

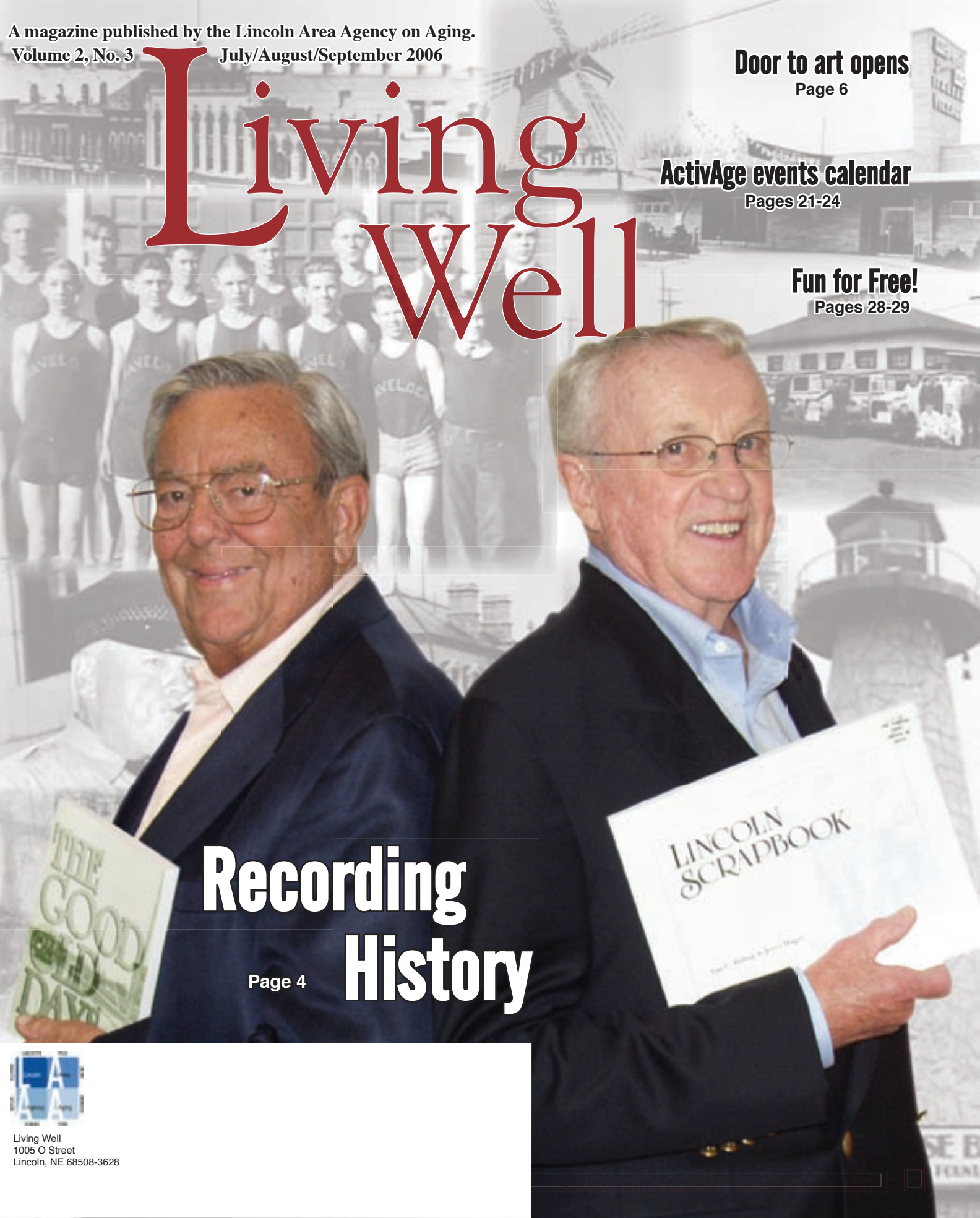
A magazine published by the Lincoln Area Agency on Aging.
Volume 2, No. 3 July/August/September 2006

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Living Well



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Summer takes me back to the warm nights in the small town in western Nebraska where I grew up. The games of hide and seek or just being outside in the twilight brings back special memories.

Remember the tall street light with the swarms of bugs? In the eastern part of the state, we have lightening bugs. Not so when I was a child in Trenton. Picnics, family visits, vacations ... I hope there are some of those things in your summer this year.

LAAA celebrated Older American's Month with a special presentation by Dr. Gene Cohen. His message told us older can mean better if we practice healthy living and challenge our selves mentally and physically. Make your brain sweat, was his challenge.

Art Linkletter, who will be 94 in July, came to Lincoln June 9 to share a similar message, and lots of laughs. He's still going strong, traveling to Nebraska alone, speaking without notes for an hour without a break or a swallow of water. He kept attendees at the 12th Annual Lifelong Living Festival entertained June 10. We've had many opportunities to celebrate living long and living well.

Nebraska ranks in the top five states in the U.S. for enrollees in Medicare Part D. LAAA statistics show why. In our eight counties the LIFE counselors, SHIP staff and county program staff assisted in more than 3,000 enrollments. Materials prepared by this group were used by thousands more in our area and were borrowed by others across the state. Counselors estimate that the average enrollee will save \$1,100 each year. In our eight counties, the savings generated by those assisted by staff comes to \$3.3 million. This means those who were previously spending this amount paying for prescription drugs will now have this amount available for other discretionary needs.

The *Living Well* staff wishes to thank those who returned their orange magazine wrappers that covered the last issue. We updated addresses and recipient names, appreciated the checks sent by many acknowledging the value they placed on receipt of the magazine and appreciated knowing of the few who wished to be removed from our mailing list.

This issue completed a full year of issues. Your input is always welcome. You can send your thoughts to me at LAAA, 1005 "O" Street, Lincoln, NE 68508 or use my e-mail: junepederson@lincoln.ne.gov.

Director, Lincoln Area Agency on Aging

We are interested in story ideas, activities and events in your town or county.

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

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

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Lincolmites, Thanks for the memories...

A little bit about the authors ...

Jerry Mapes

is a lifelong Lincoln resident. He attended the University of Nebraska, was a sports writer for the Lincoln Star newspaper and had a long career as CEO and owner of Mapes Industries, Inc. Jerry and wife, Margaret Thomsen Mapes, now deceased, have four children.



Van C. Duling

also attended the University of Nebraska with a B.S. in Business Administration. Duling

is a World War II veteran, has written two books on travel and has owned two successful businesses.



Married to Georgia Lemon Duling, they have two daughters, two granddaughters and one grandson.

During a recent interview on “Live & Learn,” host Peggy Briggs had the pleasure of remembering the past with Mapes and Duling and so the story goes...

Once Upon a Time, during a visit to Raleigh, N.C., Van Duling’s wife, Georgia came upon an ad promoting a book filled with stories submitted from individuals about Raleigh. Georgia encouraged Van to pursue this type of book about Lincoln. Having already written two books himself, Van knew how difficult it was getting a book published. Van met with Jim McKee, Lincoln Historian, Publisher and owner of Lee Booksellers. McKee was encouraging, because the idea had also crossed his mind, and offered any assistance necessary. In case you’re wondering, here is where Jerry Mapes enters the picture.

Van enlisted the help of his good friend, Jerry, who became a partner in the project.

Approximately 500 letters were sent to fellow Lincolmites offering the opportunity to contribute their favorite memories. Letters began to pour in, many more than expected.

