansas City Jimmy Buffett concert begins, the Parrot Heads make a pit stop at the Power & Light District. Courtesy photo.*

## Parrot Heads = Fun, Friends and Community

**L**iving on the beach. Sailing on the ocean. Drinking margaritas. Feeling the sand between your toes. No responsibilities. These are the ideals captured in the trop-rock musical renderings of Jimmy Buffett.

The escapism mentality his music promotes is at the heart of his most loyal fan base—the Parrot Heads. What began as a fan club has grown into an organization that emphasizes social gatherings, charitable events and — most importantly — a place to have fun.

“It’s like a stool with three legs; the fattest leg is the social aspect,” said Jimmy Pattavina, member of the Corn Republic Parrot Head club in Lincoln and former president of the International Organization of Parrot Head Clubs. “Our motto is party with a purpose.”

### The Birth of Parrot Heads

In 1989, loyal Jimmy Buffett fan Scott Nickerson placed an ad in a daily Atlanta newspaper, calling all Buffett fans for a gathering. Following the first fan club meeting, news about the organization spread through word-of-mouth. It wasn’t long before similar groups formed in Missouri, Colorado, Michigan and Connecticut.

At a Jimmy Buffett and the Coral Reefer Band concert in Cincinnati, the Buffett fan clubs arrived wearing funny hats, Hawaiian T-shirts and grass skirts. Legend is that Buffett, seeing these people, told his band member Timothy B. Schmit that they reminded him of Deadheads — fans of the American jam band, the Grateful Dead. Schmit disagreed with Buffett, saying

their bright colors made them look more like parrots. Thus, the official name of Buffett’s fans was born.

Today, there are about 235 clubs in the U.S., Canada and Australia.

The Omaha branch, founded in 1995, included several members from Lincoln and surrounding areas for many years. In December 2008, Sarah Rathbun and nearly 20 other Lincoln resident members branched off to create a Lincoln chapter.

“We determined we had the length of travel needed to begin a Lincoln group so we could have our own events closer to home,” Rathbun said.

By the end of 2012, the group had grown to 176 members.

## From Parties to Charities

Once a month, the Corn Republic hosts one social and charitable event.

These social events include murder mystery parties, shrimp and margarita nights and happy hours at a local bar. Beyond official events, members often throw parties or form get-togethers just for fun.

The club's charitable events are typically hands on. In the past, the Lincoln club has drywalled a house with Habitat for Humanity, served at the Lincoln City Libraries' annual book sale, helped set up and tear down for the Walk to End Alzheimer's and raked leaves at the Lincoln Children's Zoo. At the group's monthly meetings, every third Thursday at The Garage, members can participate in a 50/50 raffle, during which half of the money collected is given to the winner and the other half is donated to the charity of the month, such as The Cat House, Bright Lights and Capital Humane Society.

In 2012, the group donated \$5,179 to charity. In the past 10 years, Parrot Head clubs donated a collective \$26.2 million and 2,889,000 volunteer hours to charities.

"Our primary purpose is to get together with other people who enjoy the escapism lifestyle and impact the community while we're at it," Pattavina said.

For interested members, the club travels to the International Parrot Head convention in Key West, Fla.; its sister club's events in Iowa, Missouri and South Dakota; and the nearest Jimmy Buffett concert via a party bus.

## Fun for All

Although Jimmy Buffett is what brings most people into the club, it's the fellowship that keeps them there.

"You don't have to be a big Jimmy Buffett fan to be a member," said Janet Anderbery, current Corn Republic president. "We don't play Jimmy Buffett at everything we do; we encourage other music, in fact."

Unlike many organizations today, this club brings together people from all walks of life, income levels, professions and age groups. The median age of participating members is about 55. The multigenerational club doesn't notice age.

"I consider them all to be my friends," said Rathbun, 31. "These are the people I choose to hang out with every weekend. I don't consider the age factor."



*Members of the Corn Republic operate a booth at the Relay for Life at Haymarket Park. Courtesy photo*

The Corn Republic Parrot Heads welcomes new members. The one-year membership fee is \$20 for new members and \$10 for renewing members. Attendance at events is not required; members may attend as their schedule allows.

"If you think you'd like to hang with us, we'd love to have you," Pattavina said.

