

A magazine published by the Lincoln Area Agency on Aging.

Volume 3, No. 1

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# Living Well

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We've all heard people say, "you can't teach an old dog new tricks." This issue of the magazine is focused on retiring that tired phrase.

The formal part of our education is structured as we go through elementary and secondary school, and for many this includes training beyond high school.

Learning can and does continue throughout our lives. Our cover story features Lincoln attorney Jim Hewitt. Jim retired from his position as general counsel for NEBCO and completed his doctorate in Nebraska history. It's an interesting read and should provide encouragement to anyone who believes they want to continue their formal education.

Other articles provide information about continuing education in post-secondary institutions as well as classes offered in less formal ways.

Whether we have an interest in politics, history, cooking, auto mechanics, travel, knitting or a hundred other areas, there are ways to engage ourselves in learning new things.

Research tells us that healthy lives include a proper diet, exercise and activities that engage our minds and expand our social contacts. If you've thought you might like to expand your horizons in any way, now is the time to start.



Director, Lincoln Area Agency on Aging

# Directors Corner



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Editor: June Pederson  
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*Living Well* is a service of the Lincoln Area Agency on Aging (LAAA). The suggested contribution (tax-deductible) for the magazine is \$8. Contributions in any amount welcome! This magazine is for the 32,000 citizens, 60 years of age and older, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

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

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# Jarecke finds caregiver role fulfilling

This past year, Pat Jarecke and her husband, David, have seen quite a lifestyle change. Pat left the 8-to-5 business world and her rewarding job, in which she could see everything daily that she had accomplished.

As of April, Pat started spending her days, 24/7, as a caregiver for her 90-year-old mother.

She said she doesn't mind the change and wouldn't have it any other way.

"It's a totally different life," said Pat, who was working at the University of Nebraska Technology Park in Lincoln. "I am making great memories with my mother now is the way I look at it."

Pat has learned to lean on the virtues of patience, serenity, and her faith as a caregiver for her mother who was moved from her sister's home in Idaho after a slight stroke to be with Pat and her husband in Lincoln.

Pat said a caregiver has to be able to multi-task, be flexible in scheduling, and think ahead.

She could not do any of it without her husband's support, Pat said.

Her mother, Bernice Stypa, also suffers from vascular dementia, which is the second most com-



*Let Nothing Disturb Thee,  
Nothing Afright Thee;  
All Things are Passing;  
God Never Changeth.  
Patience Overcomes All Things;  
He Who Possesses God  
Lacks Nothing;  
God Alone Sufficeth.*

Pat Jarecke views the words behind her as a caregiver's motto. Jarecke left the business world to become a caretaker for her 90-year-old mother.

mon form of dementia after Alzheimer's Disease. She has difficulty with short-term memory. Her mother also suffers from idiopathic pulmonary fibrosis, which is a respiratory problem in the lungs, and has problems swallowing medicines.

Since other family members were not able to care for her mother, Pat, with the loving support of her husband, David, decided she could temporarily quit working to stay at home with her mother, even though it would change any original thoughts about retirement for them.

"I don't know how people who are able decide not to care for their parents," Pat said. "Making this decision was an easy choice for me."

Each day Pat looks at her new role as a caregiver, she is reminded of a story about caregivers she once received from her sister.

The analogy was made to the care receiver as beginning her dance toward death in a large room full of furniture with the care receiver at one end of the room and glass doors with the light of Eternity flooding through them at the opposite end. The story beautifully explained that as her mother danced around the room, ever moving toward the doors of Eternity, it was the role of the caregiver to make sure she was safe by moving the furniture out of her way.

"I'm a furniture mover," Pat said.

Once when Pat was sad that she was too young to go to school with her siblings, her mother made her feel special by saying that since they were the only ones left at home, they were going to be special "buddies" and do things together. When her mother was making the move to Lincoln, Pat reminded her of that message once again.

"I told her we're going to be special buddies again," Pat said.

## Family Caregiver Resource Fair April 12

The Third Annual Family Caregiver Resource Fair will be April 12 from 6 p.m. to 8:30 p.m. at Southeast Community College Continuing Education Center. It will provide family and loved ones with resources in the

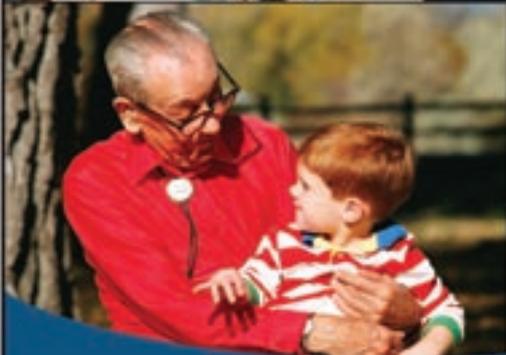
community that can ease their job.

Donna Washburn, elder care specialist with Elder Care Connection, said the fair aims to help caregivers, not take take over their jobs. It will provide family and loved ones with

resources in the community.

Washburn said about 100 people attended each of the last two fairs and expected this year's turnout to double. For more information, call Donna Washburn at (402) 441-7070.

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## Mark your calendars: Multi-County Calendar of Events

### Butler County

- 1st Monday** — Foot care is offered
- 4th Tuesday** — "Moving On," support group for those who have lost a loved one; 10 a.m.
- 2nd Thursday** — Bus Trip to Sloan, Leave David City at 7:45 a.m.
- 3rd Thursday** — Beltone Hearing Aid Program, 10 a.m.
- 1st Friday** — Accordion Jamboree, 10:30 a.m. - 2:30 p.m.
- 2nd Friday** — "Potato Bake" 11:15 a.m. - 1 p.m.

### Fillmore County

- A special "Roast Beef Dinner" fund-raiser will be held in February or March. Call (402) 759-4921 for details.
- 1st and 3rd Thursdays** — Pedicures are offered at the Geneva Center
- "Bean Bag Toss" Tournaments are held twice a year. Practice your "toss!"

### Saline County

- 1st Tuesday** — Commodity Distribution in Dorchester from 9:30 a.m. to 4 p.m.
- Grocery Delivery offered in Crete, DeWitt, Dorchester, Friend, Western and Wilber. Call (402) 821-3330 or (800) 778-3309 for more information.

### Seward County

- 4th Thursday** — "Potato Bake" at the LIED Senior Center, 11 a.m. - 1 p.m.
- Feb. 4** — "10th Anniversary Celebration" at the LIED Senior Center. Open House from 2 p.m. to 4 p.m.
- "February Soup Luncheon" fund-raiser at the Milford Center. Call (402) 761-3367 for details.
- March 3** — Seward County Aging Services Board will have a "Food Booth" located at the Fairground's Agricultural Pavilion during the Seward Home Show.
- March 11** — "Potato Bake" at the Utica Center, 11 a.m. to 1 p.m.

### Want to receive *Living Well* via e-mail?

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



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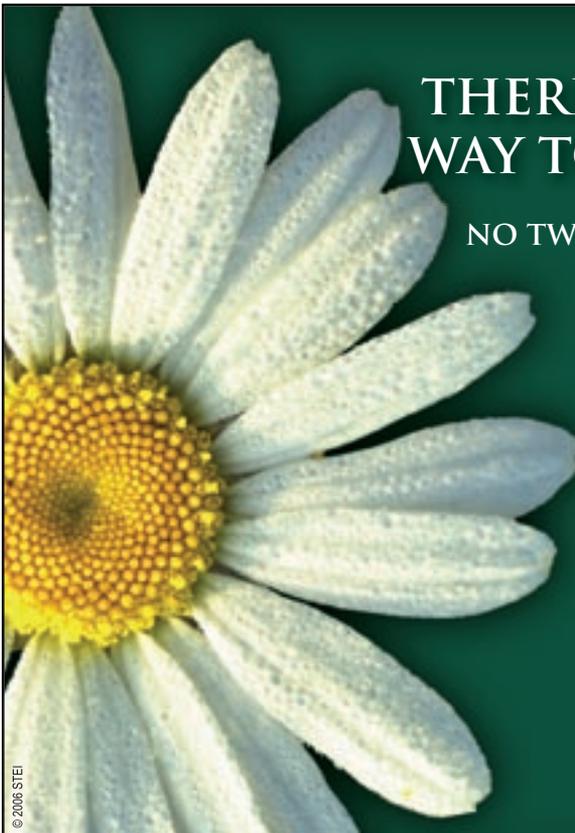
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## Byers welcomed in York County

York County Aging Services welcomes Lori Byers as its new program manager.