A long story made short, Van and Jerry published what would be the first of three books, “The Good Old Days” in 2001; a year later, “Those Were the Days”; and another year later “Lincoln Scrapbook.”

This endeavor is the result of what can happen when a group of men, and/or women gather and stories begin to unfold. Collectively, they have filled three books. Van tells a portion of a story from “The

Good Old Days” submitted by Marilyn Maude called The Onion Caper.

In the mid 1930s, around 27th and South Street, a big farm truck heaping with a mountain of onions and on its way to market had trouble seeing or stopping at a stop sign. The truck slid for some distance, with onions spilling onto the street as they bounced and rolled in every direction. The truck and other traffic then did a good job of mashing the onions. Motorists were no doubt surprised by the slippery street. One can only imagine the chaos it caused, the cleanup crew crying as they scooped up the mess and the odor that lingered in the neighborhood for days to come.

Like many Lincolmites, I’m sure you remember “the good old days.”

The Mug, The Windmill, riding the streetcar, the three-penny bridge, and a Saturday night spent at one of the ballrooms. Maybe you remember never locking front doors, keys left in the car, children playing outside for endless hours, taking the family out to eat for a few dollars, many mom and pop shops, and waving to one another as you passed on the street, even if you did not know each other, as no one was a stranger.

You may never publish a book about your memories, but you can read one and perhaps you may even decide to jot down some of your own memories for your family to enjoy.

When grandchildren, or friends asked, what was it like in the old days, you will have many stories to share.

You may view the Mapes and Duling “Live & Learn” interview, hosted by Peggy Briggs at:

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

or call 5-City TV for a copy at 441-6688.





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Prime Time Studios open doors to art



Recent studies have found that older adults who participate in art activities are happier and healthier, said Peggy Apthorpe, Lincoln Area Agency on Aging Lifetime Health Supervisor.

With that in mind, LAAA with the Lincoln Parks and Recreation and the University of Nebraska Medical Center College of Nursing brought the Prime Time Open Studios Project to Lincoln. For people 60 or older and interested in this positive self-expression through hands-on art experiences and education, this program has been a perfect fit, Apthorpe said.

John O. Arnold has participated in classes and couldn't agree more.

"It's fun and gets me out of the house," he said. "I look forward to the class and I always feel good after it."

For Arnold, 65, and other participants, they have had an interest in art but were not confident in their ability to create.

"These classes have built up my self-confidence," Arnold said. "It's neat to see I can do something artistic."

No prior art experience or training is necessary. Participation in the project, funded by a grant from Johnson and Johnson Society for the Arts in Healthcare, comes free to participants with all art materials provided. Health assessments are also offered as part of the project.

Transportation is provided for those in need.

The first nine-week session, "Intuitive Painting," was at the Downtown ActivAge Center from February through April. Artist Susan J. Brasch facilitated this class.

"I loved the class and meeting new friends," one participant wrote for an evaluation of the session. "I hope to continue learning new ideas to use my hands when physically I can't do the activities I used to."

During the second nine-week session, Julia Noyes, Lincoln artist and owner of Noyes Art Gallery, taught a course entitled "Drawing on Experience" at the "F" Street Community Center. Participants worked on a number of drawing projects during the weekly class from May 5 to June 30.

Most participants simply want to be comfortable drawing, and Noyes teaches them basic fundamentals to encourage drawing experimentation, she said.

"I love to teach and give people the joy of drawing," Noyes said. "No matter what age you are, you can learn to draw."

The third nine-week session begins July 7 at the Downtown ActivAge Center. Brasch teaches the class called "Color My World — Experience with Paint."

The final session will begin Sept. 15 at "F" Street Community Center. Participants will work with clay and other tactile mediums.

Those interested in participating in these sessions should call 441-7575. Space is limited.



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Long-Term Care Ombudsmen: Resident Advocates

For many, adjusting to life in a nursing home can pose many challenges, both for residents and their families. There are so many questions to answer.

Finding the answers can be hard if you do not know where to look.

Sometimes there can be concerns or problems that don't seem to be resolved.

In every state, there is a group that will help you, free of charge.

They can answer your questions, make suggestions and even advocate on your behalf.

These people are called Ombudsmen.

Nebraska's State Long-Term Care Ombudsman Program was established by federal mandate, through the Older Americans Act, and through State statute. The program, operated by the Nebraska Department of Health and Human Services State Unit on Aging, advocates for the rights of residents of long-term care facilities and works to improve their care and quality of life through an emphasis on empowerment, education, problem solving and conflict resolution.

"The main purpose of the LTC Ombudsman Program in the Department of HHS is to advocate for and on behalf of residents," said Cindy Kadavy, HHS State LTC Ombudsman. "We can bring people together at the facility level to discuss their concerns and identify solutions that will satisfy the resident."

The LTC Ombudsman Program seeks to resolve complaints and improve quality of life for residents.

"Information given to the LTC Ombudsman is confidential," Kadavy said. "In most cases, a resident's permission is required before any action can be taken on his or her behalf."

Anyone can bring a resident complaint or concern to the attention of the LTC Ombudsman. As the resident advocate, however, the LTC Ombudsman always seeks to resolve the complaint or concern to the satisfaction of the resident.

Services provided by Nebraska's Long-Term Care Ombudsman Program include:

- **Education** - to inform residents, families, facility staff and others about a variety of issues related to aging, long-term care and residents' rights.
- **Information & Referral** - to empower individuals in resolving concerns and complaints on their own behalf.
- **Consultation** - to make recommendations for protecting the rights of residents and improving their care and quality of life.

- **Individual Advocacy** - to facilitate the resolution of complaints and concerns and to protect the rights of residents.
- **Systems Advocacy** - to identify significant concerns and problematic trends and to advocate for systemic changes that will benefit current and future residents of long-term care facilities.

Local Ombudsman Programs are located at several of Nebraska's Area Agencies on Aging and are coordinated by a Local or Regional Ombudsman. These programs rely on trained and state-certified volunteer Ombudsman Advocates, who are assigned to a specific nursing home or assisted living community, as an advocate for the residents. They advocate for the rights of residents, investigating and seeking to resolve concerns related to their care and quality of life. They seek to empower residents by encouraging them to speak on their own behalf, but will also advocate on a resident's behalf.

The Lincoln Area Agency on Aging plans to sponsor a volunteer training in July 2006.

Positions are open in the communities of Lincoln, Firth, Crete, Milford, Wahoo and Wilber. Local Ombudsman Tami Barrett is accessible to all residents living in long-term care facilities in the Lincoln Area Agency on Aging eight county service area. A volunteer advocate does not need to be assigned to a particular facility for residents or others to contact the office for program services.

However, the benefits of having a volunteer ombudsman assigned to a facility is incredible. The close relationship built between them and the residents helps ensure quality care and good communication with facility staff. They truly have such insight, understanding and knowledge.

For more information on the Local Long-Term Care Ombudsman Program or if you are interested in becoming a volunteer advocate in your community, please contact Barrett at the address below.