For more information on the Corn Republic and how you can join, email Janet Anderbery at [kernel@cornrepublic.com](mailto:kernel@cornrepublic.com). To watch Live & Learn on 5 CITY-TV: Video-on-Demand, go to [lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm](http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm). 



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71	\$113.62	\$130.70
72	\$117.20	\$134.86
73	\$120.37	\$138.36
74	\$123.37	\$142.11
75	\$126.28	\$145.19
76	\$128.70	\$148.02
77	\$130.95	\$150.52
78	\$132.95	\$152.94
79	\$134.86	\$155.10
80	\$136.53	\$157.02
81	\$138.36	\$159.10
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# In Memory of Bob Courtney

by June Pederson, Director, Aging Partners

**B**ob Courtney retired from military service as a budget officer and joined the ranks of those who gave more than they received. His volunteer service to Aging Partners as a member of our council representing Saline County spanned more than a decade. At the same time, he served on the advisory board of Saline County Eldercare.

Courtney's interest in governmental affairs and policy led him to serve as AARP state advocacy coordinator, in which he helped advocate for older adult issues across the state. His work to educate older Nebraskans about the

Homestead Tax Exemption was a major accomplishment.

His wife, Joanne, experienced an aneurysm and was confined to a wheelchair for many years. He was a wonderful caregiver, and Joanne accompanied him in many of his volunteer activities. She died in November 2012. Courtney was diagnosed with pancreatic cancer shortly thereafter and died Jan. 8, 2013. The photo you see here was the cover of our Summer 2010 *Living Well* magazine in which he was featured and his service to so many was celebrated. We are better because we knew him. **Lw**



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# Multigenerational Neighborhood Association Crucial to Witherbee

**A**t the heart of the Witherbee neighborhood is a group of dedicated individuals who maintain its safety, cleanliness and welcoming atmosphere - the Witherbee Neighborhood Association.

Since it was formed nine years ago, the group has worked to make Witherbee the best neighborhood in Lincoln.

## Fighting for the Neighborhood

The Witherbee neighborhood, which stretches from 33rd to 56th Street and from O to Randolph Street, contains approximately 1,800 homes, equaling about 4,500 residents.

In the 2000s when the city made plans to tear down Witherbee houses to build a large apartment complex, members of the community objected. Thus, the Witherbee Neighborhood Association was born. The fledgling association was successful in downzoning the property, ensuring that only single family or duplexes could be built there.

"We're passionate about keeping homes intact instead of tearing down old houses and building apartments," said Larry Frisch, former Witherbee Neighborhood Association board member.

In the following years, the Witherbee Neighborhood Association played a crucial role in the community's development.

Perhaps their most influential role was in the enhancement of the 48th and O streets intersection in 2005 to 2006. An empty auto

dealership stood on the southeast corner, and the northeast corner of the intersection was bare. With the help of the neighborhood association, the area was designated as blighted, which allowed for Tax Increment Financing. As a result of their efforts, Walgreens, Braeda/Runza, West Gate Bank, HyVee, Staples, CVS and other businesses moved into the area, boosting the value of the surrounding real estate and adding hundreds of jobs.

"We've always been proactive, trying to catch issues before they become a neighborhood problem," Frisch said.

When the neighborhood association members learned of a plan to commercially develop the city owned land at 46th and O Streets, they stepped in, preventing the action. At their urging, the land was dedicated as Witherbee Park in 2012 and more than \$35,000 was invested into the park. The park was specifically developed as a walk-to park for mothers with young children. Inside, it proudly displays a sculpture and plaque containing a poem with wording special to Witherbee Park.

## Supporting all Age Groups

Witherbee has a diverse population both financially and demographically. Although the



*Past and current Witherbee Neighborhood Association board members include, from left, Fred Freytag, Karen Vogeley, Jackie Varicak, Tony Marquez, Kathy Stastny, Mike Kreikemeier and Larry Frisch.*

median resident age is about 50, the neighborhood contains a large number of children and older adults.

The neighborhood association is successful because all work together to create a top-notch community.

The 4-H Club members, Boy Scouts and students of Bryan at Hawthorne Community School partner with the association regularly by helping with neighborhood cleanups and other events.

Enabling its older adults to remain independent and in their homes as long as possible is a passion of the neighborhood association. To support this mission, the association created Witherbee Connect – a list of resources for community members in need. For example, when Kathy Stastny installed handicapped steps in her house, she used Urban Development – now a resource listed with Witherbee Connect – to help find the correct contractor for the job and ensure the quote she received was appropriate.

