

LivingWell



Office of Public Guardian Available to Help

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Live & Learn Celebrates 15 Years, Continues to Evolve

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Fulfilling a Dream

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Director's Corner

What a delight it has been to serve as Director of Aging Partners these 13 years. I will miss this work, but know that new and interesting things will happen in the next chapter of my life, and I'm looking forward to this next stage.

I am proud of the people I've worked with, and although I never expected to be a government employee, I have been proud to work for the City of Lincoln, Lancaster County and for the county programs served by Aging Partners.

Aging Partners is more visible to the public than ever before. I want to

acknowledge the three marketing and public affairs staff who helped make that happen. Deb Batten was here to create the magazine look for this publication. Valerie Crook took over and helped with our name change and branding, and Zoe Olson brought even more creativity and events that widened our visibility. I'm grateful to all three.

We never know what life will bring us. A friend said to me this summer, "retirement years are bonus years. Don't miss out on them." Her comment helped me come to the decision to retire Dec. 30. I'll likely see

you at the grocery store or a concert or at one of Aging Partners' tai chi classes.

I wish my successor the very best. You will be working with wonderful, dedicated people who change lives for the better every day. It's been a wonderful opportunity and I will always be grateful. 



Julie Pederson

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On The Cover: Norma Klein relaxes on the porch of her Lincoln home. 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

Office of Public Guardian Available to Help

There comes a time in some older adults' lives when they can no longer take care of their own financial or health needs.

Established in 2014 by the Nebraska State Legislature, the Office of Public Guardian was enacted to assist vulnerable adults as guardians or conservators when there is no one else to turn to.

"When individuals can't take care of their own needs, our office steps in if they do not have family, friends or church members to act as guardian or conservator," said Michelle Chaffee, Office of Public Guardian director.

A conservator is an individual who takes care of a person's finances. A guardian takes care of a person in terms of well-being, such as housing and medical care.

The office helps older adults and developmentally disabled individuals with mental health issues, substance abuse or at times physical illness, such as a traumatic brain injury.

Office Responsibilities

Across Nebraska, 12 associate public guardians are responsible for the direct guardianship or conservatorship of up to 40 individuals each, supporting nearly 500 people.

Appointed by the court system, the Office of Public Guardian looks to find replacement or successor guardians for those they serve within six months of appointment.

Providing training, education and support for the 10,000 volunteer and private conservators and guardians in Nebraska, the Office of Public Guardian also provides data to the court system.

The Office of Public Guardian's Need

Before the Office of Public Guardian was established, if an adult could not find a family member or friend to take on the conservator or guardian role, his or her only option was to find a private corporation or individual to take on the responsibility as a volunteer or for a fee. The court also could appoint someone, but there was no cap on the amount of people a guardian or conservator could monitor.

The legislature found that individuals were not getting the care they needed, as one individual was responsible for more than 600 people.

Now, when a court appoints a guardian or conservator, he or she is required to tell the court how many others he or she is assisting. This protection is vital for the most vulnerable individuals.



Sam Truax, Live & Learn host, interviews Michelle Chaffee about the Office of Public Guardian.



Michelle Chaffee, Office of Public Guardian director

How it Works

In Nebraska, if someone is concerned about an individual, he or she would hire an attorney, provide information and file a petition. If there is no one to become a guardian or conservator, the Office of Public Guardian will be identified as a potential nominee.

A court visitor must speak with the individual about his or her situation, needs and wants and report to the court about whether the Office of Public Guardian is a last resort.

"We want people who know the individual," Chaffee said. "We want someone who knows who they are, their background, wishes and what they would desire in their life when they were their best selves making the decisions. It always is better to have family or friends who know what the person would want."

More Information

For more information, visit <https://supremecourt.nebraska.gov/11541/office-public-guardian> or contact the Office of Public Guardian at 402-471-2862 or nsc.publicguardian@nebraska.gov.

To watch this episode of Live & Learn, visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/index.htm> or Live & Learn's YouTube channel at: <https://www.youtube.com/user/aginglivelearn/videos>. 

Volunteers Needed to Help Vulnerable Citizens

The Nebraska Office of Public Guardian is searching for volunteer court visitors. They collect and provide information to the court system to help the states' most vulnerable population.

The information gathered allows the court to make the best decision in determining whether a guardian and/or conservator is necessary for a person alleged to be incapacitated. Volunteers conduct interviews with the potentially incapacitated person and other persons or agencies that may provide relevant information within 60 days of case assignment.

"A full guardianship strips the person of decision-making power, and we want to limit that," said Brad Brake, Lancaster County associate public guardian. "Court visitors play a crucial role in figuring out what the person can do and help us do our jobs to the best of our abilities."

Volunteer court visitors seek family members or others to provide as much information as possible to the judge.

"A person may only need help with their finances, but the role of the volunteer is to provide the court with information so they can make a wise decision on the kind of guardianship and who might be that guardian," Brake said.

If a court determines no one is available to become guardian and that guardianship is the least restrictive option for the person, an associate public guardian will be assigned.

"The information gathered by court visitors allows the court

to see exactly what the need for that person is and allows me, if assigned, to immediately put a plan in place to best help that person," Brake said.

The Office of Public Guardian cannot take a case without a court visitor being involved. Court visitors serve as a crucial check on the government process, letting the courts know whether or not a person truly needs guardianship.

"We need court visitors to be the eyes and ears of the county courts and ensure that our office has the information needed to serve our community," Brake said. "Being a court visitor means that you are serving, quite literally, the most vulnerable population in your own community. With a short donation of your time, skills and energy, you can make an incredible impact."

Volunteers should have background or demonstrated expertise in the areas of law, nursing, social work, mental health, gerontology, drug abuse, alcoholism, or intellectual or development disabilities; good listening skills; an ability to work cooperatively with a variety of individuals, including people with significant physical and mental impairments; ability to hold information in confidence; and willingness to submit and pass required criminal background checks.

Everything a volunteer needs to know is explained during training, which includes three to five hours of online and six hours of in-person training. The training includes a screening tool

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5A East Central □
Counties: Lancaster (Lincoln)
Public associate guardian:
Valerie Franssen

5B EastCentral ■
Counties: Seward, Saline, Lancaster
Public associate guardian:
Brad Brake

6D East ■
Counties: Butler and Saunders
Public associate guardian:
Erin Wiesen

to help collect information from people alleged to be incapacitated and interview practice.

Commitment varies from case to case, usually lasting between five and 20 hours. Volunteers work one case at a time. Once a report is submitted, the work for that case is complete.

If interested in becoming a volunteer court visitor, contact Linda Kallhoff, education outreach coordinator, at 402-471-2862 or linda.kallhoff@nebraska.gov.

Meet the Health & Fitness Center Team

The Aging Partners Health & Fitness team provides various services in Lancaster County, teaching classes and coordinating programs for older adults.

Judy Pfeifer, certified personal trainer, is a familiar face to those who have visited the Health & Fitness Center the past 25 years.

She started working in health and fitness when she became an aerobic instructor, then applied for a part-time office job. About eight years ago, she became a certified personal trainer.

Pfeifer teaches seated tai chi, qigong and provides older adults with information on health issues such as physical exercise, injury prevention, living a healthy lifestyle and any aspect of older adults' living.

"We have a lot of fun, and I enjoy helping everyone," she said. "I like that we are keeping older adults healthy."

Pfeifer appreciates time with her four children and 11 grandchildren. She volunteers, is active in her church and does balloon twisting.

"When I retired, I didn't know what to do," she said. "I like to laugh, so I decided to be a clown."

Tracie Foreman, Health & Fitness educator, teaches older adults throughout the community.

“The variety of programs and education we provide for people is amazing.”

– Ann Heydt

"The programs are an excellent opportunity to learn about the fitness center, clinics, exercise center, classes and health fairs we sponsor," she said.

Foreman presents information on what services Aging Partners provides and the 19 programs available. She speaks at senior centers, community and civic groups, and other organizations.

She also performs bone density screenings or balance testing at health fairs throughout the community and presents workshops on caregiving.

Joining the Health & Fitness team Oct. 5, Ann Heydt supports Foreman through community outreach and education. Some of her duties include teaching Stepping On classes, coordinating the downtown and St. Mark's clinics, performing bone density screenings, and doing various other outreach and educational activities.

Heydt's 10 years of experience at Matt Talbot Kitchen & Outreach included: housing case management, assisting guests with resources and supervising volunteers. She also taught self-esteem and goal-setting classes, and brought needed services of a literacy program and haircuts. She was looking for a change and jumped at the chance to join Aging Partners.

"I am open and willing to learn new things," she said. "I am excited to be helpful to the team and do more activities within the community."

Heydt is most excited about supporting the Health & Fitness team and serving older adults.

"I look forward to working with older adults and learning together," she said. "The variety of programs and education we provide for people is amazing."

Heydt has lived in Lincoln her entire life and enjoys the variety the city offers.

"Lincoln is well-known for the availability of human resources," she said. "It's a wonderful place to live with a range of cultures, arts and sports."

Supporting the entire team, Susan Winkler, senior office assistant, works behind the scenes registering older adults for classes and performing data entry. The data helps Aging Partners pull reports for funding sources.

If interested in attending a class or presentation, call her at 402-441-7575 to register or for more information.

Winkler has worked at Aging Partners since December 2006. She served in Volunteer Services until joining the Health & Fitness team in August 2011. She previously worked with the Lincoln/Lancaster County Health Department, starting in 1995.

Winkler and her husband have been married 35 years. They have three grown sons and five grandchildren, all of whom live in Lincoln. 



The Aging Partners Health & Fitness team includes, from left, Tracie Foreman, health & fitness educator; Ann Heydt, outreach and education; Judy Pfeifer, certified personal trainer; and Susan Winkler, senior office assistant.

What Is Your Advice for Older Adults to Stay Healthy during Winter?

“ Do balance and strength exercises at home to work on fall prevention. Get out of your home and be active with friends and family.”

– Ann Heydt

“ Enroll in one of our classes, such as tai chi, yoga or line dance classes. Find an indoor activity you like and stick with it.”

– Susan Winkler

“ Keep exercising, even if it is just doing chair stands at home. Don't sit for more than 30 minutes at a time, get up and drink some water or walk around. Keep moving.”

– Judy Pfeifer



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Health & Fitness Center Benefits from Funds

Made possible by funds from Lincoln Cares and the Seniors Foundation, the Aging Partners Health & Fitness Center, 233 S. 10th St., received new exercise equipment in June.

Lincoln Cares is the city of Lincoln's voluntary donation program in which Lincoln Electric System customers can add \$1 per month to their bill payments. The Seniors Foundation raises funds to support facilities and programs serving older adults, which enhances quality of life.