Tami Barrett, Elder Rights Coordinator
LIFE Office
Local Ombudsman Advocate Program
1005 "0" Street, Suite 300
Lincoln, NE 68508
Phone: (402) 441-7070; (800) 247-0938
E-mail: tbarrett@lincoln.ne.gov

(Source: CIMRO-NE Summer 2004 Beneficiary Newsletter)

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Lincoln Area Agency on Aging

MISSION

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

FIRST SERVICE

Information and Referral

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

SENIORS FOUNDATION

A charitable foundation focuses on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County, 441-6179. www.seniorsfoundation.org

ACTIVAGE CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, light menu choices, and shelf stable meals for at home. Transportation to the Centers is available for a fee. Eleven centers in Lincoln and five in Lancaster County, L 441-7158

ACTIVITIES & CLASSES

- **Health**
Physical activity and exercise classes to improve health and fitness. 441-7575
- **Travelogue**
Travel films by professional photographers.
L 441-7026
- **Tickets, tours and events**
Opportunities to enjoy cultural and educational events. L 441-7158

CAREGIVING — 441-7070

- **ElderCare Connection**
Caregivers receive information, support and assistance. www.eldercare.gov
- **Caregiver Support Groups**
Discuss issues and problems of caregiving with other caregivers.

- **Senior Companion Program**
Homebound older adults receive companionship.
- **TELECARE**
Daily reassurance phone call to older adults.
L 441-7026
- **Project HELP**
Homebound older adults receive companionship.
L 441-6103
- **Caregiver Support Services**
Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 441-7575

LONG TERM CARE OPTIONS

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

- **Care Management Services**
- **LifeLine Emergency Response System**
24-hour emergency access by pressing a button.
- **Resident Services**
Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor and Crossroads House in Lincoln and in Geneva. Fillmore & Lancaster only.
- **Senior Care Options**
Long-term care and assessment for Medicaid eligible persons seeking nursing home care.
- **Supportive Services Program**
Eligible older persons can receive assistance with the cost of in-home services and adult day care.
- **Medicaid Waiver Services**
State funded in-home services for those who are Medicaid eligible who choose to live at home or use community based services.

EMPLOYMENT

441-7070 or (800) 247-0938

- **OperationABLE**
Job searching for persons 50+. Works with employers who have job listings.

FINANCIAL

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

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

on Aging Services

- **SHIIP**
 Senior Health Insurance Information Program
 Information concerning Medicare, Medicaid and health insurance.

- **TRIAD**
 Referral to appropriate agencies for crime prevention, elder abuse, scams and fraud.
 L 441-6103

HEALTH & FITNESS

441-7575

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

HOUSING

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

NUTRITION

402-441-7158

- **Nutrition Consultation**
 Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers.
- **Meals**
 Noon meals, selected evening meals with

entertainment, special holiday meals and light menu choices are available at some Centers.

TRANSPORTATION

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

VOLUNTEERING

- **RSVP / Retired & Senior Volunteer Program**
 Volunteer experiences for those ages 55+.
 Coordinates between community needs and the talents of the volunteers. L 441-6103
- **Foster Grandparent Program**.....441-6105
- **Guardian and Conservatorship**.....441-7070
- **Long-Term Care Ombudsman**.....441-7070
- **Project HELP**.....441-6103
- **Senior Companion Program**.....441-6182
- **SHIIP**.....441-7070
- **TELECARE**.....441-6571
- **TRIAD**.....441-6103
- **Widowed Persons Service**.....441-6101

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- Fillmore County Senior Services
 (402) 759-4921
- Polk County Senior Services
 (402) 764-8227
- Saline Eldercare
 (402) 821-3330
- Saunders County Senior Services
 (402) 443-4896
- Seward County Aging Services
 (402) 761-3593
- York County Aging Services
 (402) 362-7626

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Keeping pace

Saying Clarence Osborn is “Living Well” might be understated just a bit.

At age 88, Osborn can run laps around many people even half his age. He ran his first marathon of 26.2 miles at age 66 and has completed more than 30 full marathons, numerous half marathons and countless running competitions of shorter distances.

He recently ran in the Bolder Boulder in Boulder, Colo., where he completed a 10-kilometer or 6.2-mile course in 1 hour, 33 minutes. Osborn improved his mark at that race by more than three minutes compared to a year ago.

“I enjoy running and competing,” he said. “I like winning the awards and it keeps me in good shape.”

He has qualified for the U.S. Nationals and has competed in Colorado, Iowa, Kansas, Louisiana, Maryland, Minnesota, Missouri, Nebraska and Utah.

To prepare for these runs, Osborn, who is a decorated World War II veteran, rides his bicycle from his home to the Downtown ActivAge Center twice a week to volunteer through RSVP. Along the route, which is 3 1/2 miles

one-way, he collects cans to recycle as a hobby.

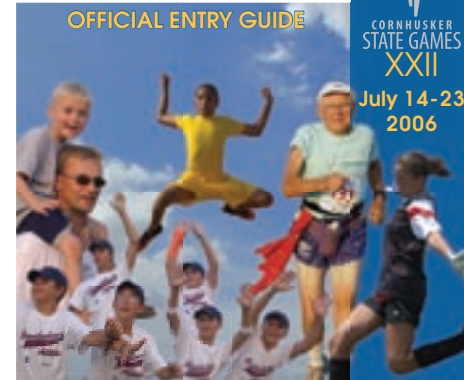
He also runs on roads about 20 miles a week, uses a treadmill and stays active anyway he can, Osborn said. He used to run as much as 70 miles a week when he ran every day.

Being active always has been part of Osborn’s life. While in the military, he boxed and was second in Golden Gloves association for Arizona.

Osborn has appeared in countless publications highlighting his running. He is featured on the cover of this year’s Cornhusker State Games entry form booklet.

“I hope to continue running for a long time,” Osborn said.

Osborn and his wife, Betty, married 57 years, have a son in Colorado, daughter in Lincoln, four grandchildren and four great-grandchildren.



CornhuskerStateGames.com

Courtesy photo

Clarence Osborn, running second from right, is featured on the cover on the Cornhusker State Games entry form booklet.

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Elder Abuse ... The Silent Treachery

Older adults, who are victims of abuse, don't have to go after the problem alone.

While resources exist, too often pride or embarrassment about the situation leads the person away from the path to escaping abuse from others or even themselves, said Hazel Anthony, a TRIAD volunteer.

"It's hard for us to get figures of how much abuse happens, because many people will not report it," she said. "It's a sad, sad situation. We want to make people realize, it is not something to be ashamed of."

The Lincoln Area Agency on Aging TRIAD Bureau was formed in 1996 and has a volunteer speaker program seeking to inform people about and reduce criminal victimization of older adults in Lancaster County.

Anthony said often it is people 75 or older who fall victim to elder abuse. The abuse can be physical, emotional or financial from outside sources. The individual also could be abusing themselves through self-neglect and allowing an unsafe, cluttered house to serve as their surroundings, she said.

Anyone who believes an abuse in any form is occurring should contact the hot line at (800) 652-1999, which covers both Adult Protective Services and Child Protective Services.

Ben Kroeze, protection and safety worker with Adult Protective Services in Lincoln, works with cases in Lancaster County.

Kroeze and others in his office investigate the neglect, abuse and financial exploitation of vulnerable adults — anyone with a substantial cognitive or physical problem.

He said an average month could bring 20 to 30 new reports of abuse that he or another protection and safety worker investigate within Lancaster County. Other investigators cover a 16-county area throughout Southeast Nebraska.

**If you suspect an abuse,
help put a **STOP** to it
call **(800) 652-1999****

In total, there may be about 300 reports of abuse/neglect each month for this 17-county region, including Lancaster County.