“I’m excited to be here and look forward to learning more about all the programs we offer,” Byers said. “This is a great area.”

Byers succeeds Carol Barr, who was the original York County Program Manager. Barr resigned after more than 20 years of dedicated service.

Byers most recently worked as a human resource director for a business covering a large portion of Kansas. Her job duties were similar to what health and human services personnel perform in Nebraska.

As the York County Aging Services Program Manager, which she started Oct. 25, Byers will work to ensure information gets to older adults on topics such as fraud prevention, Medicare paperwork, meals and transportation.

Some of the great programs of-

fered by York County Aging Services include: Busy Wheels, which is similar to a taxi service that older adults can call when they need a ride; Handy Bus is a wheelchair accessible bus that can be used to transport older adults.

If transportation is for a medical appointment, Medicare may cover the cost. If an individual qualifies as low-income, he or she may qualify for assistance to buy tickets at a reduced rate. The full fair is \$2 each way.

Another popular program is Telecare, in which elementary school children call older adults. They recently had a coffee and tea party hosted by the children for the older adults.

Byers is proud of the programs offered.

With a master’s degree in agriculture and long-term care administration from Kansas State University and extensive background working with older adults, Byers looks forward to



Lori Byers answers the call to serve as York County Aging Services Program Manager.

serving the people of York County.

“I’m getting back to what I really want to do,” she said.

Byers’ husband, Charles, retired from the U.S. Navy. They have a son, Daniel, and daughters Carolyn and Sarah. In her spare time, Lori enjoys gardening.

## Aging Services finds community partner

A food program organized between the Saunders County Aging Services and Jeris’s Cafe in Yutan serves as



Jeris’s Cafe in Yutan works with Saunders County Aging Services to provide meals for older adults in the community two days a week. From left, Natasha Kuhl, John Miller, Jeris Miller and Sheryl Garman work at the cafe.

a good example of a community partnership to meet older adults’ needs.

With a limited number of people coming into the Yutan Senior Center for meals, Sheri Schaeffer, Saunders County Aging Services Program Manager, approached Jeris Miller of Jeris’s Cafe to consider establishing the food program. Schaeffer prints coupons for older adults to use at the cafe on Tuesdays and Thursdays to get either a breakfast or lunch.

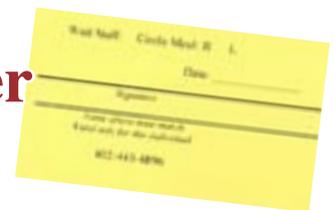
Jeris’s Cafe prepares the meals for the senior center and has drivers deliver to the homebound older adults.

“The program benefits everyone,” Schaeffer said. “This program is great and gives older adults choices.”

Miller said she and the cafe was more than happy to help with this program.

“We care about the community and want to do what we can,” she said.

Currently, about 23 people in the community use the program and Schaeffer expects that number to grow.



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# Lincoln Area Agency on Aging

## MISSION

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

## FIRST SERVICE

### Information and Referral

LIFE provides help for individual older persons and their caregivers to resolve questions, and concerns, occurring with aging. Services include referrals, counseling, social work and care management. First Services is the starting point in determining alternatives, and arranging services for individuals and their families in the LAAA eight county service area. Call (402) 441-7070 or (800) 247-0938.

## SENIORS FOUNDATION

A charitable foundation focusing on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County, (402) 441-6179. [www.seniorsfoundation.org](http://www.seniorsfoundation.org)

## ACTIVAGE 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. Eight centers in Lincoln and five in Lancaster County, L 441-7158

## ACTIVITIES & CLASSES

### • Health

Physical activity and exercise classes to improve health and fitness. L 441-7575

### • Travelogue

Travel films by professional photographers. L 441-7026

### • Tickets, tours and events

Opportunities to enjoy cultural and educational events. L 441-7158

## CAREGIVING — (402) 441-7070

### • ElderCare Connection

Caregivers receive information, support and assistance. [www.eldercare.gov](http://www.eldercare.gov)

### • Caregiver Support Groups

Discuss issues and problems of caregiving with other caregivers.

### • Senior Companion Program

Homebound older adults receive companionship 441-6105.

### • TELECARE

Daily reassurance phone call to older adults. L 441-6571

### • Caregiver Support Services

Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. (402) 441-7575

## LONG TERM CARE OPTIONS/ CARE MANAGEMENT

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

### • Care Management Services

### • LifeLine Emergency Response System

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### • Resident Services

Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor and Crossroads House in Lincoln and in Geneva. Fillmore & Lancaster only.

### • Senior Care Options

Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.

### • Supportive Services Program

Eligible older persons can receive assistance with the cost of in-home services and adult day care.

### • Medicaid Waiver Services

State funded in-home services for those who are Medicaid eligible who choose to live at home or use community based services.

### • Harvest Project

Mental health and substance abuse services. L 441-7070

## EMPLOYMENT

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### • OperationABLE

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# on Aging Services

## FINANCIAL

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

- **Financial Counseling**  
Information on Medicare, private insurance policies, reverse mortgages and home equity loans. L
- **Medicare Fraud**  
ECHO seeks to reduce waste and fraud in the Medicare Program.
- **Long-Term Care Ombudsman**  
Protects the rights of residents in long-term care facilities.
- **SHIIP**  
Senior Health Insurance Information Program  
Information concerning Medicare, Medicaid and

## HEALTH & FITNESS

(402) 441-7575

- **Lifetime Health Program**  
Health assessments, physical activity and exercise classes. A variety health educational presentations. Exercise classes, Forever Strong, Exercise for a Lifetime, Yoga and Pilates on 5-City TV daily. L
- **Forever Strong Health Club**  
Fitness equipment and consultations with certified personal trainers. L
- **Senior Health Promotion Center**  
The University of Nebraska - Medical Center and LAAA provide Health screenings. L
- **Alzheimer's Disease**  
The LIFE office provides information and referral. (402) 441-7070 or (800) 247-0938  
lincoln.ne.gov keyword: aging
- **Widowed Person Service**  
Support for people who are widowed. L 441-6101

## HOUSING

- **Home Handyman Service**  
Handyman services from mowing to leaky faucets to painting to broken light fixtures. L 441-7030
- **Assisted Living and Nursing Facilities**  
Listings are available from the LIFE office. (402) 441-7070, (800) 247-0938, lincoln.ne.gov keyword: aging.

## NUTRITION

(402) 441-7158

- **Nutrition Consultation**  
Older adults receive assessments, intervention planning, counseling, follow-up and coordination

with other service providers.

- **Meals**  
Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some Centers.

## TRANSPORTATION

- **Transportation to the ActivAge Centers**  
L 441-7158
- **Lancaster County Rural Transit**  
Fixed schedule transportation from rural Lancaster communities into Lincoln. L 441-7031
- **Other options in the community**  
Listings available at 441-7070, lincoln.ne.gov keyword: aging.

## VOLUNTEERING

- **RSVP / Retired & Senior Volunteer Program**  
Volunteer experiences for those ages 55+. Coordinates between community needs and the talents of the volunteers. L 441-6103
- **Foster Grandparent Program**.... 441-6105
- **Guardian and Conservatorship** 441-7070
- **Long-Term Care Ombudsman**... 441-7070
- **Senior Companion Program** ..... 441-6105
- **SHIIP** ..... 441-7070
- **TELECARE** ..... 441-6571
- **Widowed Persons Service** ..... 441-6101

## MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**  
(402) 367-6131
- **Fillmore County Senior Services**  
(402) 759-4921
- **Polk County Senior Services**  
(402) 764-8227
- **Saline Eldercare**  
(402) 821-3330
- **Saunders County Senior Services**  
(402) 443-4896
- **Seward County Aging Services**  
(402) 761-3593
- **York County Aging Services**  
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## Online Safety: Protect yourself from spoof e-mail and Web sites, fake second chance offers

Matt Halprin manages the Global Trust and Safety Policy team at eBay. One of his team's core responsibilities is to help people better understand how to stay safe when buying and selling online. With the busy holiday season upon us, we think it's an important time to remind everyone of the safe practices and good judgment that you should use all year round.