Some Bryan and Hawthorne students support Witherbee Connect by shoveling snow, cutting down trees, moving boxes and doing other activities to help community members.

To help older residents stay healthy, the neighborhood association worked with Tabitha Nursing and Rehabilitation Center to allow those 55 and older to use its gym for a nominal fee.

Encouraging and facilitating fellowship among these multigenerational residents is another responsibility of the neighborhood association. The association organizes various activities throughout the year, including cleanups, an ice cream social and swim events, garage sales, yard of the month competitions and annual neighborhood meetings.

Two annual events are designed to bring residents of all ages together. The free Swim and Ice Cream Social brings together as many as 500 neighbors, from toddlers to centenarians. The association's annual meeting has been converted from a business meeting to a family entertainment gathering. Along with food and games, paid entertainers, such as magicians, are often hired, resulting in a fun evening for kids of all ages.

**“We’ve always been proactive, trying to catch issues before they become a neighborhood problem.”**

– Larry Frisch

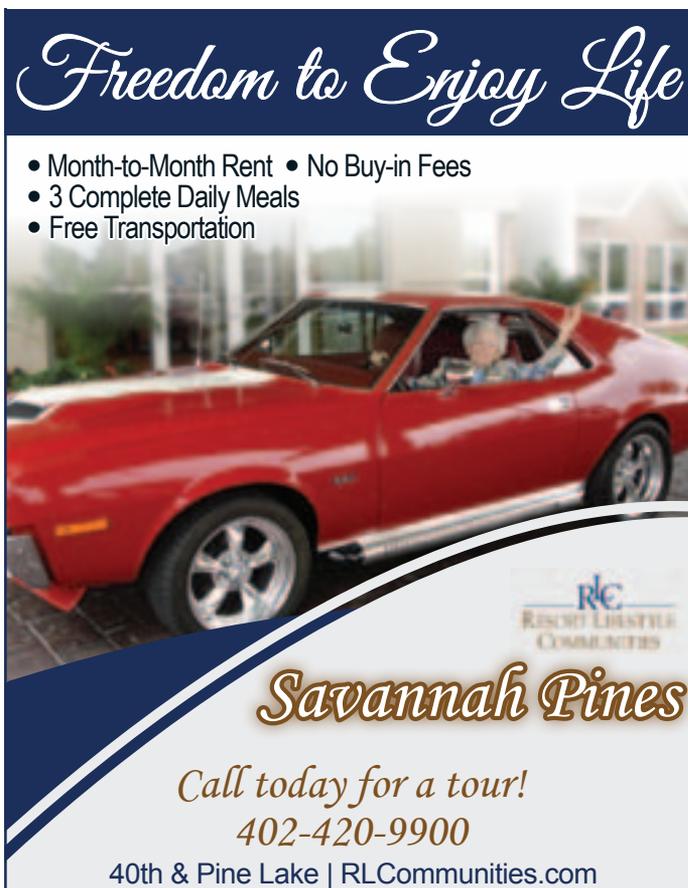
## Keeping Leadership Fresh

To keep the Witherbee Neighborhood Association leadership from becoming stagnant, each board member can serve only two two-year terms.

“It forces new blood into the organization,” said Stastny, who is in her third year on the board. “Once you’re off the board it doesn’t mean you’re gone forever. You’re still available to the association and can provide insight, which I think is special.”

Just as the neighborhood is multigenerational, so is the board. Members’ ages range from 35-75.

“Age gives us diversity because people of different age groups are interested in different things,” Frisch said. “People with children are interested in schools, playgrounds, safety and similar issues. Older adults are interested in services - who cleans the sidewalks, how and where they’ll get their groceries, medical response items and things like that. Having a diverse leadership helps us take care of everyone.” 



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- **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, 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.
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Home-bound older adults receive companionship.
- **Harvest Project** - Mental health and substance abuse services for older adults.

- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting and broken light fixtures and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

### LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

## Planning Ahead

### FINANCIAL

402-441-7070 or 800-247-0938

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

### SENIORS FOUNDATION

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

## Staying Involved

### VOLUNTEER!

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

### SENIOR CENTERS

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

▲ 402-441-7158

## Other Services

### INFORMATION AND REFERRAL

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

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

### TRANSPORTATION

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

### LIVING WELL MAGAZINE

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

View on CITY-TV Channel 5 or online at: [lincoln.ne.gov/city/mayor/cic/5citytv](http://lincoln.ne.gov/city/mayor/cic/5citytv).