Kroeze estimates that three-fourths of those reports involve abuse to someone 60 or older. These reports range from physical abuse to a report where someone believes a person is neglecting themselves. Police will be asked to intervene and assist in any case in which there is a violation of a law.

APS stands as a voluntary program, and unless a person has been determined incompetent by a court of law, APS cannot make interventions against a person's will. If an APS worker believes a person's competence is in question but no court has made an official declaration of that person's competence, APS might take the issue to court in cases where it is believed the person was a danger to himself or others.

APS will divulge only to law enforcement the identity of a person reporting an alleged abuse.

APS does ask persons reporting alleged abuse provide contact information so investigators can contact them for more information if needed.

While Kroeze and co-workers don't have a magical wand to wave and solve all problems, Kroeze believes his short-term intervention can be valuable. In addition to taking steps to prevent abuse to people, he has helped people do everything from finding safer housing to cleaning up their homes and maintaining organization.

"It can be very rewarding to help someone," Kroeze said. "I think that most people don't understand what my job really is at all. Once in a while, I feel like I'm getting more from the people I'm seeing than they're getting out of me. Everyone has something they can teach you."

Anthony agrees and encourages anyone who suspects an abuse of any kind to report it to the hot line.

If interested in learning more about elder abuse, call LAAA TRIAD at 441-6103.



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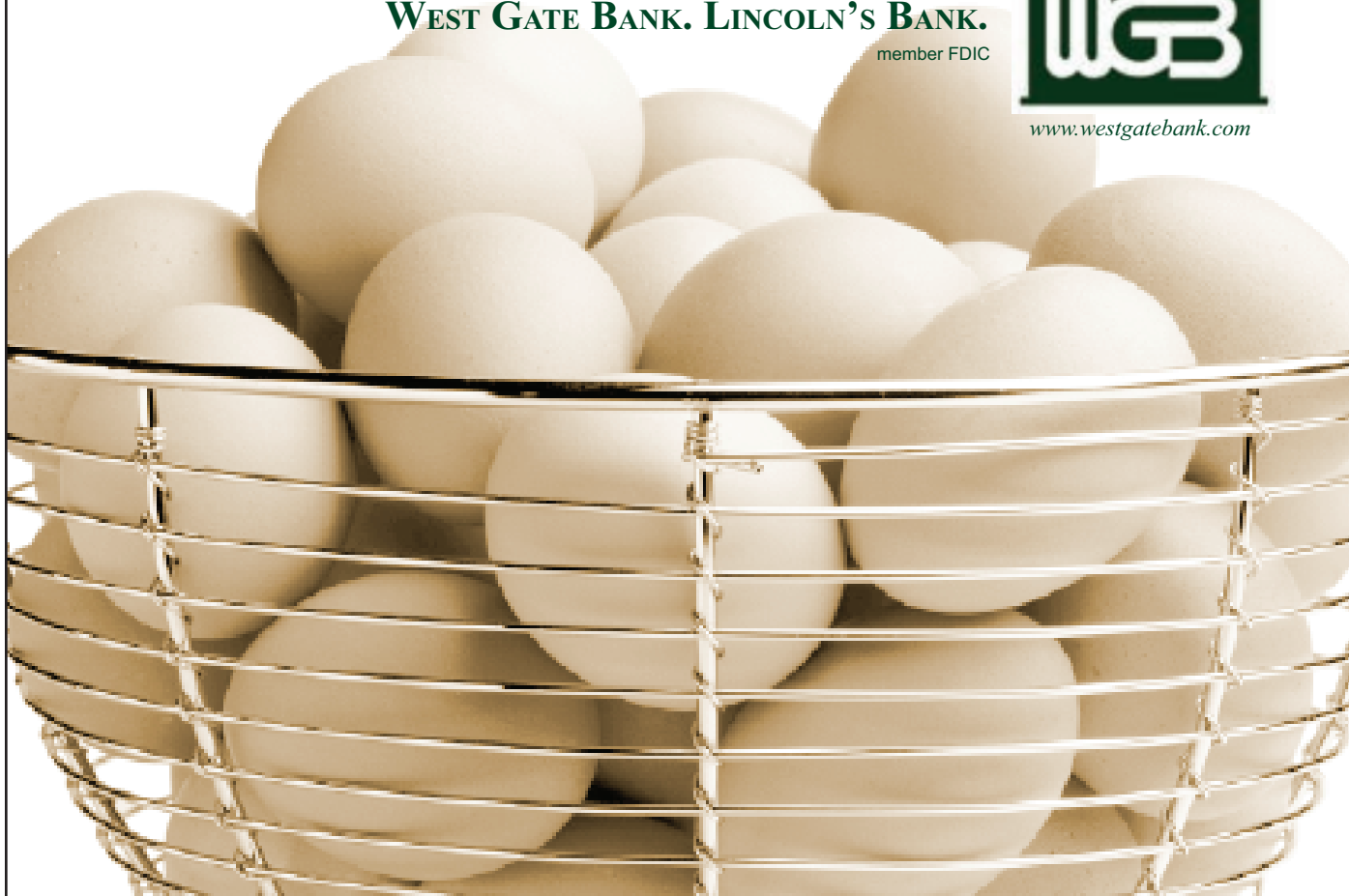
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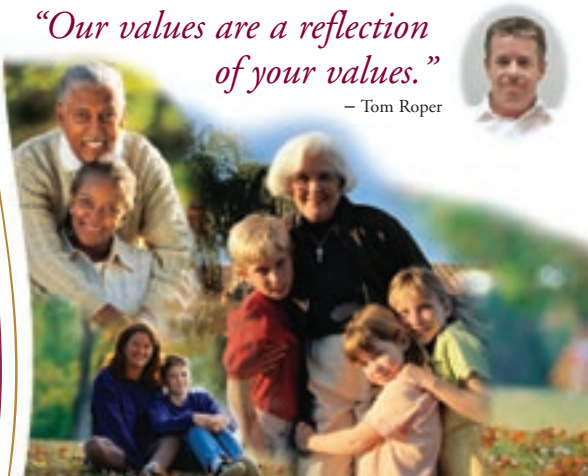
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100941
02/06

Education Then & Now

School demographics as well as student and parent attitudes may have changed through the years, but teachers' goals remain a constant, according to four retired Lincoln Public Schools educators.

"If you care about people and care about making a change, then this has always been the field for people to go into," said Ann Irvine, retired LPS consultant.

Irvine and other former educators: Wes Lauterbach, retired LPS principal; Barry Moore, retired associate principal; and Sam Nelson, retired LPS principal; joined host, Ruth Ann Lyness, to discuss "Education Then & Now" during the May "Live & Learn" show on 5-City TV.

"Live & Learn" is a show for and about older adults in Lincoln and the surrounding area. It is sponsored by the Lincoln Area Agency on Aging. A new informative topic is highlighted each month on 5-City TV.

The "Education Then & Now" show topic came as a result of a viewer request.

The four-person panel, with 155 years of education service among them, covered everything from how technology has changed the dynamics of student instruction and interaction with students and their parents to student appearance and the curriculum.

Lyness pointed out that schools are viewed as all things to all people.

While many people may think schools affect change, such as when the 1950s integration of students started, Lauterbach said people own the public high schools, and they are a reflection of society.

For instance, demographics have changed in Lincoln, and LPS has students from 55 countries with 55 languages being spoken within the confines of these schools.