All of us at eBay are committed to preserving the safety of our marketplace and rely on you, the community, to help in this regard. As the Internet has evolved and grown so have the trading opportunities for all of us. Unfortunately, this success has also attracted a number of bad players who prey on unsuspecting Internet users. We don't want that to happen to you.

Below are important safety tips that can help keep your accounts and personal information more secure and help guard against fraud, including spoof (also called phishing) emails and websites, and fake second chance offers.

Never pay with Western Union or Money Gram. eBay strongly encourages its members to avoid using instant cash wire transfer services such as Western Union or MoneyGram. It's against eBay's Safe Payments Policy for a seller to request payment via these methods as they've proven to be unsafe when paying someone the buyer doesn't know.

Check My Messages to verify the authenticity of eBay emails. Any email eBay sends you about your account or requesting personal information will also be in My Messages. Before responding to an eBay email asking for information about your account or requesting personal information, verify it's authentic by checking My Messages. If it's not in My Messages, it's a fake email. If you receive a suspicious email that looks like it's from eBay or PayPal, please forward it to spoof@ebay.com or spoof@paypal.com. We will respond (usually within minutes) to tell you whether or not the email is authentic.

Always verify Second Chance Offers. Sending fake Second Chance Offers is a common trick used by fraudsters. If you receive an email with a Second Chance Offer for an item you recently bid on, please check your My Messages inbox (located in My eBay) on the eBay site to make sure the offer is authentic. If it appears in My Messages with the title "eBay Second Chance Offer for Item...", it's authentic. If the Second Chance Offer does not appear in My Messages, or appears with a different title, it is not legitimate and should be ignored. Help us fight this, by reporting these fakes to spoof@ebay.com. Download eBay Toolbar and PayPal SafetyBar. eBay Toolbar includes Account Guard which indicates when you are on a legitimate eBay or PayPal site, and alerts you when you are on a known fraudulent site.

PayPal's SafetyBar detects fraudulent emails in your email program and puts them in the spam folder.

Monitor your account regularly for suspicious activity.

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Be suspicious of any email that requests personal information. Be cautious of other emails that request you to click a link and submit your financial or personal information. If in doubt, call or contact the institution first to verify the authenticity of the email. Do not click on any links in this type of email if you cannot verify it is authentic. Only enter your financial information on secure Web sites. Check that a Web site is secure by looking for the closed lock symbol near the bottom of your browser window. And, of course, use a payment method such as PayPal, which lets you pay without sharing your financial information with the person receiving your money. PayPal also covers you 100% against unauthorized money sent from your account.

You can find out the latest information on safety, security and identity theft protection by visiting the PayPal Identity Protection pages and the eBay Security & Resolution Center. We are always available for you if you have any questions or suggestions on how to make eBay safer.

**Matt Halprin, Vice President, eBay Global Trust & Safety Policy**  
**Submitted by Sheriff Terry Wagner,**  
**Member of the LAAA TRIAD Council.**

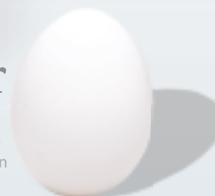
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# Able to work

Houston Doan loves his job because he can make a difference in a person's life.

Doan serves as the Operation ABLE Program Coordinator. ABLE stands for Ability Based on Long Experience and is a program designed to help people aged 50 years and better find employment.

"If you help someone get a job, you have literally changed their life for the good," Doan said. "There's no doubt about it; their confidence skyrockets. There are few jobs that let you make a difference in a person's life like that."

Operation ABLE is a program of the Lincoln Area Agency on Aging, providing counseling and job-search assistance to persons 50 or older in an eight-county service area, includ-

ing: Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York.

Program employees help promote the attributes and value of experienced workers in the work place no matter their age and help create quality job opportunities for individuals aged 50 years and better. They do that through individual casework to find a person's interests to determine the type of employment that best fits the individual. They will then refer the individual to potential employers that could be a good fit. They also work with employers to educate and encourage the hiring of older employees.

The program costs nothing for an individual to use, and its benefits are priceless, according to Mary Owens.

Owens heard about the program through a friend. She contacted Op-



Mary Owens found a part-time job in Lincoln with assistance from Operation ABLE.

eration ABLE and found her part-time job with The Honeybaked Ham and Café Co. in Lincoln.

"It sounded like a good program and thought I would give it a chance," Owens said. "If people are interested and want to find a job, the program does help."

Operation ABLE in Lincoln works with about 600 people per year and places more than half of those people with employment.

For more information about Operation ABLE, call (402) 441-7064 or (800) 247-0938.

## "Is there a need in Lincoln for Social Transportation"?

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The Seniors Foundation is developing a volunteer social transportation program and has prepared a report covering local transportation options. Learn about what services are available and how you can get involved.

All households requesting a copy of the transportation report will be entered into a free drawing for an autographed copy of Art Linkletter's "Kids Say the Darndest Things."



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

Seniors Foundation, P.O. Box 81904, Lincoln, NE 68501



Please send me a copy of the Seniors Foundation Social Transportation report and enter me in the Art Linkletter drawing.

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# WHAT TO DO AFTER RETIREMENT

## Hewitt finds second career

Some people view “retirement” as a time maybe to kick back and relax, go fishing, take a few trips or visit with friends and family. Still, there are others who look at it as an opportunity to tackle another career — maybe something they always have wanted to do, but did not have the time.

Jim Hewitt is among the latter category.

“I always have been involved in a lot of things and knew that if I didn’t have something to do after retirement, I would go crazy,” Hewitt said.

He had a successful career as a lawyer and then vice president and general legal counsel at NEBCO. Hewitt, a U.S. Air Force veteran who served from 1957 to 1960, also had served as the president of the Nebraska Bar Association in 1985 and made a run for the Nebraska State Legislature in 2000. He lost in his campaign to Mike Foley, who now serves as the Nebraska State Auditor.

So what was Hewitt’s next move? He had already gone back to school to earn his master’s and doctorate degrees in history. And, at age 74, Hewitt is in his sixth year as an adjunct professor of history at Nebraska Wesleyan University.

“I’m glad I went back to work,” said Hewitt, who teaches a graduate course in Nebraska History. “I couldn’t be the type

of person to just hang around the house.”

Hewitt knows a lot of people return to school after “retirement” to either pursue another career choice or to continue learning. He encourages it for anyone who wants to stay active after retirement.

However, going back to school as a non-traditional student came as somewhat of a shock at first. College student behavior and dress had become more “relaxed” than when he first went to college in the 1950s.

“It was different, but I was impressed with the quality of teaching at the University of Nebraska-Lincoln,” Hewitt said.

Now, as a professor himself, he is straightforward about his expectations to students. Hewitt’s students seem to appreciate the approach. The students have given him good evaluations at the end of each semester.

Hewitt finds his second career to be rewarding and enjoys the intellectual conversation with students and other faculty members. During this upcoming semester, he will add Constitutional History to the courses that he teaches.

Hewitt points out that his path to a second career and teaching at Nebraska Wesleyan University after his “retirement” didn’t just happen overnight though. It took planning, which is something he stresses as important for anyone who nears retirement but knows they want to stay active.

Hewitt followed in his father’s footsteps as a lawyer and he and his wife, Marjorie, have two of their four children currently working as lawyers. Hewitt knew practicing law was something he always wanted to do. But, he also had the itch to continue challenging himself and look at other options after retirement.