- 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 [www.youtube.com/user/aginglivelearn?feature=mhee](http://www.youtube.com/user/aginglivelearn?feature=mhee).

### MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**  
Linda Vandenberg, 402-367-6131
- **Fillmore County Senior Services**  
Brenda Motis, 402-759-4922
- **Polk County Senior Services**  
Jan Noyd, 402-764-8227
- **Saline Eldercare**  
Amy Hansen, 402-821-3330

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

### CARE MANAGEMENT

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

**Care Management Coordinator,  
Joyce Kubicek**

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

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

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

**402-441-7070**

In Nebraska **800-247-0938**

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





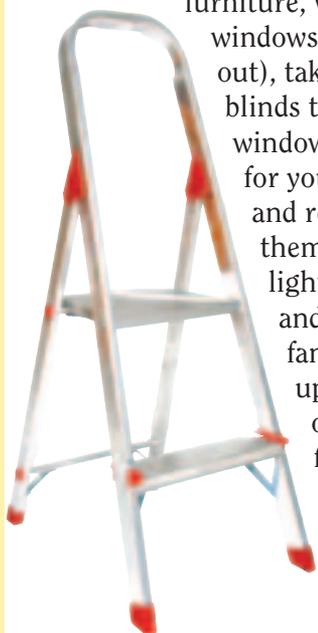
## Celebrating 41 Years of Service

This April marks the 41st year Aging Partners Home Handyman program has provided services for older adults living in Lincoln and Lancaster County. Aging Partners' home handymen and women take pride in offering quality and dependable minor home repair and maintenance services. Older adults count on their consistency and trustworthiness and always being treated fairly.

### Spring Cleaning

Many spring cleaning tasks require a step ladder, carrying heavy tools and accessories, lowering oneself to the floor or ground level to do the work, or using a little more muscle and exertion than felt is safe. Before spring cleaning, keep the Aging Partners Home Handyman program in mind.

We are glad to assist with cleaning under or behind



furniture, washing windows (inside and out), taking down blinds to clean or window treatments for you to launder and re-hang them, cleaning light fixtures and ceiling fans, setting up your porch or patio furniture, getting out your

garden hoses and connecting them, changing out storm doors and windows with screens or getting these serviced or repaired when necessary, and countless other tasks that have become difficult for you to safely accomplish. Be sure to include checking your dryer vent after using it the entire winter as lint can build up, causing your dryer to overheat and even start a fire.

### Outdoor Work

Aging Partners handymen and women have been busy cleaning equipment, sharpening blades and getting ready to take on another busy outdoor season. Many outdoor tasks require the use of ladders, maneuvering heavy mowers and other lawn care equipment. Outdoor yard work can be a great way to get some exercise, maintain muscle tone, flexibility and balance. It's also a great way to stay in touch with neighbors.

Use caution as you start the season or if you have a medical condition that can cause you to become dizzy or off-balance, if you have a sensitivity to the sun or heat, or if the doctor has warned against lifting heavy objects or operating heavy power equipment. Select the tasks you can do safely, start slowly and call the Aging Partners Home Handyman program for the rest. One serious fall, medical incident or heat-related event can compromise your health. Protect your independence by doing only those

tasks that you can complete safely. Wisely delegate tasks you know could be a risk to your health and independence.

Gutter cleaning is important before the spring rains fall. Blocked gutters can lead to roof damage from backed up water and blocked downspouts that don't allow water to be drained away from your home's foundation, which may lead to water running over your gutters and into your basement.

Cleaning leaves and old mulch from around your plants and bushes is important as soon as the risk of a freeze is past. Edging, trimming and mowing are essential tasks included in our services. In addition, we will prep gardens (roto-tilling) and small planting projects; apply mulch to garden/flower bed areas; apply lawn care products and grass seeding; trim bushes and hedges; and set out outdoor pots and planters.

Winter can be hard on the exterior of your home. Check steps and handrails to ensure a safe entry and exit. If you find a rotting step or a loose or missing handrail, we can fix or replace these items.

Our mission throughout the 41 years of service for older adults is to support each person's decision to remain living in their home of choice and to do so as safely and independently as possible. Remember Aging Partners Home Handyman program for each task that is outside your comfort level or safe zone. 