Students also possess technological savvy. This has changed the teaching approach, Moore said.

Moore relayed a story about a friend's daughter graduating from high school and her father saying he needed to discuss some things with her before she leaves for college. The father wasn't talking about life lessons he wanted to instill in the daughter before going away to school. He wanted to make sure his daughter taught him how to program the cellular phone and computer, because she had done those things for him.

LPS experimented with its first computer in a classroom during the 1973 school year.

"Now, it's hard to find a classroom without a computer," Moore said.

Nebraska was the first state to have schools statewide connected to the Internet, according to the LPS Web site.

That introduction of computers and e-mail has changed educational methods. Students now receive instruction via



e-mail and Web sites. A student who is sick for an extended time can access course lessons from their home.

Teachers also communicate with parents via e-mail.

While there are benefits with using this technology, Nelson believes drawbacks also exist.

"We've lost a little of the parental involvement in terms of direct contact," he said. "Finding a blend of the technology and face-to-face interaction is better."

The push for technology use also translates into a societal change, prompting students to want instant gratification and impact. They use remote controls to change channels and can access practically anything in an instant via the Internet.

With all the information being relayed to students in various elective courses and programs at the schools today, Nelson said the time set aside for the school day has not changed much. It used to be that curriculum included reading, writing and arithmetic for the school day. Now, society has asked the schools to provide breakfast in the morning and electives from auto mechanics to home economics.

"We have added more to the curriculum that has enriched it," Nelson said, "but sometimes I think we get away from the basics."

LPS was one of the first in the nation to offer day care to student parents while they attended classes. The school was featured in "National Geographic."

Prior to that program introduction, pregnant students were encouraged to drop out of school. However, the thought was pregnant students would need to find a way to earn their education if they were going to support their children, Irvine said.

Irvine said a woman came up to her recently and told her about her eighth-grade daughter doing well in school and this eighth-grader was one of the babies in the first group of day care children at Lincoln High School. The mother thinks school support played a significant difference in not only her life, but also the life of her daughter, Irvine said.

No matter what changes lie ahead for education, Moore encourages educators and parents to remain vigilant in providing good instruction.

"Young people will not respect you for what you let them get by with," he said. "They will respect you for what you help them become."

To find out more about Lincoln Public Schools, access lps.org on the Internet.

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Interim HealthCare & Clark Jeary Retirement Center are pleased to announce a partnership to provide quality services to be available at a new Clark Jeary location, 8401 S. 33rd. The expected completion date at 33rd Street & Yankee Hill Road is spring 2006.

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Clark Jeary residents looking forward to their new location in 2006. Front row, from left, Leona Janzen, Harry Powell, Lucille Shotkoski; back row, Lynette Helling, Interim HealthCare, Carla Abendroth, Clark Jeary Director of Marketing.



Artist rendering of new facility at 33rd Street & Yankee Hill Road

Keeping Your Heart Healthy

Heart disease is the No. 1 killer of women.

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As body temperature rises, the heart gets a workout by moving blood around to keep the body cool. After about 30 minutes, this cardiovascular exercise is equivalent to a 6- to 9-mile run.

Using the sauna for about 30 minutes can burn up to 900 calories. Weight loss and reduction of cellulite are possible because body fat becomes water-soluble at 110 degrees Fahrenheit. Saunas help the body sweat out fats, toxins and heavy metals that can't otherwise be eliminated.

The infrared sauna produces two to three times more sweat volume than a steam sauna and increases the elimination of those toxins at temperatures that are 50 to 70 degrees lower than what is required in a hot rock box.

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Legislature expands property tax relief for older homeowners

Many older homeowners on fixed incomes will now benefit from a larger break on their property taxes thanks to action by the Legislature. In April, Gov. Dave Heineman signed into law a revenue package that expands property tax relief to limited-income older and disabled homeowners.

"Legislative Bill 968 makes important changes to the homestead exemption program," said Mark Intermill, associate state director for advocacy with AARP Nebraska. "The bill lessens the property tax burden on low-income seniors who might otherwise be forced out of their homes due to high taxes."

LB 968 increases the amount of home value that can be exempted from property tax. It also allows more people to file for a homestead exemption by increasing the maximum home value that is eligible for an exemption.

The changes will help offset increasing property taxes that have been driven by rising valuations. Improving the homestead exemption to keep up with rising property values has been a top legislative priority for AARP Nebraska since 2004. Intermill and AARP volunteer Robert Courtney spearheaded and led the three-year effort with State Sen. Jeanne Combs to reform the program. The changes will take effect in 2007. For more information, contact Mark Intermill toll free at (866) 389-5651 or send e-mail to mintermill@aarp.org

Older Nebraskans' Day at the Nebraska State Fair

August 28
Begins at 9 a.m.
Nebraska State Fair Park

For more information,
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ActivAge Events

ASSISTANCE EVENTS

• Widowed Persons

Service Meetings

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



— Friendship Group

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

— Widower's Breakfast

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

— Widow's Breakfast

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

— Widow's Luncheon

meets the first Thursday of each month at 11:30 a.m., visiting a

different restaurant monthly. Call 441-7028 for the current location.

— Just Pals

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

— "Charlie Brown's Kids,"

A group for children who have lost a parent through death, meets the first and third Thursday of each month from

6 p.m. - 8 p.m. at Sheridan Lutheran Church, 6955 Old Cheney Road. Bring a brown bag supper. Also sponsor "Parents Night Out" one evening each month. Call 483-1845 for information.

EDUCATION EVENTS

• Bridge Classes

Keep playing! More multi-week classes with instructor, Bruce Burns. Designed for the beginning beginner to the seasoned player. Call (402) 441-7158 for information and reservations. Must register by calling (402) 441-7158 prior to class attendance. Price is \$20-\$25. Checks are payable to "Lincoln Area Agency on Aging" with a notation in the memo stating "Bridge" and which class (example: Beginning I - Jan 9). Send the check to:

Lincoln Area Agency on Aging
ATTN: ActivAge Bridge
1005 "O" Street
Lincoln, NE 68508-3628

- 9) July 24 - Alumni:
Mondays for six classes,
9 a.m. - 11:30 a.m. at
Savannah Pines
- 10) July 26 - Alumni:
Wednesdays for six classes
(no 8/2), 2:30 p.m. - 5 p.m. at
Brentwood Estates
- 11) Sept. 11 - Beginning I:
Mondays for six classes,
9 a.m. - 11:30 a.m. at
Savannah Pines
- 12) Sept. 13 - Beginning I:
Wednesdays for six classes,
2:30 p.m. - 5 p.m. at
Brentwood Estates
- 13) Oct. 23 - Beginning II:
Mondays for eight classes,
9 a.m. - 11:30 a.m. at
Savannah Pines
- 14) Oct. 25 - Beginning II:
Wednesdays for eight classes
(no 11/22), 2:30 p.m. - 5 p.m. at
Brentwood Estates
- 15) Dec. 18 - Party:
Monday, 9 a.m. - 11:30 a.m. at
Savannah Pines, **FREE!**
- 16) Dec. 20 - Party:
Wednesday, 2:30 p.m. - 5 p.m.
at Brentwood Estates, **FREE!**

• Prime Time Open Art Studios: "Color My World: Experiences with Paint" with Susan Brasch

Did you know that older adults that participate in art activities are happier and healthier! If you are 60+ and interested in positive self expression through hands on art experiences, then you are invited to the third ses-

Continued on Page 22

Continued from Page 21

sion of the

Prime Time Open Art Studios. Sessions will be held Fridays from 10 a.m. - 11:30 a.m., July 7 through Sept. 1, at the Downtown ActivAge Center, 1005 "O" St. Includes art materials, transportation for those needing this service, and wellness assessments. No prior art experience or training is necessary; beginning and experienced artists are welcome. Lincoln Parks & Recreation, LAAA's Lifetime Health and the University of Nebraska Medical Center College of Nursing are working together for the Prime Time Open Art Studios project. Made possible by a grant from the Johnson and Johnson Society for the Arts in Health Care. Free for people who are 60+. Call the Lifetime Health Program at (402) 441-7575 for more information or your reservation.