At age 70, Hewitt knew he would have to retire after 41 years with NEBCO. He retired in 2002, but the wheels had already started moving toward another career.

In the 1990s, Hewitt served as a president for the Friends of the Center for Great Plains Studies. During that time, he talked to the Center’s director, who was a history professor at the University of Nebraska-Lincoln. The Center was planning a symposium and asked Hewitt to present information about historical vigilante activity in Nebraska.



Jim Hewitt, retired law professor at Nebraska Wesleyan University



Jim Hewitt, left, talks with Tim Bayne, Lincoln East teacher, who is taking the History of Nebraska course offered at Nebraska Wesleyan University and taught by Hewitt.

# RETIREMENT ●●●



lawyer and general legal counsel at NEBCO, teaches History of Nebraska at University.

“  
**I have enjoyed both  
of my careers.  
Making a switch is good  
for a person and it is a  
worthwhile enterprise in  
my judgement.**

— Jim Hewitt

In 2000, Hewitt was asked if he could serve as a part-time professor at Nebraska Wesleyan. It's a decision he has never regretted, and looks forward to sticking with it for “as long as they will let me,” he said.

“I have enjoyed both of my careers,” Hewitt said. “Making a switch is good for a person and it is a worthwhile enterprise in my judgement.”

When he does stop teaching, Hewitt said he then might just stay home. But, stay tuned, Hewitt cautions.

## Lifelong Learning

The Osher Lifelong Learning Institute (OLLI) in Lincoln is a member of the Bernard Osher Foundation. In partnership with the University of Nebraska-Lincoln, OLLI is one of 93 institutes across the United States located on university and college campuses. The organization is dedicated to promoting lifelong learning by providing stimulating and varied learning opportunities for lifelong learners aged 50 years and better.

OLLI courses generally are 75 minutes long and meet once a week for seven weeks. The winter courses begin the week of Jan. 22, concluding March 9. Spring courses begin March 19 and run through May 4. Opportunities exist for learning experiences outside a classroom setting as well.

An annual membership is \$50 per year (July 1 – June 30) which includes one course class of your choice. Additional classes are \$25 each. The membership drive that began in November of 2006 gives new members who join by January 31, 2007 an 18-month membership for the \$50 fee (valid until June 30, 2008).

The Spring Semester courses include a variety of offerings. Those with an interest in history and current events might be interested in “Roll Over Joe Stalin: The Rise and Fall (and Re-emergence?) of Russia and the Soviet Union from Czarist Times to Present” or “Is The World Really Becoming Flat? Globalization and Its Consequences.”

Those with an interest in art might choose “Art of the Great Plains” or “More Great Artists of the Italian Renaissance.” You can become conversational in Spanish, learn about the U.S. Health Care System, delve into the art and craft of theatre, or become better acquainted with famous Nebraskans.

Classes are held on the University of Nebraska-Lincoln East Campus, Legacy Estates at 7200 Van Dorn or the Southeast Community College Continuing Education Center at 301 S. 68th St Pl. For information about becoming an OLLI member you can call (402) 472-6265, email [olli@unl.edu](mailto:olli@unl.edu) or use the web at <http://olli.unl.edu>.

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# ActivAge Events

## ASSISTANCE EVENTS

### • **Income Tax Assistance**

Watch for information in January to make appointments late January through mid April, at Calvert, 441-8483; Downtown, 441-7506; and other ActivAge Centers. The Lake Street ActivAge Center, 2400 South 11th Street, 441-7157, will provide this service on Thursdays, 10am-12noon, from Jan. 25 to April 12. The Northeast ActivAge Center, 6310 Platte, 441-7151, will provide this service on Tuesdays and Thursdays, 1 p.m. - 3 p.m., from Jan. 30 to April 12. Call your closest Center or (402) 441-7158 for more information in late January.

### • **Widowed Persons Service Meetings**

WPS is a program sponsored by the Lincoln Area Agency on Aging with support from AARP. The program is concerned about the newly widowed in our community and offers various groups for widowed men and widowed women. Those in WPS have experienced widowhood and know how difficult this period can be and want to let you know there is help available, should you need it. No fees. If you would like to visit with a trained volunteer or receive more information, please call (402) 441-7028. You are invited to attend these get-togethers:

#### - **Friendship Group**

meets every Sunday from 2 p.m. -3:30 p.m. Open to widowed people of all ages. Call 441-7028 for the current location.

#### - **Widower's Breakfast**

meets every Thursday at 8 a.m. at Stauffer's Café, 5602 South 48th St.

#### - **Widow's Breakfast**

meets the 3rd Thursday of each month at 9 a.m. at T & R's Garden Restaurant, 5250 Cornhusker Highway.

#### - **Widow's Luncheon**

meets the first Thursday of each month at 11:30 a.m., visiting a different restaurant monthly. Call 441-7028 for the current location.

#### - **Just Pals**

A social group for widowed persons, meets once monthly on a Saturday night, visiting a different restaurant monthly. Call 441-7028 for the current location.

#### - **"Charlie Brown's Kids"**

A group for children who have lost a parent through death, meets the first and third Thursday of each month from 6-8pm at Sheridan Lutheran Church, 6955 Old Cheney Road. Bring a brown bag supper. Also sponsor "Parents Night Out" one evening each month. Call 483-1845 for information.

## EDUCATION EVENTS

### • **Arthritis Self Help Course**

Take control of your arthritis today for a better tomorrow! Course will be Tuesdays from 1 p.m. - 3 p.m., January 23, 30, and February 6, 13, 20, and 27 at Easterday Recreation Center, 6130 Adams. Price is \$25. Call Lifetime Health at (402) 441-7575 for registration and information.

### • **Making a Difference Workshop**

We each have unique gifts and/or talents that we can contribute to others and to the world. When we share them with others we make a difference in their lives as well as in our own. Learn what your gifts are

and how to make that difference. You will discover and/or remember what is really important to you and receive some simple tools to bring more meaning, satisfaction, and harmony into your everyday life. Instructor is Kris Taller, Certified Life Coach. Workshop will be Saturday, Feb. 3, 8:30 a.m. - 11:30 a.m., at the Northeast ActivAge Center, 6310 Platte Avenue. Limited to 15 participants. Cost is \$15. Call (402) 441-7575 for registration and information.

### • **Selecting Goals Beyond 50-60-75 Years Workshop**

What would it be like to sit down and vision your retirement? What do you see yourself doing? What could you be doing differently that you aren't doing now? What would you like to experience: travel, a new career, writing that book you've always wanted to write, painting, or planting that garden? Come to this workshop and discover the passion that remains to be expressed! Instructor is Kris Taller, Certified Life Coach. Workshop will be Saturday, March 3 at the Northeast ActivAge Center, 6310 Platte Ave. Cost is to be announced. Call (402) 441-7575 for registration and information.

- **Prime Time Open Art Studios: "Just Add Water" Watercolor Class**  
Did you know that older adults that participate in art activities are happier and healthier! If you are 60+ and interested in positive self expression through hands on art experiences, then you are invited to the fourth session of Prime Time Open Art Studios. Learn the how-to's of this traditional art technique. Facilitated by artist Colleen Brown. Sessions will be held Fridays, Jan. 19 to

Continued on Page 20

## Continued from Page 19

March 16, 9:30 a.m. - 11:00 a.m., at the “F” Street Community Center, 1225 “F” St. Includes art materials, transportation for those needing this service, and wellness assessments. No prior art experience or training is necessary; both beginning and experienced artists are welcomed. Lincoln Parks & Recreation, LAAA’s Lifetime Health Program, and the University of Nebraska Medical Center College of Nursing are working together for this project. Made possible by a grant from the Johnson & Johnson Society for the Arts in Health Care. Free for people 60+. Call the Lifetime Health Program at (402) 441-7575 or the “F” Street Community Center at (402) 441-7951 for more information or your reservation. Register before Jan. 12. Limited openings.

## HEALTH PROMOTION EVENTS

Call the Lifetime Health Program at (402) 441-7575 for information and registration.