# Aging Partners News and Events

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

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print out the whole magazine or just the pages that interest you. Call Deb 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

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

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

### Senior Health Promotion Center

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

education. The clinic is open on the lower level of the Downtown Senior Center most Wednesdays and Thursdays. \$10 suggested contribution for foot care, \$5 for other services.

April 3, 10 and 17  
Wednesdays, 10:30 a.m. - 1:30 p.m.  
April 4, 11 and 18  
Thursdays, 9:30 a.m. - 1:30 p.m.

### Summer Schedule – Comprehensive foot care only

May 2 and 23  
Thursdays, 9:30 a.m. - 1:30 p.m.  
June 6 & 20  
Thursdays, 9:30 a.m. - 1:30 p.m.

### Yoga and Stress Management

Wednesdays, 10 - 11 a.m.  
233 S. 10th St., Suite 101  
This gentle class is designed for caregivers and others looking for ways to manage stress. \$3 suggested contribution for people 60+. \$4 fee for under age 60.

### Powerful Tools for Caregivers

This program helps caregivers take care of themselves while caring for others. It will help reduce caregiver guilt, anger and depression. Class meets for 1 1/2 to 2 hours once a week for six weeks. \$22 suggested contribution.

- Christ United Methodist Church  
4530 "A" St.  
Mondays, April 8 - May 13  
6:30 - 8 p.m.

### Stepping On – Building Confidence and Reducing Falls

A community based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Classes meet for

two hours once a week for seven weeks. Participants learn the most up-to-date information about falls prevention. Funding from the Community Health Endowment of Lincoln enables us to offer classes at no cost.

- Van Dorn Villa, 3001 S. 51 St.  
Mondays, May 6, 13, 20 & June 3, 10, 17 & 24  
2 - 4 p.m.
- Lincoln Medical Education Foundation, 4600 Valley Rd.  
Wednesdays, May 15, 22, 29 & June 5, 12, 19 & 26  
3 - 5 p.m.

### Tai Chi Classes

April 15 - July 5  
\$3 per class suggested contribution for 60+  
\$4 per class fee for participants under age 60  
12 - or 24 - session punch cards available

### \*Aging Partners Health & Fitness Center 233 S. 10th St., Suite 101

- Modified Tai Chi  
Thursdays, 9 - 10 a.m.  
This is a Centers for Disease Control recommended program that has been modified for adults who have problems with balance as a result of injury or a chronic condition.
- Chair Tai Chi  
Thursdays, 10:15 - 11:15 a.m.  
Participants are taught simple movements they can practice sitting or standing near a chair.

*Continued on page 40.*

# Aging Partners News and Events

*Continued from page 39.*

## **VA Nebraska – W. Iowa Health Care System - Lincoln Division**

600 S. 70 St., (Auditorium)

- Traditional Yang Style Tai Chi Tuesdays and Fridays, 9 - 10 a.m. This is traditional Tai Chi that has not been modified for the older adult.

## **Crestwood Christian Church**

8000 “A” St.

- Basic 8 Form Tai Chi Mondays and Wednesdays, 9 - 10 a.m. This program is designed for those who have completed the Basic 8 Form class.
- Qigong Mondays and Wednesdays, 10:15 - 11:15 a.m. “Qigong” translates simply as energy (“qi”) and practice (“gong”). It is similar to Tai Chi, combining posture, meditation and breathing techniques that benefit the body and relax the mind.

## **Entertainment**

### **“Pearls of Our Past”**

Saturday Brunch Series

Downtown Center, 1005 “O” St.

10 a.m.

Have you ever wondered what it would be like to travel back in time to the days when the Nebraska prairie was being settled? Our special guest speakers will take you there in our “Pearls of Our Past” brunch series.

60+ suggested meal contribution: \$4

Under 60 fee: \$8

Suggested transportation

contribution: \$4

Supported in part by The

Nebraska Humanities Council

Reservations, call 402-441-7154.