HEALTH PROMOTION EVENTS

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

• Senior Health Promotion Center

The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging's Lifetime Health program, perform health and dental screenings at the Downtown ActivAge Center, 1005 "O" Street. No appointments needed for most services, walk-ins are encouraged.

Dental screenings require an appointment; please call (402) 441-6687. The clinic is open from 9:30 a.m. - 2:30 p.m., on almost every Tuesday and Thursday during the school year, with summer dates as announced. Call the Lifetime Health Program at (402) 441-7575 for more information about the clinic, free parking and free transportation.

Also, check with your closest ActivAge Center for transportation to the Clinic. The schedule includes:

July 6 (foot care only)

July 18

Aug. 10, 22 (foot care only)

September: To be announced

• Movement Matters Exercise & Fitness Classes

Aerobic fitness for active older adults. Classes are Tuesdays and Thursdays, 9 a.m. or 11 a.m., at Auld Recreation Center, 3140 Sumner, off of Memorial Drive in Antelope Park. Can join at any

time. After a summer hiatus, classes will resume in late August. Call (402) 219-7000 to register.

Cost is \$40 for St. Elizabeth Advantage members or \$44 for nonmembers.

August: To be announced; classes will begin in late August, call 441-7575 for details

September: To be announced

• Stretch and Tone

An easy and relaxing way to improve your flexibility and muscle tone. Most exercises are done sitting or standing near a chair. A great class for the beginning exerciser or person who hasn't been exercising for a while. Classes are Tuesdays and Thursdays, 9:30 a.m. - 10:15 a.m., North Gate Estates, 2425 Folkways Blvd. Can join at any time.

After a summer hiatus, classes will resume in late August. Call the Lifetime Health Program at (402) 441-7575 to register. Cost is \$28.

August: To be announced; classes will begin in late August, call (402) 441-7575 for details.

September: To be announced

• Yoga Refresh and Renew Exercise & Fitness Classes

Gentle yoga class includes relaxation. Classes are Thursdays, 10 a.m. - 11:30 a.m., at the Belmont ActivAge Center in the Belmont Recreation Center, 1234 Judson. Can join at any time.

Call the Lifetime Health Program at (402) 441-7575 to register. Cost is \$45.

August: To be announced

September: To be announced

• Fitness 101

This drop-in class is designed for the person new to exercise or the person who has not exercised regularly for some time. Stretch & tone and breathing & relaxation exercises will be done in or near a chair. Instructor will be Terri Swanson. Class meets Wednesdays, 10:30 a.m. - 11:15 a.m., Downtown ActivAge Center. Free. Call the Lifetime Health Program at (402) 441-7575 for more information.

July: To be announced

August: To be announced

September: To be announced

• Forever Strong Health Club

Open weekdays, 8 a.m. - 4 p.m., and Saturdays,

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9 a.m. - noon. Located at the Downtown ActivAge Center. Free for those 60 and better. Call the Lifetime Health Program at (402) 441-7575 for more information on the Club, free parking and free transportation.

• Certified Personal Trainers

are available on Tuesdays, 1 p.m. - 3 p.m. Wednesdays, 8:30 a.m. - 10:30 a.m., Thursdays, 1 p.m. - 3 p.m., or by appointment. Located in the Forever Strong Health Club, at the Downtown ActivAge Center. Call the Lifetime Health Program at (402) 441-7575 for more information.

ACTIVAGE CENTERS

Stop by the Centers for fun, social, recreational, health, or educational programs. Meal reservations must be made two days in advance. Call the Center listed for reservations or information.

• At the ActivAge Centers

August (To Be Announced) - Big Red Party; Calvert, 441-8483, more information to be announced

• Road Trip with the ActivAge Centers

July 13 - Sunken Gardens trip with lunch to be announced; Calvert, 441-8483

DINNER & A SHOW SERIES

More exciting evenings of fabulous food and fantastic entertainment at the ActivAge Centers, Cotner Center Condominiums, 1540 North Cotner — North 66th at Cotner and Holdrege, or other locations. The LAAA ActivAge Centers are cosponsoring this series with Cotner Center Condominiums and Seniors Foundation. Reservations and cancellations must be made by 10 a.m. on the Tuesday before that week’s event by calling (402) 441-7158. The meal is served at 5:30 p.m., with entertainment following. Price is \$5 for people over 60; and \$6 for people under 60, except for Dec. 8. Van is an additional \$1 fee. Make payment(s) prior to the event(s). Checks are payable to “Lincoln Area Agency on Aging” with a notation in the memo of “Dinner & a Show.” Payments sent to:

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

Prepayment is requested. “Pay at the door; \$2 more!” If you must pay at the door, prices are: \$7 for people over 60 or \$8 for people under 60.

July 13 - “The Wizard of Oz”

Cotner Center Condominiums

Aug. 10 -

Tuna Fish Jones, Cotner Center Condominiums

Sept. 7 -

Motown Review, Maxey ActivAge Center, Malone Center, 2032 “U” St.

Oct. 12 -

Joe Taylor, Cotner Center Condominiums

Nov. 16 -

USO Show, a musical, Downtown ActivAge Center, 1005 “O” St.

Dec. 8 -

Holiday Lights Tour, Downtown ActivAge Center, 1005 “O” St. (\$8 and \$9)

LEISURE EVENTS

• Older Nebraskans’ Festival

will be Aug. 28. Plenty of entertainment, and gate admission for “older adults” will be just \$3! The Festival will have a Golden Age Couples Celebration, ice cream social, and Lawrence Welk stars, Guy & Ralna providing special entertainment! The Nebraska State Fair, Aug. 25 through Sept. 4, offers hundreds of attractions including many entertainers, exhibits, midway rides and delicious food. It showcases the talent, products and people of Nebraska. With a history older than the state itself, the State Fair combines tradition with innovation to produce an educational, and exciting event for the entire family. See www.statefair.org

• LAAA Volunteer Programs

Travelogue Film Series 2006/2007

See the world from your theatre seat! Professionally produced travel films with live narration by the film makers. Cosponsored with Executive Travel. Shows are Tuesday, 2 p.m. & 8 p.m., and Wednesday, 2 p.m. & 6 p.m.; at Edgewood Theatre near 56th & Highway 2. Tickets are available at the door: \$6 for those 55+ or \$7 for those under 55. Or call Volunteer Programs at (402) 441-7026 about season tickets or group rates.