"The extra funds allow us to get things we wouldn't normally be able to afford through our program," said Tracie Foreman, community health educator.

The five new pieces of fitness equipment are Body Solid machines, which allow users to build lean muscle mass and strengthen upper, lower and core body muscles. Exercises on the machines include leg and bicep curls; ab crunches; arm presses; lat pull and pulldowns; midrow; and leg, back and tricep extension.

"Each piece of equipment works the front and back of the muscle you're aiming for," said Judy Pfeifer, certified personal trainer. "You don't have to switch machines to do that, which is a nice feature."

More user friendly than the large universal machine it replaced, the new equipment allows increased mobility and more than one user to exercise at one time.

Learning new equipment can be difficult, but older adults who

use the center have appreciated the change.

"This equipment is state of the art," Foreman said. "Now that users have adjusted, the reports are all good and they enjoy the machines. They feel like they are working out better and are more challenged."

The learning curve of the new equipment shouldn't stop anyone from using it. The Health & Fitness Center staff is available for anyone who needs help adjusting or using the machines.

"It's easy after a while, then you just walk up and put the settings where you want them and get to work," said Neal Sandoz

The workout cards for the previous machine did not apply to the new ones because the setup is different for each person due to height, weight and body structure. The staff developed new cards for each piece of equipment that tell users where to set the seat and grips.

The new equipment benefits users and has boosted the number of new participants coming in to use the Health & Fitness Center.

For more information on the Health & Fitness Center, workshops and programs, visit <https://lincoln.ne.gov/city/mayor/aging/health.htm> or call 402-441-7575. 



Neal Sandoz uses the new equipment.



New Body Solid fitness machines, purchased for the Aging Partners Health & Fitness Center, 233 S. 10th St., is made possible by the Lincoln Cares and Seniors Foundation. The new equipment helps older adults improve their well-being and stay active.



Live & Learn Celebrates 15 Years, Continues to Evolve

The longest running program on Channel 5 CITY-TV's lineup, Live & Learn offers older adults tips for a healthy, active lifestyle. In October, the show celebrated its 15th anniversary.

Live & Learn's mission has been to equip older adults with knowledge applicable to their everyday lives from the comfort of their own homes. Through the years, the show has featured individuals who live interesting or unique lifestyles. Local experts have educated viewers about health-related information and other issues affecting older adults.

"We gain a great deal of information on the topics of interviews," said Kris Beckenbach, host. "Our goal is to keep the community informed with a little humor."

The Beginning

The show came about after Deb Batten and Bob Esquivel of Lincoln

Area Agency on Aging—now Aging Partners—approached Bill Luxford about producing a show for older adults on Channel 5 CITY-TV. Together, they developed the name, concept and graphics for what became Live & Learn.

Approximately 65 individuals were interviewed for host roles. The chosen four—Barb Carlson, Harland Johnson, Matt Jones and Shirley Maly—hosted the first show in November 1999. Johnson continues to host today, having done about 150 shows.

"Fifteen years have gone by pretty fast," he said. "The best part is getting to meet the people."

The show features artisans, wood carvers, politicians, sculptors, local celebrities and various others.

"I met a lot of interesting people who had talent galore," Carlson said.

A Life of Its Own

At monthly production meetings, hosts present ideas, discuss and develop themes.

"I love hosting and that we can bring creativity and our own ideas to the show," said Kristen Stohs, host.

The interests of each host is reflected in the topics and guests featured, including a series on Parkinson's disease; ethnicity and minorities' contributions to Lincoln culture; interviews with Ted Sorensen, President Kennedy's personal council and speechwriter; and Kay Orr, the first Republican woman to be elected governor in the United States.

"I was overwhelmed by the generosity of people who were happy to be on Live & Learn," said Ruth Ann Lyness, host.

Continued on page 10



From left, Live & Learn Host Peggy Briggs interviews authors Van C. Duling and Jerry Mapes in 2006.



Harland Johnson, Live & Learn host, interviews Tom Osborne about his tenure as head coach of the University of Nebraska football team.

Live & Learn Celebrates 15 Years, Continues to Evolve

Continued from page 9

Original Director Bill Luxford encouraged an inviting atmosphere for guests, for many their first time in a TV studio.

“He had a great sense of humor,” said Beau Wolfe, video producer. “He always was saying jokes to lighten people up when they came to the set.”

Today Jamie Wenz directs the show.

Changing Times

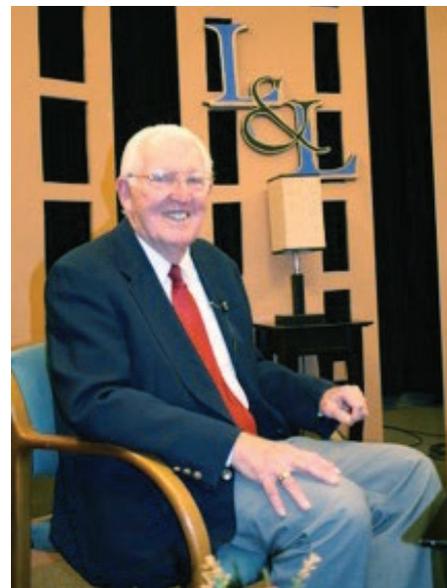
Through the years, Live & Learn has seen many set designs, from actual sets to a green screen. The show incorporates more video footage

and graphics along with additional information found on the Internet.

“Before, it was just telephone numbers and different printouts that could be distributed,” Wolfe said. “Now everything can be accessed easier.”

In the beginning, the show was only available through Channel 5 CITY-TV. Today, it is available on the city website at <http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/index.htm> and YouTube at <https://www.youtube.com/user/aginglivelearn/videos>.

It’s never too late to Live & Learn, so tune in or log on to watch episodes. 



Live & Learn Host Don Gill has left a lasting impact on Live & Learn.

Current and past Live & Learn hosts include, from left, Ruth Ann Lyness, Kristen Stohs, Delores Lintel, Leta Powell Drake, Harland Johnson, Kris Beckenbach, Barb Carlson and Sam Truax. Not pictured are Peggy Briggs, Tim Francis, Jack Frost, Don Gill, Matt Jones, DeAnna Jurgens, Shirley Maly and Tom White.





Known as the heartbeat of 5 CITY-TV, 10 Health and 21 Education Access, Operations Manager Bill Luxford inspired viewers with his dedication, initiative and creativity. From left are Zoe Olson, Aging Partners public relations and marketing and Live & Learn's producer; Luxford; and June Pederson, Aging Partners director.

Kris Beckenbach and Sam Truax joined while Briggs, Gill and Lyness retired.

Kristen Stohs and Leta Powell Drake joined.

Lintel bid farewell while Tim Francis and Tom White joined.

First show with hosts Barb Carlson, Harland Johnson, Matt Jones and Shirley Maly.

Ruth Ann Lyness and Peggy Briggs replaced Shirley Maly and Matt Jones.

The voice of Nebraska Football, Don Gill joined as host.

Delores Lintel joined.

DeAnna Jurgens became a host.

Jack Frost joined.

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Lifeline Offers Peace of Mind for Older Adults Living Independently

Do you wish someone could help you at just the press of a button? Aging Partners' Lifeline is just that—a voice on the other line to help you get back on your feet.

Lifeline began in 1982 as a partnership between Tabitha Health Care, St. Elizabeth Hospital and what is now Aging Partners. The funds for the first 25 units were earned through bake sales and car washes by St. Elizabeth's ladies auxiliary. Within six months, Tabitha left the partnership, and St. Elizabeth monitored emergency response calls.

In December 2010, Lifeline switched to central monitoring through the manufacturer, Phillips. Today, it serves nearly 475 subscribers.

Who Uses It?

Lifeline operates in Lancaster county, making it the best option for those in need of the service.

"I can say we are the best choice for people because of our service," said Mitch Sump, program coordinator. "There are no fees for service calls to check a low battery or ensure everything is working properly."

With no age requirements, Lifeline offers peace of mind for families, caregivers and older adults living independently.

"We have clients who are more than 100 years old and still in their homes," Sump said.

When children or caregivers cannot check on older adults daily, it is important to consider subscribing to the service.

"Anyone living alone should have a Lifeline," said Karen Gulbranson, lifeline coordinator. "Anyone can fall, get injured and not be able to get to a phone."

How It Works

When a button is pushed, or the device detects a fall, the first notification will come through the unit, asking the subscriber if he or she needs assistance. If the subscriber answers yes, the Lifeline representative will stay on the line while the first contact is made to a caregiver, such as a friend, family member or neighbor.

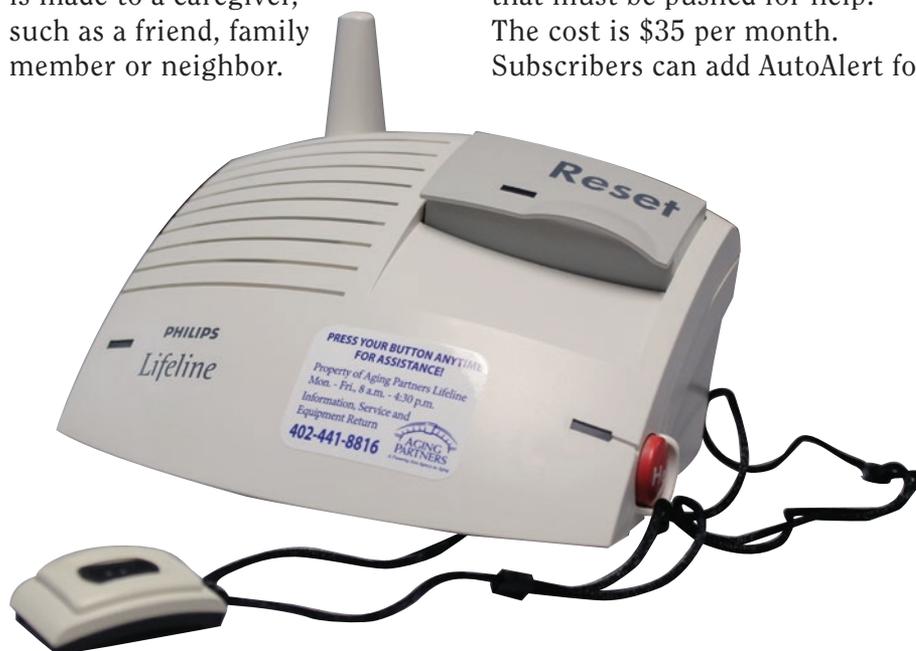
If the subscriber does not respond, a call is placed to the first caregiver or, if needed, to an ambulance. An ambulance is only called if the subscriber asks or if no caregivers are available.