- April 13: Phyllis R. Stone, “Our Plains Indian Heritage” Stone, an elder of the Rosebud Sioux tribe and a Sun Dancer, explains the uses and traditions of handmade items. Stone describes life on the reservation, and combining Indian Heritage with other interests. Also included will be a discussion of the mountain man’s historic relationship with the Indians of the Plains.
- May 11: Joan Wells, “The History of Trick Roping and the Wild West Show” Wells uses the vanishing folk art of trick roping to bring the history of the Old West alive. In Old Mexico, the Charros created rope spinning, making flower designs with spinning ropes. Learn about the evolution of trick roping through the heyday of Will Rogers, the Texas Jacks Wild West Show and the Ziegfeld Follies!
- June 8: Cherrie Beam-Clarke, “Promise in a New Land: Migrating and Settling in Nebraska” In portraying Mariah Monahan, complete with Irish brogue and period costume, Cherrie depicts a Nebraska settler between 1845 and 1870. Based on historical fact, this is a first-person Chautauqua-style presentation.

### **Lunch Box Series**

Calvert Recreation Center,

4500 Stockwell St.

Lunch: 11:30 a.m.

Presentation: Noon

60+ suggested meal contribution \$4

Under 60 fee: \$8

Join us for a little “Munch and Learn” with a delicious box

lunch and a chance to hear about fascinating topics of interest to you and your friends. Our speakers come from a variety places and are sure to promote lots of questions and discussion. Reservations, call 402-441-7158.

- Thurs., April 18: “Gold & Silver Coins: To Buy or Not to Buy?” with Dr. Lawrence J. Lee, numismatic consultant from the Lincoln Coin Club. There’s a lot of “buzz” about the wisdom and value of collecting gold and silver coins. Is it a scam? What should the informed buyer look for? As with most things, there’s a right way and a wrong way to approach this kind of investment. Get the facts!
- Thurs., May 16: “Using Less Can Mean More for Customers and the Entire Community.” Why would your local electric utility promote energy efficiency? How would energy efficiency benefit individual customers and the entire community? How can LES help you to become more energy efficient? These questions and more will be the focus of a highly engaging and interactive presentation on the most exciting topic in the world: energy efficiency!
- Thurs., June 20: “Honoring Your Ancestors” with Phyllis Ericson. Join our speaker as she tells us about one of America’s fastest growing hobbies, Genealogy. This session ONLY will be at the Gere Branch Library, 56th & Normal Blvd.



**Dinner & A Show Series**

Cotner Center Condominiums  
 1540 N. Cotner Blvd.  
 Dinner: 5:30 p.m., Show: 6:30 p.m.  
 Van transportation (round trip): \$4  
 Dinner & A Show: \$8  
 Show only tickets: \$5  
 Reservations, payments and cancellations are due by noon on the Tuesday before the show. No refunds. Send payment to: Aging Partners, Attn: Dinner & A Show, 1005 “O” St., Lincoln, NE 68508-3628. Sponsored by Butherus, Maser & Love Funeral Home, in cooperation with Cotner Center Condominiums.

- Terry Smith, “A Songwriter with a Different Touch”  
 April 11  
 Terry was voted by the Traditional Music Association as its Songwriter of the Year in both 1995 and 1996. He wrote “Far-Side Banks of Jordan,” which has been recorded more than 170 times. Terry also wrote one of Roy Acuff’s last singles, “I Can’t Find a Train,” and “Ten Seconds in the Saddle,” recorded twice by rodeo champ Chris LeDoux. He comes to us from Nashville. Get ready for a double dose of Country!
- Paul Siebert, “Songs from the Heart: The Music of James Taylor, Simon & Garfunkel and John Denver”  
 May 9  
 For over 30 years, Paul’s unique style and quality blend of music has delighted thousands throughout the Midwest. Paul uses only acoustic instruments including the hammer dulcimer, banjo, guitar and button accordion. Join us as he brings back the sounds of the ‘60s and ‘70s.

- Helen Johnson presents “A Taste of Broadway”  
 June 13  
 The charming and talented Helen Johnson will bring us an evening of memories from the long history of classic Broadway musicals to the present day.
- Lloyd McCarter & The Honky Tonk Revival  
 July 11  
 Perhaps no other style of country music has had a greater influence on today’s artists than the style known as Honky Tonk. This genre embodied the spirit of dancing, drinking, being in love, and then losing the one you love. Join Lloyd McCarter, Mike McCracken and Lern Tilton, for a toe-tapping return to Honky Tonk!
- The Johnny Ray Gomez Branson Show  
 Aug. 8  
 If you can’t get to Branson, Johnny will bring Branson to you! He’s celebrating 53+ years on stage with his accordion and his personality plus a non-stop show with lots of audience participation and great entertainment. He’ll be featuring Country Favorites, Nostalgic Rock ‘n Roll and lots of laughs. You can even win a chance to go to Branson with Johnny’s 3rd annual bus trip coming up Nov. 8-10.
- Joe Taylor presents, “A Salute to Old Blue Eyes”  
 Sept. 12  
 Nobody loves the music of Sinatra more than “Mr. Memories,” Joe Taylor. Don’t miss Joe’s performance as he closes out our series with a musical tribute to Frank Sinatra.