Sept. 19-20 -

“Exploring Costa Rica,” presented by Sandy Mortimer

Oct. 10-11 -

“Alaska,” presented by Dale Johnson

Continued on Page 24

ActivAge Events

Continued from Page 23

Nov. 14-15 -

“Hawaii - the Pacific Paradise,” presented by John Wilson

Feb. 21-22, 2007 -

“Mexico,” presented by Fran Reidelberger

March 13-14, 2007 -

“Vietnam - a Land of Surprises,” presented by Buddy Hatton

April 10-11, 2007 -

“Prague to Paris,” presented by Clint Denn



REDUCED PRICE TICKETS

Call (402) 441-7158 for reservations or information.

• Saltdogs Baseball Sixth Season

- July 10, 7:05 p.m., Sioux City Explorers
- Aug. 3, 7:05 p.m., Saint Paul Saints

See www.lincoln.ne.gov, keyword: aging, click on “Activities & Events” or call (402) 441-7158 for information about these and other tickets:

- Lincoln Community Playhouse
- Lincoln Symphony Orchestra
- Lied Center for Performing Arts

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Aug. 17 -

Exclusive: “New” Mystery Tour

Sept. 6 -

German American Society & The Joslyn Museum in Omaha

Sept. 27 -

Heartland Experience

Oct. 7 -

Nebraska Huskers Football vs. Iowa State Cyclones

Oct. 14 -

Nebraska Huskers Football vs. Kansas State Wildcats

Oct. 29 -

“Stars Come Out” in Omaha

Dec. 2 -

Country Christmas at the Barn at Wayne

To Be Announced 2007 -

“The Lion King” at the Orpheum Theatre in Omaha
- please let us know of your interest in this tour!

March 23, 2007 -

Pathfinder Barbershop Chorus in Fremont

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Have you had a 'nutrition' check-up lately?

People go to the doctor for a physical and the dentist for a check-up. It's only fitting that a person would want to go to a dietician to ensure they are eating healthy, appropriate foods for their unique needs.

"A nutrition assessment is like a nutrition check-up," said Paula Ritter-Gooder, registered dietitian and licensed medical nutrition therapist. "It's a close look at the individual. We want to look at all things impacted by a person's diet such as height, weight, hydration of skin and other items."

Lincoln Area Agency on Aging provides nutrition consultation through many venues. Annual nutrition clinics are scheduled at each senior center in the eight-county service area. During these clinics, participants complete an 11-question screening to uncover the potential for nutrition problems. Nutrition assessment, intervention plans, counseling, coordination with caregivers and case workers, and follow-up are available to clients who screen at risk.

Nutrition consultation also is provided to older adults who are referred by other Older Americans Act service providers in the eight-county service area.

This service is provided at no cost to eligible older adults.

Ritter-Gooder contracts with LAAA to provide many of these consultations and screenings. She handles about 120 referrals a year that come to her through the LIFE Office or Lifetime Health Program. A screening at a person's home includes a look at factors such as diet history, dietary intake, medications, physical condition and lab work done.

If needed, she asks for consent to review the person's medical records and talks with the doctor or anyone else involved with care. The assessment in the home takes about an hour. She will make a nutrition diagnoses and assist with an intervention if needed.

Ritter-Gooder has helped many individuals in more than five years working with LAAA. She assists individuals in finding alternative methods of fixing



Vangie Kouma, left, reviews the food pyramid with Paula Ritter-Gooder, registered dietitian.

nutritious meals if they were unable to drive to a location where they previously got meals or if their spouse is gone. She has noticed nutrition problems for some people due to insecure food supply and worked with doctors to obtain food, vitamins or liquid supplements for those individuals. Other individuals have requested help with diet for diabetes, heart disease or weight loss for a surgery. Ritter-Gooder helped them with diet and gave referrals to an exercise specialist.

"I want to do anything I can to help a person obtain nutrition well-being," Ritter-Gooder said.

For more information about getting a nutrition assessment, contact LAAA at (402) 441-7158.

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No money needed: Things to do

Now-Aug. 27

"That's Entertainment 2006" Concert Series, Fridays, Saturdays and Sundays, 7 p.m. - 8 p.m., John Shildneck Bandshell in Antelope Park. The Lincoln Municipal Band plays on Sundays, July 2 to Aug. 20. 441-7877

Now-September

Downtown Performance Series: Enjoy live music at these free concerts at the Lincoln Community Foundation Garden, 1415 "N" St. on Wednesdays, Noon to 1 p.m., May through September. www.downtownlincoln.org or 474-6900

Now-Oct. 14

Historic Haymarket Farmers' Market after buying locally grown produce and baked goods, enjoy arts, crafts and music. Saturdays through Oct. 14, 8 a.m. - Noon, Seventh St. between "P" & "Q" streets.

Now-Oct. 22

Old Cheney Farmers' Market offers fresh, local food products and works by local artists. Sundays through Oct. 22, 10 a.m. - 2 p.m. 5500 Old Cheney Road.

July 2-Aug. 20

Lincoln Municipal Band Summer Series: A tradition since 1911, these free concerts in July and August feature the Lincoln Municipal Band in traditional concert format. Performances are held Sunday evenings at 7 p.m. at the John Shildneck Memorial Bandshell in Antelope Park. www.artsincorporated.org or 477-7899

July-August

Movies on the Green: Free outdoor movies every Thursday in July and August! The movies begin at sundown on the lawn of Kimball Recital Hall, UNL. www.theross.org or 472-5353

July 4

Fireworks Display by fireworks specialists Zambelli Internationale at Oak Lake. www.lincoln.ne.gov or 441-7847

July 21-23

Americruise. Watch the cruise parade for free!

August

Sunday Garden Tours of the Sunken Gardens on Sundays, 2 p.m. - 4 p.m.

Aug. 2-6

Lancaster County Fair. Lancaster Event Center, 84th & Havelock.

Sept. 11

Patriot Day Observance, 11 a.m., Veteran's Memorial Garden at Antelope Park. 441-7847 or www.lincoln.ne.gov, keyword: veteran

Sept. 23-24

Air Show at the Lincoln Municipal Airport. Includes the Blue Angels Navy Flight Demonstration Squadron, Army Golden Knights Parachute Team, Tora! Tora! Tora! re-enactment of the Dec. 7, 1941, attack on Pearl Harbor and Shockley Jet Trucks with jet-powered dragsters. Take your ear protection! www.blueangels.navy.mil, www.usarec.army.mil/hq/GoldenKnights (requires Macromedia Flash Player), www.toratoratora.com, and www.shockwavejets.com

Nov. 24 - Dec. 22

Holidays in the Haymarket. Stroll through the Historic Haymarket to the sights and sounds of Christmas including hundreds of luminaries. Friday evenings after Thanksgiving until before Christmas. Haymarket, Seventh & "P" streets. www.downtownlincoln.org or 435- 7496

Dec. 2

Star City Holiday Parade and Festival. Lincoln sparkles with many activities! During the largest parade in the five state area, the streets of downtown Lincoln are transformed as the Star City Holiday parade rolls through. Anticipate floats, giant balloons, bands, and a special appearance by Santa and Mrs. Claus. www.downtownlincoln.org or 474-6900

Ongoing

First Friday Gallery Walks: At the downtown Lincoln art galleries including the Milestone Gallery in the



to do in Lincoln for FREE!

Downtown ActivAge Center. The evening of the first Friday of every month.

Ongoing

Eisentrager-Howard Art Gallery showcases student and professional artists, 114 Richards Hall, UNL. Monday-Thursday, Noon - 4 p.m.