### • Senior Health Promotion Center

The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging’s Lifetime Health program, perform health and dental screenings at the Downtown ActivAge Center, 1005 “O” St. No appointments needed for most services, walk-ins are encouraged. Dental screenings do require an appointment; please call (402) 441-6687. The Clinic is open from 9:30 a.m. - 2:30 p.m., on almost every Tuesday and almost every Thursday during the school year. Call the Lifetime Health Program at (402) 441-7575 for more information about the Clinic, dates open, free parking, and free transportation. Also, check with your closest ActivAge Center for transportation to the Clinic. The schedule includes:

- **January:** 16, 18, 23, 25, 30
- **February:** 1, 6, 8, 13, 15, 20, 22, 27
- **March:** 1, 6, 8, 20, 22, 27, 29

### • Stretch and Tone

An easy and relaxing way to improve your flexibility and muscle tone. Most exercises are done sitting or standing near a chair. A great class for the beginning exerciser or person who hasn’t been exercising for a while. Classes are Tuesdays and Thursdays, 9:30 a.m. - 10:15 a.m., North Gate Estates, 2425 Folkways Blvd. Instructor is Barb Krenk. Can join at any time. Price is \$28 per session. Call the Lifetime Health Program at (402) 441-7575 to register.

- **January:** 9 (first class), 11, 16, 18, 23, 25, 30
- **February:** 1, 6, 8, 13, 15, 21, 22, 27
- **March:** 1 (final class)

### • Gentle Pilates Mat Class

This slower-paced class utilizes the principles of STOTT

Pilates to enhance stabilization of the core body and major muscle groups. Class meets Thursdays, 9:30 a.m. - 10:30 a.m., Auld Recreation Center, 3140 Sumner St. (off of Memorial Drive in Antelope Park). Instructor is Wendy Anderson. Can join at any time. Price is \$22 per session. Call the Lifetime Health Program at (402) 441-7575 to register.

- **January:** 11 (first class), 18, 25
- **February:** 1, 8, 15, 22
- **March:** 1 (final class)

### • Yoga Refresh and Renew

This beginner/intermediate level class is a gentle and relaxing way to improve balance, enhance overall flexibility, gain strength and refresh your mind. Classes are Thursdays, 10 a.m. - 11:30 a.m., at the Belmont Recreation Center, 1234 Judson. Instructor is Daya Nelson. Can join at any time. Price is \$45 per session. Call the Lifetime Health Program at (402) 441-7575 to register.

- **January:** 11 (first class), 18, 25
- **February:** 1, 8, 15, 22
- **March:** 1 (final class)

### • Easing into Yoga

Class is designed to introduce the practice of yoga. Most work will be chair based. Instructor is Terri Swanson. Can join at any time. Price is \$22 per session. Call the Lifetime Health Program at (402) 441-7575 to register. Classes at Auld Recreation Center, 3140 Sumner (off of Memorial Drive in Antelope Park) are Tuesdays, 9:30 a.m. - 10:30 a.m.:

- **January:** 9 (first class), 16, 23, 30
- **February:** 6, 13, 20, 27 (final class)  
Classes at Lake Street ActivAge Center, 2400 South 11th Street, are Wednesdays, 9:30 a.m. - 10:30 a.m.:
- **January:** 10 (first class), 17, 24, 31
- **February:** 7, 14, 21, 28 (final class)

### • Easy Tai Chi

Fun! Easy! Effective! The movements are basic and do not require years of study. No experience or equipment needed. Learn the basics to continue at home. Class meets Wednesdays, 10:15 a.m. - 11:15 a.m., Auld Recreation Center, 3140 Sumner (off of Memorial Drive in Antelope Park). Instructor is Laura LaDue. Can join at any time. Price is \$22 per session. Call Lifetime Health Program at (402) 441-7575 to register.

- **January:** 10 (first class), 17, 24, 31
- **February:** 7, 14, 21, 28 (final class)

Continued on Page 21

• **Fitness 101**

This drop-in class is designed for the person new to exercise or the person who has not exercised regularly for some time. Stretch & tone and breathing & relaxation exercises will be done in or near a chair. This is an on-going class. The class at Calvert ActivAge Center, 4500 Stockwell, meets Mondays, 10:30 a.m. - 11:30 a.m. and Wednesdays, 10:15 a.m. - 11:15 a.m.. The class at the Northeast ActivAge Center, 6310 Platte Avenue, meets Tuesdays and Fridays, 9:45 a.m. - 10:45 a.m. Free. Call the Lifetime Health Program at (402) 441-7575 for more information.

• **Forever Strong Health Club**

Open weekdays, 8 a.m. - 4 p.m., and Saturdays (except holidays), 9am-12noon. Located at the Downtown ActivAge Center, 1005 "O" St. Free for those 60 and better. Look for a Fitness Challenge in January! Call the Lifetime Health Program at (402) 441-7575 for more information on the Club, free parking, and free transportation.

• **Certified Personal Trainers**

Beginning in January, hours will be Tuesdays, 1 p.m. - 3 p.m. and Thursdays, 9 a.m. - 11 a.m. and 1 p.m. - 3 p.m. Located in the Forever Strong Health Club, at the Downtown ActivAge Center, 1005 "O" St. Call the Lifetime Health Program at (402) 441-7575 for more information.

**ACTIVAGE CENTERS**

Stop by the Centers for fun, social, recreational, health, or educational programs. Call the Center listed for more information and reservations. Meal reservations must be made at least two days in advance. Suggested contribution for meals. For general information about Centers, call (402) 441-7158. For more information about each Center, their activity/event calendar for the current month, and the noon meal menu for the current month, go to the City of Lincoln website at [www.lincoln.ne.gov](http://www.lincoln.ne.gov), keyword: aging, choose "ActivAge Centers" from the sidebar on the left, click on the Center(s) in Lincoln or Lancaster County you wish to view. The activity and meal calendars are updated at the beginning of each month; you will need Adobe Acrobat Reader to view.

- **April 12**

6:30 p.m., Annette Murrell, vocalist and band; cost tba, Maxey, 441-7849 or Malone Community Center, 474-1110. This is a fund-raiser for the Maxey ActivAge Center. Advance reservations requested.

The excitement continues with evenings of fabulous food and fantastic entertainment at the ActivAge Centers, Cotner Center Condominiums (1540 North Cotner: North 66th at Cotner and Holdrege), or other locations. The LAAA ActivAge Centers are co-sponsoring this series with Cotner Center Condominiums and Seniors Foundation. Reservations (and cancellations) must be made by 10 a.m. on the Tuesday before that week's event by calling (402) 441-7158. The meal is served at 5:30 p.m., with entertainment following. Price is \$8 for people over 60; and \$9 for people under 60. Van is an additional \$1 fee. Make payment(s) prior to the event(s). Checks are payable to "Lincoln Area Agency on Aging" with a notation in the memo of "Dinner & a Show." Payments are sent to:

Lincoln Area Agency on Aging  
ATTN: Dinner & a Show  
1005 "O" Street  
Lincoln, NE 68508-3628

Pre-payment is requested. "Pay at the door; \$2 more!" If you must pay at the door, prices are: \$10 for people over 60 or \$11 for people under 60.