Lifeline subscribers also can purchase a lock box to place on a doorknob or fence. Its code can be recorded by the monitoring company so emergency responders can retrieve a key for access.

Services and Options

Lifeline has a variety of options to fit any need.

The Basic Communicator connects through a landline and includes a pendant or wristband that must be pushed for help. The cost is \$35 per month. Subscribers can add AutoAlert for



The Basic Lifeline Communicator requires a landline and includes a pendant to push for help. The cost is minimal.

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.

an additional \$12—making it \$47 monthly, which detects falls and automatically calls for help if the subscriber does not respond.

Also available are Wireless Communicators, which do not require a landline. With the basic push button, it is \$45 monthly. AutoAlert fall detection can be added for \$12, making it \$57 monthly.

The Wireless Communicator with GoSafe Mobile Personal Help Button includes AutoAlert fall detection and provides mobile emergency response service when in your home or away. Subscribers purchase their own button and pay a \$55 monthly fee.

Sliding Scale Offered By Aging Partners

Aging Partners' Lifeline offers discounts to those in need of the service. Older adults who live at 125 percent below the poverty level, or have a monthly income less than \$1,226 per individual or \$1,659 per couple, can apply for subsidized rates. To apply, a confidential subscriber request must be completed.



The Wireless Lifeline Communicator, which does not require a landline, includes a pendant, right. The GoSafe Mobile Personal Help Button, left, can be purchased and works anywhere.

For more information about the system or subsidized rates, please contact Suzanne Frasier at 402-441-8816 or Mitch Sump at 402-441-8815, or visit <http://lincoln.ne.gov/city/Mayor/aging/pdf/Lifeline.pdf> 

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Lincoln Residents Receive Free Smoke Alarms Through Federal Grant

In August, Lincoln Fire & Rescue received a federal grant from the Department of Homeland Security to install 3,200 smoke alarms and 200 deaf and hard-of-hearing alarms in homes of Lincoln residents.

LF&R aims to reach older adults who are deaf or hard of hearing, new American and minority households, children and households in a specific geographical area.

“The grant allows the ability to educate many residents located in a targeted area of the city where there are increased fire incidents,” said Jamie Bray, Lincoln firefighter.

Those neighborhoods include Near South—from 13th to 27th and G to South streets—and Capitol View, which extends from 13th Street to Lincoln High School and L to G streets.

Through a cooperative national effort with the U.S. Fire Administration, the grant allows LF&R to teach residents the importance of working smoke alarms as well as cooking safety

using the “Fire is Everyone’s Fight” campaign to make the community safer. The purpose of the program is to educate residents on the importance of fire safety in their homes including cooking, smoke alarms, smoking, heaters, electrical safety and creating a fire escape plan.

Although the grant focuses on specific geographical areas, LF&R is given some freedom within the rules to extend services to those within Lincoln.

“We will focus on the areas as defined by the grant and give priority to that area, but also will do the best we can to serve those who fall outside of it,” Bray said.

Lincoln residents who would like to participate in this program and receive free smoke alarms and fire safety education or for those who have questions can contact Bray at 402-441-7779 or by clicking on the “Request a Smoke Alarm” link at lincoln.ne.gov/fire.

Older adults outside Lincoln are not eligible for this program. For assistance on smoke alarms, testing, battery changes and other information, contact your local fire department. 



Lincoln firefighter Jamie Bray installs a smoke alarm at a residence.



Deaf or hard-of-hearing residents can contact Lincoln Fire & Rescue for installation of a free smoke alarm. The alarm will vibrate to ensure the individual wakes up in an emergency.

Fire Safety

Smoke Alarms

- Have working smoke alarms in every bedroom, outside each sleeping area and on every level of the home, including the basement.
- Replace smoke alarms 10 years from the printed date of manufacture, if no date found, replace it.
- Test smoke alarms at least once each month.
- Replace batteries at least once each year.

Cooking Safety

- Stay in the kitchen when you fry, grill, boil or broil food.
- Keep items that can burn away from the stovetop.
- Turn pan handles toward the back of the stove.
- Only grill outdoors, at least 10 feet away from siding, deck railing and fences.

Celebrate the Work of Aging Partners

In its second year, Aging Partners and the Seniors Foundation partnered for Celebrate the Work of Aging Partners Gala Nov. 4 at the Cornhusker Marriott Hotel in downtown Lincoln.

Nearly 80 attendees honored Aging Partners' positive impact on older adults in the eight-county service area. Among the honored guests were State Sens. Roy Baker, Ken Haar and Matt Hansen; former State Sens. Marian Price, DiAnna Schimek and Don Pederson; Lincoln City Council members Carl Eskridge and Jane Raybould; and Claire Pohlen and Jeanne Walker, representatives of U.S. Rep. Jeff Fortenberry's office.

Attendees learned how their support is crucial to continuing the Aging Partners work of including the growing popularity of fitness programs.

"I have come to believe that, along with helping people find services that allow them to stay at home and independent, it also is our responsibility to provide opportunities for them to stay healthy and fit," said June Pederson, director, Aging Partners.

She was happy to see a growing number of attendees.

"The event grows each year," Pederson said. "I am pleased to have the Seniors Foundation as a partner in this annual event."

Attendees enjoyed cocktails, dinner and conversation before reminiscing with current and former Live & Learn hosts about their memories of the



Guests enjoy conversation and reminiscing before the presentation begins.



Attendees view and place bids on silent auction items.



program. Live & Learn celebrates its 15th anniversary this year.

Attendees also participated in a silent auction and raffle for a full-size quilt anonymously donated to the Seniors Foundation. LW

This quilt anonymously donated to the Seniors Foundation, was raffled off during the event.



Savor the Flavor of Eating Right

March is National Nutrition Month® sponsored by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme is Savor the Flavor of Eating Right, which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

Most of us have wonderful memories that revolve around certain foods or special meals prepared growing up that we may continue as part of our family traditions to this day. Maybe it's Sunday dinner or a special New Year's treat. Some family lines may date back to the first settlers of the United States while other families are recent immigrants to America who brought their own food culture with them. With our beautiful melting pot of a country, it's much easier to find foods and ingredients from different regions of the globe. You'll find Korean pickled cabbage called kimchi, German bratwurst and Egyptian dates more readily available in grocery stores. Regardless of background or current conditions, we all can make healthier food choices that are still yummy and enjoyable.

Easy tricks to encourage a healthier, more balanced diet are depicted on the MyPlate diagram. At each main meal, make half your plate fruits and vegetables; half of grains consumed should be whole grains, like whole wheat pasta and brown rice; choose leaner cuts of meat and consume more plant-based proteins such as beans and nuts; and aim to eat



a rainbow worth of colors to get in all those healthy vitamins, minerals and phytochemicals available in colorful foods like squash, grapes and greens.

Ask Yourself: How, When, Why and Where Do I Eat?

A lot goes into eating then just the food itself. How, when, why and where we eat are just as important. Do you eat in a hurry or does mindless eating make up most of the calories you consume? Always make what you're eating a conscious decision.

How we eat should involve a careful selection of foods that are nutrient dense, providing the body with a healthy balance of protein, carbs and healthy fats. Pay attention to portion size to avoid consuming unneeded amounts of calories that can lead to unintended weight gain. Consume food slowly to allow your body time to register when it's full or if your body is still hungry. Before reaching for seconds, let your stomach rest 5 minutes.

When we eat will affect our energy levels throughout the day and may impact medication. Aim to eat

within the first hour awake to jump-start your metabolism and give you needed energy to get up and going. Always read medication labels to know whether to take them on an empty stomach or with food, because this will affect the absorption and effectiveness of medication and/or supplements taken. Don't fast the whole day and then consume a large meal; rather, break your meals down so you're eating every four to six hours with adequate protein at each main meal. Aim to eat at least 20 grams of protein at each main meal.

Stay hydrated! Dehydration can affect the body's hunger response, causing you to either skip meals or overeat, confuse thirst reflux for hunger or become malnourished.

Why we eat will help us maintain a healthy weight and keep our bodies functioning at its best to prevent illness or aid in physical recovery from injury and/or sickness. Eat to relieve hunger and to provide the body with needed calories and nutrients. Don't eat to fill the time or out of stress,

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Healthy Snacking

January is the perfect time of the year to jump-start healthier eating habits, and healthy snacks can be a nice addition to your diet. Some people are not breakfast eaters or others don't have the appetite for three full meals a day—and that's fine. However, you do want to ensure you eat a full and balanced diet. Snacks can be a great addition to your day to make sure you are consuming adequate amounts of calories, fiber, nutrients, vitamins and protein to keep your body functioning at its best and prevent onset of and/or improve chronic diseases such as heart disease, diabetes and cancer.

What Makes For A "Good" Snack?

A healthy snack is going to be a nutrient dense, meaning it provides multiple vitamins, minerals and protein with lower amounts of calories, fats and added sugars. Snacks can actually help with weight management. First, if you're not a breakfast eater, a mid-morning snack will help keep your metabolism revved up. Research also shows that people who consume a morning meal tend to weigh less. An afternoon snack can prevent overeating at supertime due to an extended period of hunger. Finally, snacking can encourage one's appetite if a person doesn't "feel" like eating. Some people lose their desire to eat due to illness, emotional trauma or loneliness. Snacks will help trigger the body's hunger mechanism, which aids in a proper hunger response.

Healthy Snack Ideas

- Low-fat or fat-free Greek yogurt
- Low-fat or fat-free cheese slices on whole-wheat crackers
- Apple slices with peanut butter
- Any fresh fruit such as grapes, apple, banana or pears
- Carrot sticks and pepper slices dipped in hummus or low-fat dressing
- Dark-chocolate-covered almonds or other nuts
- Make a homemade trail mix with mixed nuts, dried fruit and coconut shreds
- Low-fat or fat-free cottage cheese topped with canned peaches or pears (canned in light syrup or in its own juice)
- Lightly salted popcorn
- Refried bean dip with cucumber slices or whole-wheat baked chips
- A bowl of fortified whole-grain cereal with low-fat or fat-free milk
- Hardboiled egg
- Reduced-sodium, deli-sliced turkey on a whole-wheat tortilla with cheese and salsa (heated or enjoyed cold)

What to Avoid

Limit snacks high in fat, sugar and/or calories when they're lacking in nutrients. This includes:

- Sugary sodas, energy drinks and sports drinks
- Candies and chocolates
- Sweet baked goods like cakes and cookies
- Processed foods
- Fast-food items
- Fried items

Avoid mindless munching. Always measure out appropriate portions and never eat directly from a large container of, for example, ice cream or chips. Calories needed vary by individual, and don't let snacks become a way for you to overeat and consume more calories than your body needs. If you find yourself hungry after snacking or a meal, try drinking a glass of water. Thirst can sometimes be mistaken for hunger. Also, don't snack too close to regular mealtimes. Snacking too close to mealtime can "ruin your appetite," as the saying goes.