**Day Trip Tours**

Join us for reasonably priced day trips featuring entertaining places and activities. A minimum of 20 riders is necessary to confirm these tours. Call 402-441-7158 for details and reservations.

- Rails West Museum & Dodge House Adventure  
 Council Bluffs, Iowa  
 Wed., April 24  
 Departure: 9 a.m., Northeast Center  
 Return: Approximately 3:30 p.m.  
 Cost: \$40  
 First we start with a visit to the Union Pacific Railroad Museum, featuring one of the oldest corporate collections in the nation. You’ll see artifacts, photographs, and documents that trace the development of the Transcontinental Railroad and the American West. Next, it’s lunch (on your own, suggested contribution \$3.25) at the beautiful Council Bluffs Senior Center. After lunch, we end the day with a visit to the Historic General Dodge House. This national landmark features two floors of beautifully restored architecture and furnishings.
- WILD Adventure!  
 The Henry Doorly Zoo, Omaha  
 Wed., May 29  
 Departure: 8 a.m., Northeast Center  
 Return: Approximately 3:30 p.m.  
 Lunch (on your own)  
 Cost: \$40  
 This Zoo adventure package includes a visit to the Henry Doorly Zoo, Tram Tour passage and a ticket to the Lozier IMAX Theatre for an amazing film experience.

*Continued on page 42.*

# Aging Partners News and Events

*Continued from page 41.*

- Lauritzen Gardens in Bloom, Omaha  
Wed., June 19

Departure: 8 a.m., Northeast Center

Return: Approximately 2:30 p.m.

Lunch (on your own) at Omaha's  
Old Country Buffet.

Cost: \$35

Enjoy the spring beauty of one of Omaha's most well-known destinations. We begin the trip with a one-hour narrated tram tour of the garden's 100-acre site. Afterwards, you can stroll the gardens on your own, explore the center itself, browse in the Gift Shop, or visit the café.

## **Older Americans Month All Center Picnic**

Tues., May 14, 10 a.m. to 1 p.m.

Featuring the music of Crabgrass  
Antelope Park Picnic Grounds

(Rain location, Auld Pavilion)  
\$4 suggested contribution  
A beautiful spring day, grilled hot dogs with all the fixin's, and live Country & Bluegrass music provided by "Crabgrass." It's a combination you can't turn down! Sign up at your nearest Aging Partners Senior Center.

## **Older Americans Month Fundraising Dance**

Tues., May 21, 7-9 p.m.

Featuring "The Merrymakers All Stars"

Auld Pavilion, 1650 Memorial Dr.  
Dust off those dancing shoes, call your friends and join us for music, refreshments and an evening of dancing. Johnny Ray Gomez, Hal Cottrell, Charlie Glasgow, Joyce Torchia, Joe Taylor and Billy Troy are all talented entertainers on their own. But, put them together and you've got

a night of memorable entertainment! Sponsored with The Ambassador Lincoln and Gentiva Hospice and Home Health.

It will be a great time to celebrate and a great opportunity to support your Aging Partners Senior Centers with a donation of any amount collected at the door.

## **Melodrama Madness "The Dragon Slayer" by Julie Eschliman**

Wed., May 22

Eugene T. Mahoney State Park  
Departure: 4 p.m., Northeast Center  
Return: Approx. 9 p.m.

Cost: \$15 (Show & Van)

Reservations and payment must be made no later than 4 p.m. on May 13 by calling 402-441-7151.

All aboard for an uproariously good time at the Melodramas! The evening will begin at The Mahoney Grille,

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managed by Parker's Smokehouse, with a delicious dinner (on your own).  
Next stop is the theatre for a performance of "The Dragon Slayer" by Julie Eschliman. Lovely Patience Knightly is doing her very best to keep her father's inn running smoothly and failing miserably. Her only comfort is her beloved pet dragon, "Sparkle." Darkness appears at their door in the form of "Brutus" the brutish dragon slayer. Heroic Orlando, a wandering minstrel, may be her only hope to save her dragon and her father's inn. You can cheer the hero, boo the villain, and sigh for the heroine.  
Family fun for everyone!