- **Feb. 15 - "Great Jubilations II"**

A celebration of Black History Month featuring gospel music from an assortment of Lincoln choirs, sponsored with the Malone Community Center, at the Cotner Center Condominiums

- **March 8 - "A Country Music Extravaganza"**

Starring Nashville recording artist Elaine Peacock as Patsy Cline and featuring the 2004 Nebraska Country Music Association's Duet of the Year, Larry and Karen Dorman as The Mellow D's, at the Cotner Center Condominiums

- **April 5 - "A Star is Born"**

You may have "Left Your Heart in San Francisco," but a "Star is Born" in Lincoln when you sing along with your favorite karaoke tunes!, at the Cotner Center Condominiums

- **May 17 - "The Broadway Bill Show"**

The up-tempo music of Frank Sinatra, Dean Martin, and Tony Bennet, at the Cotner Center Condominiums

- **June 14 - to be announced**

Picnic meal at Holmes Lake Park

- **July 19 - The Throwing Picassos**

At the Cotner Center Condominiums

- **Aug. 2 - Emanon**

At the Cotner Center Condominiums

# ActivAge Events

Continued from Page 21

**- September tba - to be announced**

Melodrama, at the Cotner Center Condominiums

**- October tba - Retro Mantics**

At the Cotner Center Condominiums

**- November tba - "USO Show"**

At location to be announced

## LEISURE EVENTS

**• Call for Artists 55+: Fine Art of Experience**

Sponsored by the Lincoln Area Agency on Aging, is a juried art show, competition, and art sale exclusively featuring the visual artwork of professional and high quality amateur older adult artists, age 55 and older, who reside in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward, or York counties. Paintings, drawings, and fiber art, including weavings, will be shown. Show date and location is to be announced. A call for artists will be made in early 2007. Submissions will include slides or digital images of up to three artworks per applicant with a \$20 entrance fee. Three additional slides/images may be submitted for another \$10. Juried by Norman Geske, Anne Pagel, and Dean Settle. Funding from the Nebraska Arts Council, [www.nebraskartscouncil.org](http://www.nebraskartscouncil.org) and the Seniors Foundation, [www.seniorsfoundation.org](http://www.seniorsfoundation.org). Applications will be available by calling (402) 441-7158.

**• ActivAge Travelogue Film Series  
2006/2007**

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**- Feb. 21-22 - "Mexico" Presented by Fran Reidelberger**

**- March 13-14 - "Vietnam - a Land of Surprises"**

Presented by Buddy Hatton

**- April 10-11 - "Prague to Paris" Presented by Clint Denn**

## Lied Center for Performing Arts 17th Season

\* A "restoration fee" is a new charge from the Lied Center that is usually \$2 per ticket; checks payable to "UNL," also Visa & MC; usually section 2, visit [www.liedcenter.org](http://www.liedcenter.org) or call FingerTips at 323-1764 for recorded information

**- Jan. 16**

7:30 p.m., Hamburg Symphony Orchestra with Robert McDuffee, Violin, \$22.50+2\*=\$24.50 for older adults (compare to usual prices of \$50+2, \$45+2, & \$40+2)

**- Jan. 25**

7:30 p.m., Moscow Festival Ballet - "Cinderella," \$17+2\*=\$19 for older adults (compare to usual prices of \$39+2, \$34+2, & \$29+2)

**- Jan. 31**

2 p.m., "STOMP" group price in section 2, \$36+.50\*=\$36.50 (with 20 people of ANY age) (compare to usual prices of \$45+2, \$40+2, & \$35+2) **STOMP** is explosive, provocative, sophisticated, sexy and appeals to audiences of all ages. The international percussion sensation has garnered an armful of awards and rave reviews and has appeared on numerous national television shows. The eight-member troupe uses everything but conventional percussion instruments — matchboxes, brooms, garbage cans, hubcaps — to fill the stage with magnificent rhythms. "STOMP finds beautiful noises in the strangest places," from *USA Today*. STOMP. See what all the noise is about. Visit [www.stomponline.com](http://www.stomponline.com)

**- Feb. 3**

7:30 p.m., Maria Schneider Orchestra, \$20+.50\*=\$20.50 (with 20 people of ANY age) (compare to usual prices of \$39+2, \$29+2, & \$22+2)

**- Feb. 7**

7:30pm, Hungarian State Folk Ensemble, \$14.50+2\*=\$16.50 for older adults (compare to usual prices of \$36+2, \$29+2, & \$24+2)

**- Feb. 10**

2 p.m., "The Producers," musical comedy, group price in section 2, \$45+.50\*=\$45.50 (with 20 people of ANY age) (compare to usual prices of \$55+2, \$50+2, & \$45+2) Everything you've heard is true! "Mel Brooks has put the comedy back into musical comedy. The Producers is the funniest, most fearlessly irreverent thing ever seen on stage!" (*USA Today*) And now you can experience the biggest Tony Award® winner in Broadway history when it comes to Lincoln. Visit [www.producersonbroadway.com](http://www.producersonbroadway.com)

Continued on Page 23



## REDUCED PRICE TICKETS

Call (402) 441-7158 for reservations or information. Please call in reservations before sending payment(s). Enclose a business-sized (9.5"x4"), self-addressed, stamped envelope for each event.

**Continued from Page 22**

**- Feb. 16**

7 p.m., Roald Dahl's "Willy Wonka," \$12+2\*=\$14 (usual price for ANY age) or \$6+2\*=\$8 for youth

**- March 3**

2 p.m., "Man of La Mancha," group price in section 2, \$36+.50\*=\$36.50 (with 20 people of ANY age) (compare to usual prices of \$45+2, \$40+2, & \$35+2) One of the all-time greats of American stage history! This musical adaptation is based on Miguel de Cervantes' literary masterpiece, "Don Quixote." After its premiere on Broadway in 1965, the musical won audiences' hearts and all the major theatre awards, including five Tony Awards®. This timeless musical features an incomparable score including "Man of La Mancha (I, Don Quixote)," "I Really Like Him" and "The Impossible Dream (The Quest)." The costumes, dancing and music will leave you breathless. The story will leave you speechless.

**- March 7**

7:30 p.m., Doc Severinsen & His Big Band, \$18.50\*=\$20.50 for older adults (compare to usual prices of \$47+2, \$37+2, & \$32+2)

**- March 8**

7 p.m., Riders in the Sky, \$12+2\*=\$14 (usual price for ANY age) or \$6+2\*=\$8 for youth

**- March 21**

7:30 p.m., Bulgarian State Opera - "Turandot," \$20.50\*=\$22.50 for older adults (compare to usual prices of \$49+2, \$41+2, & \$36+2)

**- March 24**

7:30 p.m., Soweto Gospel Choir, \$20+.50\*=\$20.50 (with 20 people of ANY age) (compare to usual prices of \$37+2, \$32+2, & \$22+2)

**- March 29**

7:30 p.m., "All Shook Up," the Nebraska premiere of the Elvis Presley musical; group price in section 2, \$46.80+.50\*=\$47.30 (with 20 people of ANY age) (compare to usual prices of \$57+2, \$52+2, & \$47+2) Romance. Rebellion. Rock 'n' Roll. Combining all-time favorite Elvis Presley songs with a surefire rock 'n' roll story, All Shook Up tells the romantic tale of how a young girl's dream comes true when a guitar-playin' roustabout rides into a square state and turns the town upside down with his hip-swivelin', lip-curlin' and sexy song singin'. This clever, buoyant and energetic musical features such classics as "Heartbreak Hotel," "Burning Love" and "Jailhouse Rock." It's a well-tuned hot-rod musical

that took Broadway by storm and guarantees to have you jumpin' out of your blue suede shoes. "The best retro rock show since Grease." NBC-TV. Visit [www.allshookup.com](http://www.allshookup.com)

**- April 6**

7:30 p.m., John Pizzarelli, \$14+2\*=\$16 for older adults (compare to usual prices of \$38+2, \$28+2, & \$24+2)

**- April 17**

7:30 p.m., Omaha Symphony Orchestra, \$18.50+2\*=\$20.50 for older adults (compare to usual prices of \$45+2, \$37+2, & \$32+2)

**- April 21**

2 p.m., Elton John and Tim Rice's "AIDA," musical love story, group price in section 2, \$38.70+.50\*=\$39.20 (with 20 people of ANY age) (compare to usual prices of \$48+2, \$43+2, & \$38+2) Winner of four 2000 Tony Awards®, AIDA is a musical bursting with contemporary energy that tells of the love triangle between Aida, a Nubian princess stolen from her country; Amneris, an Egyptian princess; and Radames, the soldier they both love. AIDA is an epic and classic tale of love, loyalty, betrayal and courage, with an exhilarating Tony® and Grammy® Award-winning score by Elton John and Tim Rice, their first collaboration since writing the music for The Lion King. Time Magazine proclaims AIDA "A big, bright show with luscious Elton John melodies." Visit [www.disney.go.com/disneytheatrical/aida](http://www.disney.go.com/disneytheatrical/aida)