Fun Fact:

Did you know January is actually peak season for citrus fruits, including oranges and grapefruits! They will be at their cheapest and ripest during the coldest months of winter. 



Some Like it Hot: Favorite Wintertime Comfort Foods

As we settle into another Midwestern winter, with its cold nights and snowstorms, we all turn to our favorite comfort foods to warm us up. Comfort foods don't have to be feared for their high calorie and fat content; rather, just tweak your favorite recipes to make them healthier than — and just as enjoyable as — the original.

Hot Drinks

Where to begin with the delectable array of tasty, hot drinks available to enjoy on a cold evening? Hot drinks make for the perfect end to a long day or an enjoyable treat to sip on between meals. Enjoy a cup of hot peppermint tea, heated apple cider sprinkled with cinnamon, or even the occasional hot chocolate made with low-fat or fat-free milk.

Have you ever tried green tea? Green tea is full of cancer-fighting antioxidants and has been shown to

lower blood cholesterol, improve brain function, aid in blood flow, stabilize blood sugar levels, and calm the intestinal track.

One note of caution: Do not forget to count the calories, sugars and added fats found in some drinks! Drinks can be a quick way to put on added pounds if you're not compensating for the extra calories. Aim for sugar-free drinks when consuming on a regular

basis, then save the sugary ones for the occasional splurge, or limit calories, sugars and fats in other parts of your diet if you are going to consume full-fat and sugary drinks on a regular basis.

Hot Soups

Soups, stews and chili are wonderful wintertime meals that are easily cooked throughout the day on

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Chicken and Broccoli Brown Rice Casserole

Ingredients:

- 1 1/2 cups uncooked brown rice
- 1 tablespoon olive oil
- 1 small onion, finely chopped (about 1 cup)
- 8 ounces button mushrooms, sliced
- 8 ounces skinless, boneless chicken thighs (or breasts), cut into bite-sized pieces
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 2 cups fresh broccoli florets, chopped
- 1 1/2 cups 1% low-fat milk
- 3 tablespoons all-purpose flour
- 3 ounces sharp cheddar cheese, shredded (about 3/4 cup)

Directions:

1. Preheat broiler to high. Cook rice according to package directions.
2. While rice cooks, heat a large 12-inch ovenproof skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion, mushrooms and chicken; sprinkle with 1/4 teaspoon salt and pepper. Sauté 6 minutes or until chicken and onion are done.
3. Steam broccoli in microwave or on stovetop until tender.
4. Combine milk and flour, stirring with a whisk or fork until smooth.
5. Stir milk mixture into chicken mixture in skillet.
6. Cook 2 minutes or until bubbly and thick, stirring frequently.
7. Stir in remaining 1/2 teaspoon salt, rice and broccoli. Sprinkle with cheese.
8. Broil five minutes or until cheese melts and just begins to brown.

Swap Suggestions:

- Try ground beef in place of the chicken.
- Not a fan of broccoli? Try cauliflower, spinach, green peas, carrots or green beans instead.
- In place of rice, use 3 cups cooked quinoa (1 cup uncooked).





Favorite Wintertime Comfort Foods

Continued from page 18

the stovetop or in a slow cooker. Not only are they tasty, they can also be cheap, quick to make and flexible, depending on what veggies you have lying around the house or what fresh produce is in season. Regardless of what type of soup you have or enjoy, they have five basic steps in common:

One: 6-8 cups liquid, which could be tomato juice or chicken, vegetable, beef or fish broth

Two: 1-2 cups chopped vegetables—use fresh, frozen or canned depending on what's available and what you're craving.

Three: 2 cups cooked protein. Leftovers come in handy at this point! Throw leftover cooked chicken into your soup to reinvent it into a new, exciting meal. Or why not use beans?

Four: Seasoning to taste—dried herbs like parsley can be added at any point of the cooking process, but fresh herbs should be added at the end of

the cooking process.

Five: 2 cups cooked grains—add your cooked rice or noodles at the end of the cooking process, unless you plan on using the soup process to cook your desired grain. Just allow for enough cooking time to thoroughly cook the grain.

Hot Casseroles

Casseroles make for a one-dish wonder by providing each of the main food groups all in one pan, covering grains, proteins, vegetables and low-fat dairy. And there's something nice about heating up the kitchen with a delicious casserole bubbling inside the oven.

Comfort foods can be made healthy and on any budget with a little careful, thoughtful planning. Choose low-fat or fat-free dairy products, leaner cuts of meat, whole grains like brown rice and whole-wheat flour, and add extra vegetables than what

the recipe calls for to bulk up the nutrients.

Quick Swaps:

- Use low-fat or fat-free cream soups, milk and cheeses
- Use low-fat milk and flour for thickening instead of cream or butter. Allow the flour/milk combo to boil thoroughly to remove any of the flour taste and to thicken before adding it to your soup mixture.
- Use unflavored, fat-free Greek yogurt instead of sour cream. Plus you'll get the yogurt's gut-healthy prebiotics and probiotics!
- Trim the fat off of pieces of meat and purchase leaner cuts of meat.
- Try meatless alternatives to your favorite dishes by substituting meat for beans, soy products or extra vegetables.
- Use whole-grain products for extra fiber, such as brown rice, quinoa or whole-wheat pasta. **Lw**

Savor the Flavor of Eating Right

Continued from page 16

guilt, depression, or loneliness. Both overeating and undereating can lead to dire health consequences. Food should be enjoyed in healthy moderation. Remember all foods are for your enjoyment and can be consumed in appropriate amounts—even those sweet treats and higher-fat indulgences. Just make mindful choices and aim to eat a balanced diet that leaves room for your favorite splurges.

Sometimes the atmosphere of where we eat can set the tone for how the meal goes and help us make

better food choices. Sit down for meals in an environment that you find comfortable and conducive to healthy eating. This may include eating with family or friends; eating alone with the radio playing in the background, or maybe you have a beloved pet that you like to enjoy your meals with. Avoid mindless eating while doing other activities such as watching television or reading. Every aspect of mealtime should be an enjoyable experience!

By taking a few simple steps to improve the how, when, why and where of meals can make a big

difference in our eating habits and health!

Develop a mindful eating pattern as you start 2016 that includes nutritious and flavorful foods. Embrace your favorite food traditions and apply the tools offered by MyPlate for balanced meal practices. Be adventurous and try new foods outside of your usual menu from different places around the world. You may surprise yourself and find new foods to add to your diet that are healthy and tasty—this is the best way to savor the flavor of eating right! **Lw**

Fulfilling a Dream

Story by Zoe Olson, Aging Partners director of marketing and public relations

As children, we dream of what we will be and what we will do when we grow up—when we are older. Norma Klein accomplished many things as an adult, and her dream of learning to dance was fulfilled in retirement.

The year was 1989, and Klein had recently retired from government service.

“My friend, Roma Hoffman, and I were visiting on my front porch, sipping iced tea and trying to see what we could do to spend more time together now that we were both retired,” she said. “My neighbor girl, Heather, was practicing tap dance routines in her driveway.

“I asked Roma, ‘Did you dance when you were a girl?’ ‘No I didn’t.’ I didn’t either and I would love to dance. ‘I bet we could do that!’

“We asked Heather where she studied dance and she told us about Tracey Hart at her studio. Her old studio was in my neighborhood, so I walked on over and asked if she had tap dance classes for seniors. She didn’t but she was willing to start one and had just had another call inquiring about classes.

“She asked, ‘How many ladies will there be?’

“I laughed and admitted that we didn’t have any ladies, yet. She suggested six as a good number and so Roma and I started contacting friends and we formed the first class.”

Klein and Hoffman were joined by Arline Kraft, Darleen Gardner, Elaine Greb and Jean Dinges. Kraft had taken tap lessons as a child, but the other ladies put on tap shoes for the first time in September 1989.



Norma and Robert (“Speck”) Klein will celebrate their 70th wedding anniversary in January 2016. Photo by Zoe Olson.

“At the first class, Tracey was showing us some steps and we told her we didn’t want anything so intricate; we just wanted to learn a routine. One of our group said, ‘I don’t think my doctor will let me do that.’ Tracey recommended we all speak with our doctors before proceeding, and we did and we all passed,” Klein admitted with a laugh.

Hart taught the ladies to shuffle, step, toe tap, the Nifty, the flaps, ball change and the Shim Sham with its numerous variations. Klein’s inspiration and neighbor, Heather, would often help with practice and remembering the steps. Their first routine was set to Glen Miller’s “In the Mood.” Hart suggested the group come up with a name because they would be performing in the spring recital.

The Shim Shams dance troupe was born. According to Wikipedia,

the Shim Sham Shimmy is a particular tap dance routine and regarded as tap dance’s national anthem. Hart choreographs the group and includes this particular step, originated in the early 1900s, in every routine.

The first recital almost didn’t happen. Due to three health issues that came up the day of the event, Hart had to adjust the choreography for the three remaining dancers but, “We pulled it off and, oh my gosh! The audience just went crazy. Tracey’s husband was working the curtain at the recital and he came and got us for a bow because this is the first time anyone over the age of 5 has had a curtain call! We were so embarrassed, but so very pleased. We wanted to make sure it was good with the changes.

“The newspaper did a story about us and then everyone wanted us to perform for them. Tracey

was getting calls at the studio and so for quite a while, I'd schedule the performances. We only had one routine and people invariably wanted an encore!

"We performed for civic groups and small towns, and some of our best performances have been for veterans groups. Then people started wanting to pay us. We didn't want money but people would send it, so we started a scholarship fund for dancers who needed help with classes and costume expenses."

Over the years, the Shim Shams have entertained throughout Nebraska. From 1996 through 2010, the group danced twice a year at the Bob Devaney Sports Center, performing during halftime for both women's and men's basketball games. They have performed at the Nebraska State Fair, at Senior Centers, in Lincoln's Star City Holiday Parade, and in many festivals and parades throughout the state.

The group has always enjoyed dancing together; however, Klein

believes the best part of the group is the camaraderie that has formed. The members' husbands have always been supportive.

"They would accompany us to performances, occasionally performed with us, and they'd often stand in the back and whistle which would make other people whistle," Klein remembers with a twinkle in her eye. "I remember many of them had tears in their eyes at our first performance and they all walked up and brought us flowers. It was so sweet. They were always supportive."