**Farmers Market Coupons**  
It will soon be Farmers Market time again, complete with delicious and nutritious locally grown fruits and vegetables. Eligible participants must be 60+ and meet income guidelines. Late in May, check with your Aging Partners Senior Center manager or County Program for information on applications; sign up clinics and coupon availability or call 402-441-6150.

**Corky Canvas Foster Grandparent Program FUNdraiser**  
**Tues., June 25, 6:30 p.m.**  
**Corky Canvas, 3700 S. 9th St.**  
Artistic? Not so artistic? Either way, with a paint brush in one hand, a glass of wine in the other, music playing, and friends laughing, you will create a masterpiece to take home. Register at corkycanvas.com or call 402-441-7026.  
Cost is \$35. This is a fundraiser for the Foster Grandparent Program. 

**402-441-7070**  
aging.lincoln.ne.gov



## LivingWell ♦♦♦

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

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

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

### Suggested Contribution Levels:

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

### And receive,

- Four print issues of *Living Well*, including online editions.
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Phone: \_\_\_\_\_ Spouse's name: \_\_\_\_\_

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

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

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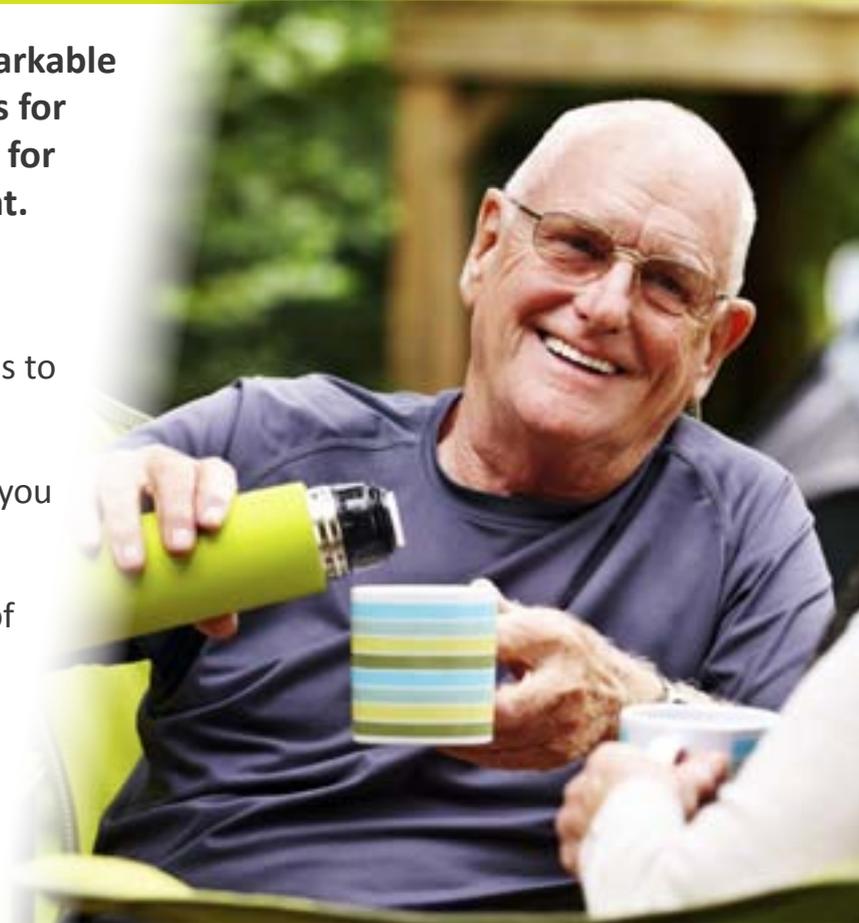
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# Spring is here! Let's get moving.

The pages of our lives are filled with remarkable stories – memories, adventures and plans for the future. As you think about your goals for 2013, we hope you will consider Eastmont.

## Your next chapter can include:

- Fitness, nutrition, and social opportunities to enhance your lifestyle and longevity
- Peace of mind that comes from knowing you have a plan in place for the future
- Freedom from the upkeep and expense of your current home
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- A staff whose mission is to serve you



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