**- April 28**

7:30 p.m., Shen Wei Dance, \$15.50+2\*=\$17.50 for older adults (compare to usual prices of \$36+2, \$31+2, & \$26+2) Think Chinese opera meets dance meets painting meets sculpture and theater. This New York-based avant-garde company will give you a new idea of what dance in the 21st century can look like. from the *Omaha World Herald*, Sept. 10, 2006, page 4AT

**Lincoln Community Playhouse 61st Season**

Prefer to have a group of at least 10 to offer these prices, checks payable to "LCP," also credit cards (need zip code for billing address of credit card used); visit [www.lincolnplayhouse.com](http://www.lincolnplayhouse.com)

**- Jan. 28** — 2 p.m., "A Year With Frog and Toad," musical, \$5

**- March 8** — 7:30 p.m., "The Full Monty," musical, \$15

**- March 11** — 2 p.m., "The Full Monty," musical, \$15

**- April 8** — 2 p.m., "Enchanted April," \$10

**- April 14** — 7:30 p.m., "Enchanted April," \$10

**- May 6** — 2 p.m., "James and the Giant Peach," \$5

**- June 7** — 7:30 p.m., "Soda Pop," musical presented by The Crooked Codpiece Company, \$8

**Continued on Page 24**

# ActivAge Events

Continued from Page 23

- **June 24** — 2 p.m., “The Wiz,” musical, \$15
- **June 30** — 7:30 p.m., “The Wiz,” musical, \$15

## Lincoln’s Symphony Orchestra 80th Season

Tickets are usually \$35, reduced price tickets for older adults will be \$20; BRING THE GRANDKIDS - student/youth tickets are just \$5 (regular student/youth price is \$21); checks payable to “LSO,” also Visa & MC; visit [www.lincolnsymphony.com](http://www.lincolnsymphony.com)

- **Feb. 2** — 7:30 p.m., “Russian Heartstrings,” Kimball Recital Hall, \$20
- **March 10** — 7:30 p.m., “Solos & Celebration,” Kimball Recital Hall, \$20
- **April 15** — 2 p.m., “Madcap, Music & Mayhem,” O’Donnell Auditorium, \$10 (usual price for ANY age)
- **May 12** — 7:30 p.m., “Mahler’s Resurrection Symphony,” Lied Center, \$20

## Lincoln Friends of Chamber Music

Limited seating - we will check for availability; tickets are usually \$30, reduced price tickets for older adults will be \$20; BRING THE GRANDKIDS - student/youth tickets are just \$5; checks payable to “LFCM,” all performances are in the Sheldon Memorial Art Gallery Auditorium at 12th & “R,” pre-concert lecture is at 7:30 p.m., concert is at 8 p.m.; visit [www.lfcm.org](http://www.lfcm.org)

- **Feb. 17**  
8 p.m., *Tempesta di Mare*, Sheldon, \$20
- **March 23**  
8 p.m., *Vilnius String Quartet*, Sheldon, \$20
- **April 27**  
8 p.m., *Trio con Brio Copenhagen*, Sheldon, \$20

## Lincoln Continentals

Male barbershop music, checks payable to “Lincoln Continentals,” visit [www.lincolncontinentals.org](http://www.lincolncontinentals.org)

- **March 14**  
Youth in Harmony, Norris High School, 25211 S. 68th St., Firth, NE, day long event with an evening concert
- **April 28**  
2:30 p.m., Spring Concert, celebrate the Continentals’ 60th Anniversary, special guests are “3 Men & a Melody,” Kimball Recital Hall, \$13 (with a group of 10, tickets will be just \$11; we will advise you of this price when the quota is reached)

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- **March 24:** Exclusive: Happy Days in Fremont
- **April 25:** Monkey Business at Nebraska City
- **May 18:** TULIP FESTIVAL in Orange City, Iowa
- **June 9:** Exclusive: VINYL Revival in Omaha

## CLOSINGS

LAAA facilities, LAAA ActivAge programs such as Centers, classes, events, and LAAA transportation services will be observing these holidays:

- **New Years’ Day** - Dec. 30, 2006 - Jan. 1, 2007
- **M. L. King Jr. Birthday** - Jan. 13-15
- **Presidents’ Day** - Feb. 17-19

During times of severe weather, listen to KFOR Radio (1240AM) for storm closing information. ActivAge programs usually close if the Lincoln Public Schools have closed due to weather conditions.

This includes LAAA facilities, Centers, classes, events, Travelogue, and transportation services. end

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# Medicare Advantage Plan explained

Beginning Jan. 1, 2007 you have the opportunity to enroll in a Medicare Advantage Plan.

The Medicare Advantage Plans are the wave of the future for Medicare beneficiaries to cover medical costs. These plans have been available in the United States for a number of years. Places like Arizona, Texas, Florida and California have had successful results with some Medicare Advantage Plans. Medicare Advantage Plans are relatively new in Nebraska, and many people have been approached to enroll in these plans. The following news release from Jina Ragland, Nebraska Department of Insurance, Senior Health Insurance Information Program (SHIIP), Director, gives a very good idea of what an individual should look for before enrolling into a Medicare Advantage Plan.

Medicare beneficiaries should be aware of increased marketing of Medicare Advantage plans across Nebraska this spring. According to officials at the State of Nebraska Department of Insurance, many senior citizens are enrolling in Medicare Advantage plans without a complete understanding of the structure and guidelines of these programs.

“We’re seeing a number of people who, in order to save money, have signed up with Medicare Advantage plans, however, many are discovering that decision was not in their best financial interest,” said Tim Wagner, Director of the Department of Insurance.

Medicare Advantage products are a unique alternative to original Medicare and Medicare supplement plans. Consumers pay little or no premium for a Medicare Advantage plan and all Medicare services are billed through a private insurance company. Medicare Advantage plans typically cover the same services as original Medicare, with some offering extra benefits, such as dental and prescription drug coverage.

The Department of Insurance’s Senior Health Insurance Information Program (SHIIP) wants Medicare recipients to know the facts about Medicare Advantage:

- You are responsible for co-pays. Under Medicare Advantage, you must pay co-payments for each Medicare-covered service, such as physician office visits and inpatient hospital stays. These co-pays vary according to plan.
- Your provider may or may not accept your plan. Doctors or hospitals from which you receive care are not required to accept payment from Medicare Advantage plans. If the provider does not accept the plan, you are responsible for the entire payment.

Jina Ragland, SHIIP Coordinator, believes aggressive sales tactics and the new prescription drug benefit contribute to the confusion surrounding Medicare Advantage.

“It’s important for Medicare beneficiaries to consider their options carefully and not be pressured into a quick decision,” Ragland said. “Discuss plans with a family member before enrolling. SHIIP counselors are also trained to assist beneficiaries with their health insurance questions.”

Federal marketing guidelines prohibit representatives offering Medicare Advantage plans from making door-to-door sales calls. Home visits must be arranged over the phone.

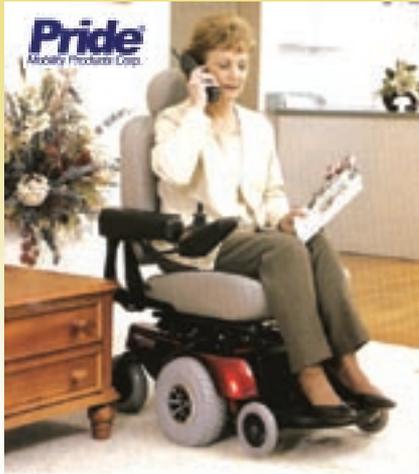
Before agreeing to an appointment, a beneficiary should verify the representative’s identity and the company he/she represents.

The Nebraska Senior Health Insurance Information Program (SHIIP) is part of a national network, funded by a grant from the Centers for Medicare & Medicaid Services, that offers unbiased counseling and educational services designed to help senior citizens and those with disabilities make informed decisions on topics related to health insurance.