In 1998, Klein's favorite performance of all time took place at the spring recital. Hart choreographed a routine to "All I Need Is A Girl," and the Shim Sham dancers' husbands and sons came to rehearsals, were fitted with tuxedos and really seemed to enjoy the experience.

"The men were dashing in their tuxedos, and we ladies felt so elegant in our ostrich-trimmed costumes. It was outstanding!"

Fun came with dancing, socializing, travel and costuming for the troupe. The dancers would purchase costumes from dance catalogs—some costumes were custom-made and some were made by the dancers themselves. Klein recalled a particular moment that made all the dancers laugh.

"Our costume director thought we should have garment bags to carry our costumes in when we traveled—it would look more professional," Klein explained. "When we arrived at the dance location and were getting ready, she started laughing. None of us knew what was so funny. Then she pointed out we all had garment bags covered with advertisements for hospitals and nursing homes."

The Shim Shams continue dancing today for organizations and events throughout Nebraska. Klein and her husband, Robert, AKA "Speck," still watch performances when they can. Dancers who are in their 50s

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Klein's favorite recital performance. Courtesy photo.

Fulfilling a Dream

Continued from page 21

join the troupe and according to Klein, everyone continues until “You’re out of steam.” Klein stopped dancing with the group at age 84.

“Dancing makes you more alert. It certainly improves your balance, and the rhythm of music made us more tolerable seniors,” she said with her hearty laugh.

Tune into Live & Learn’s May program on 5CITY-TV, where you will see the Shim Shams perform on this year’s “Lincoln Seniors Got Talent” in celebration of Older Americans Month.

Before becoming a Shim Sham, Klein worked for many years in the records bureau of the Lincoln Police Department. She enjoyed working with the detectives. Having reached the top of her classification within the city system, she decided to study court reporting and began taking night classes. While she hated to leave the police department, she wanted to broaden her professional skills and abilities, and saw court reporting as a way to advance her career.

During this time, the Nebraska Legislature had passed a law designating municipal courts



Courtesy photo

as Courts of Record within the state. The Municipal Court was on the second floor of the Police Department at the time, so Klein was familiar with the court clerk.

“He was interested in what I was studying, and he told me that the Municipal Court would be needing

court reporters, but that I wouldn’t need the stenography because the reporting would be accomplished by electronic recording,” she said.

Klein worked for the Municipal Court as a court reporter, “Which was an education in itself—interesting and fun.” She recorded and transcribed proceedings until Municipal Courts were merged with County Courts through legislative action. She applied for and was appointed Lancaster County court clerk, where she served until her retirement in January 1988.

Today, the Kleins live in their home in south Lincoln. High school sweethearts, the couple will celebrate their 70th wedding anniversary in January. They enjoy time together and with their children, grandchildren and great-grandchildren.

“It was a good time.” Here’s to more good times ahead. 



Courtesy photo

Olson To Lead Blue Rivers Area Agency on Aging

Story by June Pederson, Aging Partners director

Zoe Olson came to Aging Partners in October 2011 to lead its public relations and marketing program. In December, she moved on to become executive director of the Blue Rivers Area Agency on Aging in Beatrice. The Blue Rivers service area covers eight counties in the southeastern corner of the state: Gage, Jefferson, Johnson, Nemaha, Otoe, Pawnee, Richardson and Thayer. She will be missed at Aging Partners.

Olson arrived with extensive skills that were immediately put to work as editor and publisher of *Living Well* magazine where she also wrote cover stories and contributed photography work; producer of Aging Partners' public access television "Live & Learn" programming; and management of a plethora of promotional and informational documents about agency programs and events. In 2012, she added the role of events coordinator as she created the highly successful Outreach Education Breakfast Program. Four times each year experts present programs of interest to professionals in the field of aging and elected officials.

In 2013 she created the annual walk held on the Union College campus. "Age Strong! Live Long! Walk On!" had 300-plus participants in 2015. Olson created the Aging Partners Gala, a fundraiser for the agency in 2014, and in 2015, it was produced in collaboration with the Seniors Foundation.

Following the merging of multiple senior center monthly newsletters into a single document called "My Center News," which informed readers in all centers of activities and events, increasing participation and cutting costs, Olson added advertisements to help defray the printing expense and connected local businesses to older adults with special offers and services.

An update of Aging Partners' website, begun prior to her tenure, was completed and enhanced. The website (aging.lincoln.ne.gov) contains every issue of *Living Well*, My Center News and detailed information about all areas of service and programming offered by the agency. In July 2015, 49,030 individuals opened *Living Well* magazine online. In the past fiscal year, the magazine was reviewed by nearly 590,000 online readers.

Olson increased the number of followers on the agency Facebook page from 20 to over 400 with her timely and interesting posts that cater to seniors.

Aging Partners publications, announcements and advertising brought a new level of awareness of the agency to people of all ages, older Nebraskans, their families and friends.

Aging Partners staff and participants have benefitted from her time with us and we wish her well. 



Zoe Olson, Aging Partners director of marketing and public relations

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Let Home Handyman Help With Indoor Chores

By Mitch Sump, Home Handyman program coordinator

Happy new year! The staff at Home Handyman wishes every one of our clients and future clients a wonderful new year and remind you that we offer services other than lawn mowing. If your new year's resolution is to get your house looking great, we are here and ready to serve.

The following is some of the indoor chores we do regularly.

Minor Plumbing

Although we are unable to do large projects such as replacing hot water heaters or installing bathtubs, we have the ability to fix leaky faucets, replace toilet floats, unclog drains and other minor repairs. Please remember that we cannot do any type of plumbing repair that requires a city permit.



Interior Painting

If water leaking has caused staining on walls, you may want to call us about touch-up painting. We are happy to take on smaller painting jobs that you may want completed even if no damage has occurred. We don't have the manpower to do large-scale jobs such as whole houses,

but any job that can be done in less than eight hours is certainly something we would take a look at and consider. Please call 402-441-7030 to have a handyman or handywoman swing by to give you an estimate.



Drywall/Plaster Repairs

As homes are shut tight for the winter and the furnace is running, the dryness of the air can cause small cracks to occur in joints and at corners. Taking care of small cracks can save money in the long run as the damage is easily repaired without the expense of replacing large areas of drywall and plaster. Another possible problem that can be easily fixed is gouges and holes in the walls caused by moving furniture.

Minor Electrical

Like under the minor plumbing section, we can't do

any electrical repair that would require a city permit, but that still leaves many things we can do. One of more common requests is replacing light bulbs. Don't sit in a dim or dark room when a simple fix is only a phone call away. Other suggestions are checking suspicious outlets or switches.



Carpentry

Do you have doors that don't seem to shut tight? How about cabinet drawers that always seem to jam? Perhaps you have wooden chairs or other furniture that seem shaky. All of these are examples of small woodworking projects that can be repaired by adjusting hinges or latches, cleaning runners on drawers or applying a little wood glue and a nail or screw.

Heavy Housework

No one likes to do housework, but it is an essential part to keeping a home safe for its occupants. We have handymen and handywomen willing to move furniture, vacuum, dust in areas requiring a step stool or small ladder, lightly scrub showers and



tubs, remove unwanted items and other things of this nature.

Safe Homes for Seniors

This area of indoor chores is done in conjunction with the Lancaster County Health Department. We have specially trained handymen and handymen who will come into your home and access areas where old, possibly dangerous, chemicals are stored. If your home looks like ours, you may have old bottles and boxes of house cleaning supplies, pesticides, yard chemicals, automotive supplies and other chemicals that have been there a number of years. If these containers and bottles have become compromised through the years due to getting wet, rusted, dented, cracked or otherwise damaged, they may leak. Chemicals mixing together have the potential to produce dangerous fumes or, in some cases, fire. So protect yourself, loved ones, pets and home by getting these checked and removed if necessary.

Basic Safety Needs

Do you have a need for a handrail by steps? Have you tested your smoke detectors and carbon monoxide detectors in the past six months? Would a grab bar near a bathtub, shower or toilet make your life easier? Our handymen and handymen are available to do all of these items and more to make your home safe for you as you go about your daily routines. If you have thoughts on other items

that might make your life easier, please give us a call and we will see if we can help.

As you can see, Home Handyman is a lot more than just mowing. Our dedicated staff of handymen and handymen strive to help keep our clients safely in their homes. If you would like to schedule a job or find out about other services we provide, please call 402-441-7030 and speak to Diana, Linda or Mitch.

If you know of someone who would be a good handyman or handywoman, have that individual give Mitch a call at 402-441-8815, as we are always looking to add to the team. 



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Homestead Tax Exemption Can Benefit Seniors

By Houston Doan, Aging Partners financial counselor

Nebraska is a great place to live, thanks in part to programs such as Homestead Tax Exemption, which helps older adults afford to stay in their homes. This program offers property tax relief for individuals and couples who own a home and 65 years of age or older, as well as younger individuals with certain disabilities. This is a county-based program that may offer from 10 percent to 100 percent property tax relief, depending on the value of their home.

Every year, individuals must apply for a Homestead Exemption to receive the benefit. The Homestead Property Tax Exemption forms are mailed by the county assessor after the first of the year, provided the individual applied for the exemption in the prior year. If individuals have never applied for the Homestead Exemption, they need to visit or contact their county assessor office to request the forms.

The exemption is based on an adjusted household income, which is different than the IRS adjusted gross income. If you file income taxes, you would start with the adjusted gross income on your tax form, and then add back any untaxed Social Security benefits that you received. Once you have that figure, you subtract health expenses, such as Medicare Part B premiums, Medicare supplemental payments, Part D premiums and co-pays, and long-term care insurance premiums, as well as eyeglass and dental expenses. If you do not file income taxes, you need to figure out your total income for the previous year and start with that figure. When you have your household income from the previous year, you subtract health expenses to arrive at an adjusted household income. Last year, a couple could have had an adjusted household income of \$47,600 or less and received some property tax relief, depending on the value of their home.

Adjusted household income figures increase every year. It is important that you stay informed on the newest household income figures and check every year to make sure you don't miss an opportunity for property tax relief. This is especially true if you or your spouse have experienced some higher-than-usual medical expenses this past year.

You have plenty of time to file for your Homestead Tax Exemption. The county assessors usually mail out the forms in late January or early February, and the deadline is usually not until June 30.

If you have questions about Homestead Tax Exemption, please call Aging Partners at 402-441-7070 or 1-800-247-0938 for more information. 