With more than 300 volunteers across the state, the Nebraska SHIIP is coordinated within the Nebraska Department of Insurance.

## More Lincoln Area Agency on Aging’s ActivAge information available in:

- ~ Prime Time supplement and Neighborhood Extra in the Lincoln Journal Star
- ~ City of Lincoln website at [www.lincoln.ne.gov/](http://www.lincoln.ne.gov/) keyword: aging
- ~ Seniors Foundation website at



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# Education, prevention keys to heart health

If your 2007 New Year's Resolution to maintain good heart health, a good resource to turn to might be the BryanLGH Heart Institute.

"We put a heavy emphasis on patient education to help them prevent heart disease," said Dr. Dale Hansen, BryanLGH Heart Institute President.

BryanLGH Heart Institute at Lincoln's BryanLGH Medical Center East is staffed with 11 physicians in Lincoln who serve a four-state region that includes Nebraska, Iowa, Kansas and Missouri. These physicians routinely perform services in more than 30 communities throughout the region with outreach services.

The Institute is a cardiovascular medical group specializing in cardiology and cardiovascular and thoracic

surgery. The Institute is dedicated to the most advanced diagnosis and treatment of heart disease, while following their mission to always put the patient first.

Hansen said a benefit of the Institute is having physicians who specialize in every facet of cardiology all in one facility.

"We really provide the whole gamut of cardiac care," Hansen said.

BryanLGH Heart Institute physicians had worked with other physicians in the past. They now work at the Faulkner Medical Plaza at BryanLGH Medical Center East.

The Institute physicians work closely with the patient's primary care doctor to provide the best treatment and care, Hansen said.

Hansen reminds people that February serves as American Heart Month and offers some helpful tips to maintain good heart health. He said it is important to be evaluated by a doctor if a person recognizes any symptoms that could lead to heart problems such as chest discomfort, shortness of breath, feelings of dizziness or swelling in legs.

To prevent heart problems, Hansen encourages people to follow a low saturated fat diet, exercise regularly for about 30 to 45 minutes four or five times a week, restrict salt intake to 2 grams a day, focus on keeping your weight at the right level for your body mass index, have cholesterol levels checked, and take an aspirin a day if a person has no problems taking aspirin.



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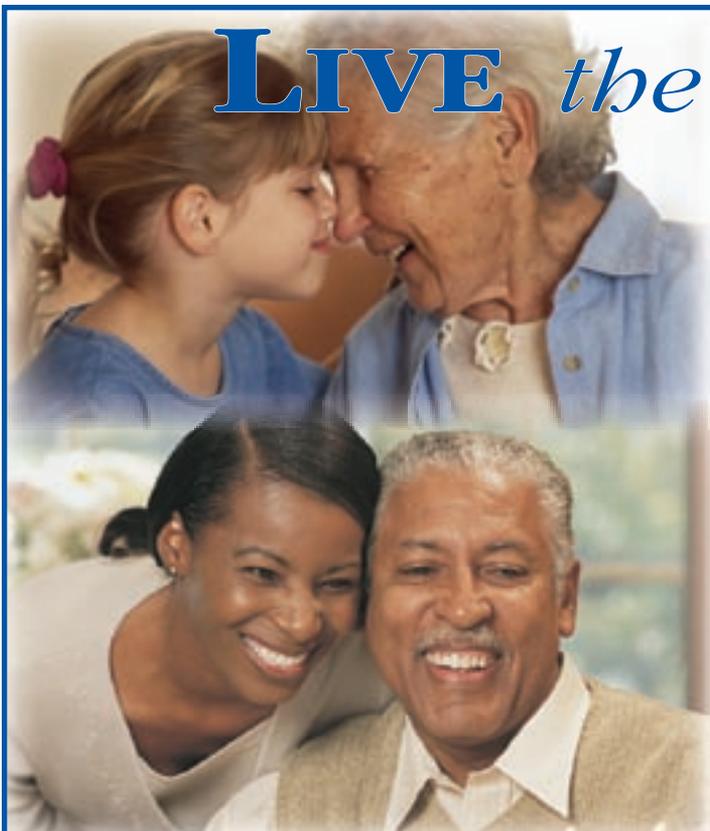
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# Ombudsman seeks to help

Colene Hance benefitted from the help of others while her first husband suffered from ALS.

“I learned during that experience that people need help and I received a lot of help from others,” Hance said.

Now, it is her turn to give something back, she said. That stands as the reason why Hance volunteered to become an ombudsman advocate through the LIFE Office at the Lincoln Area Agency on Aging.

Hance has been an ombudsman advocate five years and is currently assigned to be a volunteer ombudsman for residents at The Windcrest at Van Dorn, A Capital Senior Living Community, in Lincoln.

She is one of about 25 volunteer ombudsmen or advocates in the eight-county area that Tami Barrett, Elder Rights Coordinator in the LIFE Office, works within the Local Long-Term Care Ombudsman Advocate Program.

The ombudsman program was established under the Older Americans’ Act. An ombudsman is an advocate for the rights and well being of nursing home and assisted-living facility residents. They educate and inform residents, families, facility staff and others on a variety of issues relating to aging, long-term care and residents’ rights. Working

with an ombudsman comes at no cost to the resident.

Each volunteer ombudsman goes through extensive screening and training before taking on responsibilities at any facility.

While the main priority of an ombudsman is to ensure the residents’ quality-of-life issues and care concerns are addressed, the ombudsman works closely with facility management.

“We’re not here to be an enforcer or monitor staff,” Barrett said. “We serve as a voice for the residents when they have a concern.”

Hance said as an ombudsman she has to be a good listener, problem-solver, negotiator at times and educator. At times, residents just need someone to talk to for a better understanding about programs and care, Hance said.

“I always have had a heart for people who need an advocate,” said Hance, a retired special education administrator. “I am a people person and love helping others.”



Colene Hance views taking on the role as a volunteer ombudsman is her way of giving something back for all the people who helped her and her late husband.

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# Playing valuable role throughout Saunders County

Providing meal, fellowship and entertainment options for older adults, Sheri Schaeffer stands proud of the Saunders County Aging Services role in the county.

"I enjoy helping others and knowing that they get the help they need," said Schaeffer, Saunders County Aging Services Program Manager.

Schaeffer came to the aging services three years ago following years of customer service experience. She oversees programs throughout the county in communities such as Ashland, Cedar Bluffs, Ceresco, Prague, Valparaiso, Wahoo and Yutan.

The Wahoo Senior Center opened its doors in 1970 and now serves about 150 people daily. Meanwhile, the Prague ActivAge Center opened last November and has been embraced as a good thing for the community.

"It's going wonderfully," Schaeffer said. "There was a need for older

adult services there."

Meals are provided at each of these locations. At Wahoo, meals are offered Monday through Friday, while the meal program operates on Monday, Wednesday and Friday for Ashland and Cedar Bluffs. In Ceresco, meals are offered on Monday and Wednesday, while Prague, Valparaiso and Yutan have meals available on Tuesday and Thursday. A unique food coupon program has been formed with a restaurant in Yutan.

An Emergency Sack Lunch Program was established in October. With this program, older adults are offered non-perishable sack lunches that can be stored for bad weather days or when the center is not open for meals.

Schaeffer points out that the Saunders County Aging Services works to provide a lot more than meals.

The Friendly Visitors Program

operates throughout the county, in which volunteers serve as friendly visitors for older adults to share a laugh, shop or have a cup of coffee with.

The Senior Companion Program volunteers help persons 60 years of age and older who want to maintain independent living in their own home as long as it is safe to do so. Trained Senior Companion volunteers visit on a regular basis to offer one-on-one support and friendship.

Other programs offered lend help to older adults with things such as taxes, Medicare questions, health issues and finding doctors.

"Whatever the problem is, we will do our best to help," Schaeffer said. "I like being able to help."

If people are interested about getting more information for any of these programs, they can call Sheri Schaeffer at (402) 443-4896.

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