Houston Doan, Aging Partners Financial and Insurance Counselor



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Free Civil Legal Advice Over the Phone

Legal advice can be expensive, but for the past 10 years, Nebraska residents 60 and older have had a place to turn thanks to Legal Aid of Nebraska, a statewide, nonprofit law firm that assists older adults and low-income individuals with civil legal issues.

Legal Aid of Nebraska staffs the ElderAccessLine® with an experienced attorney and paralegal to provide free legal advice and representation to older adults via the phone, averaging 250 calls monthly.

The ElderAccessLine®, 800-527-7249, is available Monday through Thursday from 9 a.m. to noon and 1 to 3 p.m., and on Fridays from 9 a.m. to noon.

“We provide legal advice, extended representation and brief service, which may be contacting someone else or helping with a document,” said Margaret Schaefer, ElderAccessLine attorney.

ElderAccessLine representatives can provide advice with regard to most civil legal matters, including collections, denial or termination of public benefits, housing and information regarding substitute decision making, such as power of attorney.

“We encourage everyone to call,” Schaefer said.

Representatives will discuss the status of the legal matter, the risks and explain protections under the law to better protect themselves.

“In many cases, our advice fully serves them and takes care of the issues,” Schaefer said. “This is really the only place where folks can come to get legal advice for free.”

There is no cost to use the ElderAccessLine; however, applicants must complete an application and provide general information. Funded by federal, state and private resources, the information is provided to agencies to better understand how the hotline helps older adults and what circumstances they are facing.

Schaefer encourages older adults to call before a situation becomes a crisis.

“If you are concerned or worried, it’s better to call than to fret,” she said.

Legal Aid of Nebraska’s website includes resources on power of attorney, living wills and other documents at <http://www.legalaidofnebraska.org/agingresources>.



Margaret Schaefer, ElderAccessLine® attorney, has nearly 25 years of legal experience.

“On the hotline, we can explain what the documents do, how they work and how to get them filled out and executed properly,” Schaefer said.

For more than 50 years, Legal Aid of Nebraska has provided dignity, hope, self-sufficiency and justice through free quality civil legal aid for those who have nowhere else to turn. In addition to the ElderAccessLine, it also provides the AccessLine® for low-income residents. 

“In many cases, our advice fully serves them and takes care of the issues.”

– Margaret Schaefer,
ElderAccessLine® attorney

The ElderAccessLine®

800-527-7249

Monday through Thursday:

9 a.m. to noon, 1 to 3 p.m.

Fridays: 9 a.m. to noon



Pederson Thankful For Time Serving Older Adults

June Pederson walked through the doors of Aging Partners just 13 years ago—and on Dec. 30, she retired from her responsibilities as director.

One of 52 applicants, Pederson was hired Jan. 22, 2003, with experience as executive director of several trade and professional associations and 24 years as a registered lobbyist. Holding a business administration and management degree from the University of Nebraska-Lincoln, her training and experience helped in this new position.

Not having a background in the aging network, staff took the time to educate Pederson on each of the various programs and services the agency provided.

“I learned about agency services and funding, and contributed my experience in the legislature and management,” she said. “The agency was filled with good people who wanted this collaboration to succeed.”

Pederson guided the agency through deep budget cuts, increased public awareness and paved the way for the future relocation to the Veterans Association campus in east Lincoln.

Most of all, Pederson is thankful to work for an agency that provides much-needed services to older adults in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties.

“We are available to everyone,” she said. “Everyone grows older, but not everyone knows where to find the assistance that will allow them to stay in their home. We help people use the assets they have wisely. Maybe all they need is someone to mow their lawn or take care of the

snow, or the issues may be more complex. We can help.”

Funding Challenges

In Pederson’s first year with the agency, the budget remained stationary. Every year after, there were moderate to severe funding decreases.

“We had to make sure we could provide the services that were needed as the population grew, and manage to do it with fewer dollars,” she said.

As funding decreased, some positions were consolidated, reducing agency staff from 150 to now 124 full-time equivalent employees.

But trimming budgets was not easy. Pederson and staff wanted to provide the same quality of client services. Moving from the old Federal Building in 2003, Aging Partners administrative offices were located in the Lincoln Building adjacent to the downtown senior center. In 2010, she broke the lease, moved 26 people into the 1005 Building and relocated the Fitness Center and Handyman Program to 233 S. 10th St.

Population numbers have shifted through the years from rural counties to metropolitan areas and people are living longer. The cost of serving this growing number of older Nebraskans increased for the agencies serving the Lincoln and Omaha area agencies on aging.

Each year, the State Unit on Aging distributes federal and state dollars to AAA’s based on population. After the 2010 U.S. Census, the population movement to metro areas was more significant than any decade before. However, a population-based distribution would

have resulted in markedly decreased funding for the agencies with smaller population increases but which still had to serve enormous geographic areas of the state.

Pederson met with Sen. Kate Bolz to explain the challenge. In 2013, Bolz was responsible for introducing a measure that increased support of the Nebraska Community Aging Services Act by \$1 million annually, positively affecting each agency across Nebraska for years to come.

In 2012, additional budget cuts required the agency to eliminate seven more staff positions. Knowing this would seriously affect delivery of services to clients, the senior management staff insisted the cut was too deep and worked to find a way to keep at least three staff members.

“We created what we called our Cost Recovery Program, working within the requirements of the Older Americans Act,” Pederson said.

The OAA states no one will be denied services, but allows a request for a suggested contribution from those receiving the service.

The agency began to be more intentional about asking for anonymous contributions for client services. Each area met its goal the first year, which allowed for retention of three employees.

Today, the confidential contribution system continues. No one is denied service, but the system puts a value on the services the agency provides and allows those who can contribute to help cover costs.

Increasing Awareness

Pederson is most proud of her accomplishment to make the public



Aging Partners Director June Pederson and her husband, Don, during their trip to the North Pole in 2013.

aware of the agency and its services when she joined. She and other staff regularly make public presentations about agency services. She created a marketing and public relations position on the management team in 2005, which resulted in a new format for the current *Living Well* magazine.

“I’m proud to have made the public aware of the agency and what these dedicated people do,” she said. “The staff comes to work because they care about people and want to make their lives better, and they do everything they can to accomplish this task. They are amazing.”

Pederson also was instrumental in changing the name of the agency—then the Lincoln Area Agency on Aging—to what is now Aging Partners. As one of the first 10 pilot area agencies on aging projects in the country in 1971, the program began in the mayor’s office with the city of Lincoln as sponsor. The seven additional counties were added over the next decade.

“We had to find a way to identify ourselves more broadly,” she said. “The name change has been helpful and is a benefit when going to the other counties we work with and talking to their commissioners

about what Aging Partners brings to their communities.”

In a better effort to produce statistics important to show funders the services the agency provides, Pederson led the movement to purchase a database system in 2006. The system provides the capability to pull information from each area of the agency. Aging Partners now produces annual reports for each county it serves, showing the services received, information about their county programs, and show the return on investment (ROI) for each dollar the county contributes to the program.

“The ROI shows elected leaders how we are using their money to keep older Nebraskans in their cities and towns—where they live, pay taxes, shop at local stores and continue to be part of that community,” she said.

Future Impact

“This has been the most fun I have ever had working,” Pederson said. “It’s been such an honor to work in an agency that makes a difference in people’s lives the way this does. You see it every day—people are living longer and for some, resources become very

limited. When that happens, we are there to help with programs. Going forward, it is important for the agency to expand our role in keeping older adults healthy. The longer they are healthy, the less time they need services and assistance.”

Excited about the education and fitness programs, the move to the VA grounds at 600 S. 70th St. will benefit both the agency and older adults.

The new location will allow expansion of fitness programs, more accessible parking and less vehicular traffic, and easier access by bus, car or Aging Partners vans. It also will allow service access to more older adults, based on the population location. In 1970, the city’s largest percentage of older adults—36 percent—resided in the core surrounding downtown Lincoln. By 2010, it was just 7 percent as that demographic expanded throughout the community. The downtown office poses a challenge for some older adults who cannot drive or are uncomfortable driving downtown. Though the agency provides transportation, everyone looks forward to the move and providing services to those who may not be able to receive them now.

Beyond Retirement

Once retired, Pederson plans to sign up for Aging Partners tai chi class as a participant. She also plans to satisfy her interests in art and spend time with her husband, Don. They have traveled extensively and are looking forward to shorter trips within the states.

Reflecting on her time with the agency, Pederson is grateful for her work at Aging Partners as well as the city and county.

“I have worked with so many wonderful people,” she said. “Things are in very good hands.” 

Early Encounter Leads to Lifelong Hobby

It was in the early 1950s that Deon Bahr encountered the yo-yo. It was love at first sight, and he has appreciated the simple toy since.

While in middle school, he would walk across the street after school to a variety store. It was there a man would come to show the kids how to do yo-yo tricks. Bahr went to have fun and learn new tricks, but enjoyed competing, too.

“During the contest we would do our tricks,” he said. “The kid

that did the most tricks won the championship. One year I won and got a patch to wear on my shirt.”

Though he never competed after middle school, winning fueled the fun for Bahr.

“I was just enjoying it for the competition, and later on as I saw yo-yos, I just bought them,” he said.

Because of the toy’s occasional rise and fade in popularity, Bahr picked up yo-yos when he came across them on his travels, in

varying styles and even at entire stores dedicated to the toy. His collection includes about 100 yo-yos, consisting of his original wooden yo-yo engraved with his name, to more engineered and complicated ones.

“When you collect things, you want to get the different styles and improvements,” he said.

Bahr’s yo-yos come in all shapes and sizes, like the traditional circle and some in the shape of a hamburger, basketball and football. Some yo-yos have advertising and there are some Bahr would call fine art—nicely designed and painted.

“If you have the collecting disease like I do, you keep amassing things,” he said. “Collecting to me is a way to observe. Once you get two or three items, you compare them. It starts as a curiosity of what makes things tick and extends into collecting.”

Building on his collection, Bahr became interested in the history and technology of the yo-yo.

“They’ve made them better and better,” he said. “Now they make them so they can ‘sleep’ longer.”

Sleeping is a trick in which the yo-yo stalls at the bottom of the string. If it sleeps longer, it means you can do more tricks.

Bahr knows about 15 tricks, including around the world, over the falls, walk the dog, rock the baby and three leaf clover. But he appreciates the challenge of accomplishing new tricks. Learning these, of course, takes a lot of practice, and sometimes it can be a little dangerous.

“I have hit myself in the head a few times,” he said.



Deon Bahr shows how to rock the baby with one of his favorite yo-yos. Bahr has been a yo-yoist since the 1950s and has enjoyed collecting through the years.

Overall, the hobby for Bahr is just that—a hobby. “It is a hobby and an accomplishment I can enjoy for my whole life,” he said. “Whether its music or something else, it is one of the things I can say I did in my life.”

Bahr always has a yo-yo close by, especially when he visits grandchildren.

His attraction to the circular toy may have been because of his love for geometric shapes—spheres, circles, squares and triangles. In his career as an architect, and now as a painter, he uses these shapes.

Bahr also collects marbles and paints. After retiring from Bahr, Vermeer & Haecker Architects in 2002, he decided to start a new career. He went back to grad school at the University of Nebraska Lincoln for art and painting.

“I saw retirement as an opportunity to take on something not completely new, but something I could really go out and let my creative instincts grow because art and architecture are similar.”

To watch this episode of Live & Learn, visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/index.htm> or Live & Learn’s YouTube channel at: <https://www.youtube.com/user/aginglivelearn/videos>. 



Bahr’s original wooden yo-yo, engraved with his name, and his championship patch he won after encountering the toy.

How a Yo-yo Works

A yo-yo is a device, like a spool, attached to a length of string, which goes around the axle and comes up. When you release a yo-yo, gravity acts on its center of mass to pull it downward. Because the string is wrapped around the axle and attached to your finger, the yo-yo is forced to rotate as it drops. In most cases, the string is tied loosely around the axle so the yo-yo can continue to spin at the bottom. Because the yo-yo has reached the end of the string, it can drop no further. However, if you give a tug on the string, the friction between the string and axle will briefly increase so the axle no longer slips and causes the string to wind around it. Therefore, the yo-yo climbs back up the string.

Yo-yos have been around a long time. It’s possible the ancient Greeks played with them more than 2,500 years ago, and there is some evidence the Chinese had developed similar toys before that. It is considered the second oldest toy in history, the oldest being the doll.

New Therapy Helps Swallowing Disorders



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Wound Care Center Benefits Older Adults with Knowledge and Expertise

Retiring in 2006 after 31 years in general surgery practice, Dr. John Reed had no plans to get back into the medical world. Three weeks into retirement, he was asked to join the Wound Care Center.

The center, 7441 O St., is an outreach clinic of St. Elizabeth Regional Medical Center that has been in existence 18 years.

Reed practices at other clinics, nursing homes and Madonna Rehabilitation Hospital because of the difficulty transferring patients to the WCC due to illnesses. He sees nearly 50 patients weekly.

With a range of medical expertise concentrated in one location, this benefits patients.

“The WCC gives us an opportunity to concentrate only on wounds,” Reed said.

WCC’s goal is to heal non-healing wounds. People should seek medical attention if a wound lasts more than four weeks, has gotten worse, is painful or has symptoms of infection such as low-grade fever or redness around the wound, or if they feel like a wound just won’t heal.

“Wounds that last more than six weeks become chronic and will go on to cause infection, limb loss and foot ulcers,” Reed said. “It always is our goal to get the wound to heal and put the patients back in their home or work environment.”

Chronic wounds are reconstructed and made back into acute wounds, which will heal through time.

Because healing is promoted from the inside out, good nutrition impacts how wounds heal. This is especially important for diabetics.

“When a wound is healing, we look at the actual protein nutrition the patient has,” Reed said. “Protein is keystone to healing.”

When new patients arrive, the wound is assessed along with other factors including a physical exam, foot sensation, patient compliance, patient history and a look at medications, which can impede healing and circulation. According to Reed, the most difficult wounds to treat are diabetic foot ulcers due to poor circulation.

With new technology, wounds are treated differently than in the past. Dressings are available that are more effective and won’t set the wound back from healing. New technology includes the vacuum-assisted closure system. This device captures drainage so it doesn’t bathe the wound.

“The wound is sealed under vacuum with a sponge, smaller than the wound, and put on suction,” Reed said. “It will draw the wound to itself, which promotes foundation of healing tissue and prevents infection.”

He suggests avoiding soaking or bathing a wound because this continually reintroduces the wound to the same germs. Take care to carefully wash a wound with clean water.



Dr. John Reed, retired general surgeon, volunteers at the Wound Care Clinic.



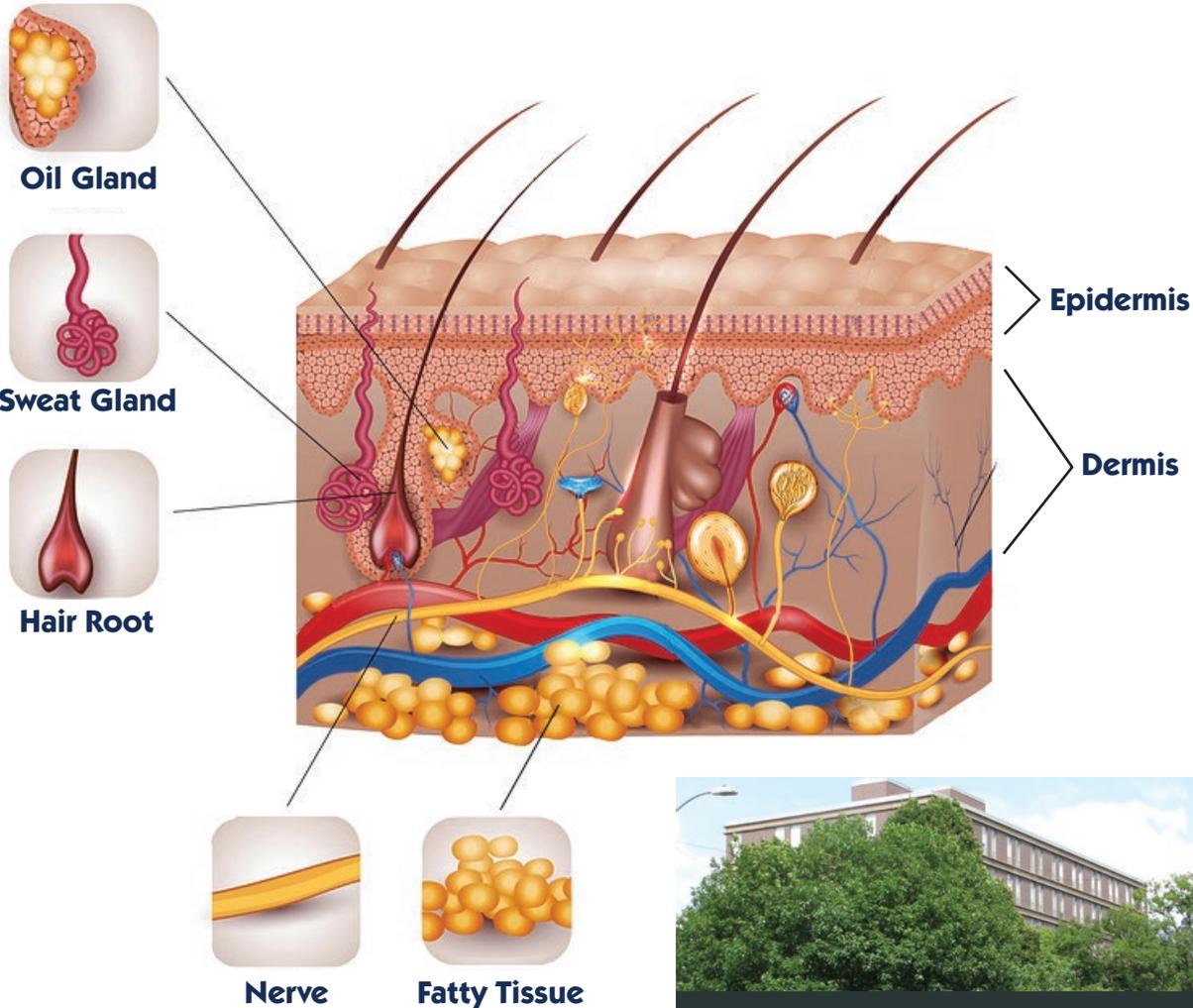
Kristen Stohs, Live & Learn host, interviews Dr. John Reed, retired general surgeon about the Wound Care Clinic.

For more information about the Wound Care Center, call 402-219-8770 or 800-877-2876, or visit <http://www.chihealthstelizabeth.com/burn-and-wound-care.html>.

To watch this episode of Live & Learn, visit <http://lincolne.gov/city/mayor/cic/5citytv/vod/index.htm> or Live & Learn’s YouTube channel at: <https://www.youtube.com/user/aginglivelearn/videos>. 

“ Wounds that last more than six weeks become chronic and will go on to cause infection, limb loss and foot ulcers.”

– Dr. John Reed



Normal Skin

Healthy skin consists of three layers, the epidermis, dermis and fatty tissue. The epidermis, which is what protects us from the outside environment, will quickly regrow new skin if wounded. The dermis, where the nerves, blood vessels, sweat and oil glands are located, will regrow skin after varying lengths of time. Once a wound reaches the fatty tissue, past the epidermis and dermis, it is a deeper and more serious wound that will need special attention to ensure it heals correctly.



PIONEER HOUSE

Lincoln's Premier Housing Cooperative

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

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

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

AGING PARTNERS

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

Key for Services: ▲ = Lancaster only

MISSION

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

Being Well

NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

HEALTH & FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5 and 10 Health, Channel 10. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938.

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

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

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

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

SENIORS FOUNDATION

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

Staying Involved

VOLUNTEER!

- **Foster Grandparent Program**
▲ 402-441-7026

SENIOR CENTERS

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

- ▲ 402-441-7158

Other Services

INFORMATION AND REFERRAL

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

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

TRANSPORTATION

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

LIVING WELL MAGAZINE

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

LIVE & LEARN

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

<http://lincoln.ne.gov/city/mayor/cic/5citytv/>

- Mondays at 11 a.m.
- Wednesdays at 5 p.m.
- Thursdays at 7 p.m.
- Fridays at 11:30 a.m.
- Sundays at 3:30 p.m.

These are the minimum airing times. Show also airs at various other times and on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>.

MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**
Linda Vandenberg, 402-367-6131
- **Fillmore County Senior Services**
Brenda Motis, 402-759-4922
- **Polk County Senior Services**
Jan Noyd, 402-764-2252
- **Saline County Aging Services**
Amy Hansen, 402-821-3330

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Joyce Kubicek

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

SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

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

402-441-7070

In Nebraska **800-247-0938**

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



Aging Partners News and Events

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

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service

or advertiser's website. There are wonderful stories in every issue of *Living Well*.

By visiting the Aging Partners website, you will

find current and past issues. Feel free to print the whole magazine or just the pages that interest you. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Wellness

Aging Partners Health & Fitness

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

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m.-2 p.m. or by appointment. \$10 monthly suggested contribution for people age 60 and older. \$15 fee for people younger than 60.

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

For most Health & Fitness classes there is a \$3 per class suggested contribution for people age 60 and older or a \$4 per class fee for people younger than 60.

Punch cards are available. Pre-registration is required.

Senior Fitness Check

Thursday, Jan. 21
9 a.m.-noon
233 S. 10th St., Suite 101

The Senior Fitness Check is safe and enjoyable. It is designed for people older than 60. Participants receive valuable information about their strengths and areas in need of improvement. They are given simple exercises they can do on their own at home or at a fitness center.

Downtown Senior Health Promotion Center

1005 O St., Lower Level
Services available to people age 60 and older include comprehensive foot care, ear care, blood pressure, glucose, cholesterol screenings and health education. This clinic is open on the lower level of the Downtown Senior Center.

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

- Thursdays, 9:30 a.m.-1:30 p.m.
Jan. 21 and 28
Feb. 4, 11, 18 and 25
March 3, 10, 17 and 31
April 7, 14 and 21

New Wednesday Location Senior Health Promotion Center

St. Mark's United Methodist Church
Vermeer House,
8550 Pioneers Blvd.

Services available to people age 60 and over include comprehensive foot care, blood pressure, glucose, cholesterol, osteoporosis screenings and

health education. This new clinic is open at the Vermeer House just north of the church.

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

- Wednesdays, 9:30 a.m.-1:30 p.m.
Jan. 20 and 27
Feb. 3, 10, 17 and 24
March 2, 9, 16 and 30
April 6, 13 and 20

Heart Health Open House

Wednesday, Feb. 17
9:30 a.m.-1:30 p.m.
St. Mark's United Methodist Church
Vermeer House,
8550 Pioneers Blvd.

- 9:30 a.m.-1:30 p.m.
Free blood pressure, finger stick cholesterol and glucose screenings provided by University of Nebraska Medical Center College of Nursing
- 10 a.m.: Heart Healthy Eating presented by Denise Boyd, RD, Aging Partners
Healthy eating is not just about the foods we should avoid, it's also about the foods we should eat. This program will give you tips on how to lower your cholesterol and blood pressure and achieve an overall healthy eating pattern.
- 11 a.m.: The Heart Truth presented by Tracie Foreman, Health Educator Aging Partners
The No. 1 killer of women, regardless of race or ethnicity, is heart disease, which is preventable in many cases. This program will give women and men valuable information about how they can reduce risk factors for heart disease.



Stepping On—Building Confidence and Reducing Falls
(Lincoln sessions)

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

- Madonna ProActive
7111 Stephanie Ln.
Tuesdays, 10 a.m.-noon
Jan. 12-Feb. 23
- Lincoln Lancaster County Health
Department Training Center
3140 N St.
Tuesdays, 1:30-3:30 p.m.
Feb. 23-April 5
- St. Mark's United Methodist Church
Vermeer House,
8550 Pioneers Blvd.
Wednesdays, 9:30-11:30 a.m.
March 2-April 13
- Tabitha Health Care
Lifequest Room
4720 Randolph St.
Thursdays, 2-4 p.m.
March 10-April 28
(No class on April 7)

Contemporary Yoga
Cotner Center Condominiums
1540 N. Cotner Blvd.

This renewing practice uses body postures, breath and relaxation to bring about a sound and healthy body. Movements

consist of several positions and poses that have strengthening and restorative benefits.

- Mondays, 9-10 a.m.
Jan. 11-Feb. 29
March 7-April 25
(Eight-week sessions)

Continuing Tai Chi—24 Form
Cotner Center Condominiums
1540 N. Cotner Blvd.

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

- Mondays, 10:15-10:45 a.m.
Jan. 11-Feb. 29
March 7-April 25
(Eight-week sessions)

Traditional Tai Chi-24 Form
Auld Recreation Center
3140 Sumner St.

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

- Fridays, 9-10 a.m.
Jan. 15-March 4
March 11-April 29
(Eight-week sessions)

Beginners Tai Chi for Balance and Fall Prevention Class
Basic 8 Form
Auld Recreation Center
3140 Sumner St.

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

- Thursdays, 9-10 a.m. and 10:15-11:15 a.m.
January 14-March 3
March 10-April 28
(Eight-week sessions)

Chair Tai Chi

Health & Fitness Center
233 S. 10th St., Suite 101

This program is based on the modified Tai Chi—Moving for Better Balance 8 Form Program. Participants are taught simple movements they can practice sitting or standing near a chair. New student orientation will begin at 9:30 a.m. the first two classes of each session.

- Tuesdays, 9:45-10:15 a.m.
Jan. 12-March 1
March 8-April 26
(Eight-week sessions)

Please register early for Stepping On workshops, Tai Chi and Yoga classes. Classes may be cancelled if we do not have 12 or more signed up. Thank you!

Educational

A Tribute to Martin Luther King A Humanities Nebraska program with Michelle Troxclair

Downtown Senior Center
1005 O St.

Thursday, Jan. 14, 10:30-11:30 a.m.

Learn through original poetic works the profound effect of Dr. King's sacrifice, contributions and legacy today, through the time honored artistic medium of spoken word. Spoken word is part of the great African oral tradition, by which familial stories, history, traditions, morals and values, hopes and dreams, pain and tragedy are all relayed through cleverly woven poems and stories.

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Aging Partners News and Events

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Bob Ross Oil Painting Class

Saturday, Jan. 23, 9:30 a.m.-3:30 p.m.
Lake Street Center, 2400 S. 11 St.

“Basket of Lilacs”—A beautiful floral arrangement with lilacs and daisies. Paint along with certified instructor Donald R. Belik in this one-day painting class. No experience required. All material and supplies are provided. To enroll, call 402-441-7158.

Cost: \$50

Entertainment

Jimmy Mack’s

Valentines Malt Shop Show

Friday, Feb. 12, 11 a.m.-noon
Downtown Center, 1005 O St.

\$4 meal suggested contribution for people age 60 and over.

\$8 meal fee for people younger than 60.

In honor of Valentine’s Day, let’s relive the romance of the ’50s. Veteran performer Jimmy Mack will play our favorite ’50s tunes to swoon and sway to. Mack will perform everything from Buddy Holly and Elvis to the Everly Brothers and Ricky Nelson. Join us for lunch as we enjoy a special nostalgic menu of cheeseburgers, fries and chocolate malts. Bring out your poodle skirts, saddle shoes, cat’s eye glasses, white sport coats with pink carnations, your roses and Baby Ruths. To reserve a meal, call 402-441-7154.

Paddy’s Wacky Dinner & Show Downtown Senior Center Annual Fundraiser

Auld Pavilion, 1650 Memorial Dr.
Saturday, March 12, 5-7 p.m.

\$10 tickets. Call 402-441-7154.

The Downtown Center is thrilled to be able to offer a traditional St. Patrick’s Day meal of corned beef and cabbage, plus a festive show of authentic Irish music. The veteran musicians of Paddywhack will perform traditional folk music from Ireland and the British Isles.

With more than 20 instruments and three-part vocal harmonies, “Paddywhack” offers a variety of musical styles, songs and dance tunes. Their repertoire includes a cappella sea shanties, rousing fiddle tunes, bar room sing-alongs, provocative ballads, rebel songs, jigs and reels. Musicians Chris Sayre, Terry Keefe and David Marsh accompany their songs with combinations of guitar, fiddle, mandolin, banjo, piano, English concertina, Northumbrian bagpipes, accordions and many other instruments. Laugh, dance and sing with music inspired by the ancient Celts, Scottish kilts, English coal miners and Irish leprechauns. Wear your green, because in our hearts, everybody’s just a little Irish! Thanks to our sponsors: GOLD: Right At Home In-Home Care and Assistance and SILVER: Caretech, Inc.

Black History Month Event “Voices in My Ear”

A Tribute to the Great Black Female Vocalists of Our Time, featuring Annette Murrell

Cotner Center Condominiums
1540 N. Cotner Blvd.

Thursday, Feb. 11

Performance: 6:30 p.m.

\$5 all ages

Catered Dinner: 5:30 p.m.

\$8 suggested contribution people age 60 and over.

\$9 meal fee for people younger than 60.

Within Lincoln city limits:

\$4 van transportation suggested contribution.

Billie Holiday, Sarah Vaughn, Bessie Smith, Ella Fitzgerald and Dinah Washington, just to name a few who left their mark on the history of music. Annette Murrell, known to her fans as “Dr. Diva,” takes the audience along on a musical exploration of the singers and the songs that inspired and influenced so many female vocalists including the good doctor herself. It’s a high spirited and moving show you won’t want to miss.

For details or reservations, call 402-441-7158.



**Women's History Month Event
 "Songs My Mother Taught Me" —
 Songs Written For and About the
 Women in Our Lives**

Cotner Center Condominiums
 1540 N. Cotner Blvd.
 Thursday, March 10
 Performance: 6:30 p.m.
 Show only: \$5 all ages
 Dinner: 5:30 p.m.
 \$9 suggested contribution for
 people age 60 and over.
 \$9 fee for people younger than 60.
 Within Lincoln city limits: \$4 van
 transportation suggested contribution.

Our performers, Sylvia
 Griffith, Rachel Mulcahy and
 Elaine Behrends, for this special
 celebration are bringing stories
 and music about the women in
 their lives that contributed to their
 own personal growth and helped to
 move them along in their personal

journeys. Call 402-441-7158 for
 reservations by Tuesday, March 8.

Free Income Tax Assistance

Monday-Thursday
 Feb. 1-April 14
 10 a.m.-3 p.m.
 Downtown Senior Center, 1005 O St.

AARP tax aide volunteers will
 be available to assist you with
 your 2015 income taxes.

Appointments start at 10 a.m.
 and the last appointment is 2 p.m.
 Call early, but not before Monday,
 Jan. 25. Appointments go fast,
 why not stay for lunch? Make
 your lunch reservation when you
 make your tax appointment. Bring
 your photo I.D., proof of health
 insurance, Social Security card,
 wage and earnings statements
 (W2's), Interest and Dividends
 statements (Form 1099), a copy

of last year's return and any other
 information about your income
 and expenses. Call 402-441-7158.

Winter Storm Closings

In the event of severe winter
 weather or dangerous icy
 conditions, the Aging Partners
 Centers may be closed. As a rule,
 if the Lincoln Public Schools are
 closed, Aging Partners Senior
 Centers also will close. Please
 listen to KFOR 103.3 FM or 1240
 AM radio for the most accurate
 and up-to-date Senior Center
 closings information. 

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

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

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