Ongoing

Frank H. Woods Telephone Pioneer Museum displays the history of the telephone industry, 2047 "M" St. Sundays, 1 p.m. - 4 p.m. or by appointment. www.4w.com/fhw-pioneers or 436-4640

Ongoing

Great Plains Art Museum features Great Plains and Western Art. Hewitt Place, 1155 "Q" St. Sunday, 1:30 p.m. - 5 p.m.; Tuesday-Saturday, 10 a.m. - 5 p.m. www.unl.edu/plains or 472-6220

Ongoing

International Quilt Study Center with classic antique and contemporary art quilts, 207 Home Economics, UNL East Campus. June 1 to Aug. 31: Monday-Friday, 9 a.m. - 4 p.m. Sept. 1 to May 31: Monday-Friday, 9 a.m. - Noon. www.quiltstudy.org or 472-6549

Ongoing

Kruger Collection of Miniature Interiors, from Lincolnite Eloise Andrews Kruger's collection, Architecture Hall-West, Room No. 133, 10th & "R" streets, UNL. Monday-Friday, 9 a.m. - 5 p.m., or by appointment. www.unl.edu/krugercollection or 472-3560

Ongoing

Lentz Center for Asian Culture reveals traditional Asian civilizations. \$2 suggested donation. Hewitt Place, lower level, 1155 "Q" St. Sunday, 1:30 p.m. - 4 p.m., Tuesday-Friday, 10 a.m. - 5 p.m.; Saturday, 11 a.m. - 5 p.m. www.unl.edu/lentz or 472-5841

Ongoing

Lester F. Larsen Tractor Test and Power Museum

displays more than 40 historic tractors and agricultural implements. 35th & Fair, UNL East Campus. Sunday, Noon - 4 p.m.; Monday-Friday, 9 a.m. - noon and 1 p.m. - 4 p.m.; Saturday, 10 a.m. - 2 p.m. www.tractormuseum.unl.edu or 472-8389

Ongoing

Robert Hillestad Textiles Gallery exhibits textiles from art to apparel. Home Economics Building, 35th & Holdrege, UNL East Campus, Monday-Friday, 9 a.m. - 4 p.m. www.textilegallery.unl.edu or 472-2911

Ongoing

Sheldon Memorial Art Gallery & Sculpture Garden. This comprehensive collection of American art has an exhibition program of approximately 20 exhibitions per year. Admission is free. At 12th & "R" streets, UNL. Sunday, Noon - 5 p.m.; Tuesday-Thursday, 10 a.m. - 5 p.m.; Friday, 10 a.m. - 8 p.m.; Saturday, 10 a.m. - 5 p.m. www.sheldon.unl.edu or 472-2461

Ongoing near Denton

Spring Creek Prairie, a 640-acre tallgrass prairie preserve. Open 9 a.m. - 5 p.m., Monday-Friday; also open Sundays 1 p.m. - 8 p.m. until June 25. Donations welcome. From Denton go south for three miles on Southwest 98th Street.

Ongoing in Omaha

Joslyn Art Museum: Free admission for all ages on Saturday, 10 a.m. - Noon. The Museum is open Sunday, Noon - 4 p.m.; Tuesday-Saturday, 10 a.m. - 4 p.m. Usual admission is \$7 for adults and \$5 for seniors, 2200 Dodge St. in Omaha, www.joslyn.org or (402) 342-3300.

MORE!

Check out the Lincoln Arts Council's comprehensive calendar at www.artscene.org

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Pandemic Flu, How prepared are you?

While not close to home now, people are being encouraged to take the potential for a pandemic flu outbreak — such as the bird flu in south-east Asia — seriously.

A pandemic flu is defined as a worldwide outbreak of a disease caused by a new flu virus. The appearance of a new flu virus is the first step toward a pandemic, but the virus also must spread easily from person to

person to cause a pandemic.

During the 20th century, new flu viruses have led to three pandemics.

The Spanish flu in 1918-1919 caused more than 500,000 deaths in the U.S. and nearly 50 million people may have died worldwide.

The Asian flu in 1957-1958 caused about 70,000 deaths in the U.S., while the Hong Kong flu in 1968-1969 caused about 34,000 deaths.

Experts say a pandemic flu is likely to occur and could be severe. They encourage people to be prepared. You can prepare by staying informed.

The Centers for Disease Control and Prevention, U.S. government Web site on pandemic flu, Nebraska Health and Human Services Web site and the Lincoln-Lancaster County Health Department Web site serve as good resources.

The potential of a flu outbreak stands as a good reminder for everyone to be vigilant in preparing for any disaster.

With floods, snowstorms and tornadoes also a threat to your safety, the American Red Cross and U.S. Department of

Homeland Security urge people to be prepared by organizing a disaster supply kit. Use this checklist to prepare your kit. The best place to store the items is in a plastic tub or trash bin with a cover, in a camping backpack or in a suitcase or duffle bag.

Water

- ✓ Store at least three gallons of water per person per day.
- ✓ Keep at least a three-day supply of water.
- ✓ Store water in clean, plastic containers, such as soft drink bottles.
- ✓ Refill containers with fresh water every six months.

Food: Store at least a three-day supply of nonperishable, ready-to-eat food:

- ✓ Canned meats, fruits and vegetables, juices
- ✓ Crackers
- ✓ Dried fruit
- ✓ Dry cereal/granola
- ✓ Nonperishable pasteurized milk
- ✓ Nuts
- ✓ Peanut butter
- ✓ Protein or fruit bars
- ✓ Vitamins

Sanitation

- ✓ Toilet paper and paper towels
- ✓ Soap
- ✓ Toothpaste/toothbrushes
- ✓ Plastic garbage bags and ties
- ✓ Disinfectant/household bleach
- ✓ Antibacterial hand wipes

Clothing/Bedding

- ✓ Change of clothes, sturdy footwear and rain gear for each person
- ✓ Hat and gloves
- ✓ Blankets, sleeping bags, tent

Essentials

- ✓ Cash or traveler's checks and credit cards
- ✓ Phone numbers and map for locating shelter/meeting place
- ✓ Battery-operated radio and extra batteries
- ✓ Flashlight and extra batteries

Medical Needs

- ✓ First aid kit
- ✓ Copy of medical insurance and Medicare cards
- ✓ List of doctors and emergency contacts
- ✓ Prescription medications
- ✓ Pain relievers
- ✓ Antidiarrheal/antacid medications
- ✓ Hearing aids and extra batteries
- ✓ Spare eyeglasses, contact lenses and supplies
- ✓ Dentures
- ✓ Label equipment: wheelchair, cane, walker

Important Documents

Keep in a waterproof, portable container:

- ✓ Copies of: will, insurance policies, contracts, deeds, stocks and bonds
- ✓ Copies of passports, Social Security cards, immunization records
- ✓ Bank account numbers, credit card numbers and companies
- ✓ Identification for each family member
- ✓ Tools and Supplies
- ✓ Mess kits or paper cups; plates and plastic utensils
- ✓ Manual can opener and pocketknife
- ✓ Tools: pliers, wrench, screwdriver, hammer, crowbar
- ✓ Plastic sheeting and duct tape, compass, matches in a waterproof container, safety goggles, whistle, paper, and pens
- ✓ Extra set of car keys
- ✓ Games, books

Pets

- ✓ Food and water
- ✓ Leash/harness, ID tags
- ✓ Medications
- ✓ Litter/pan

Here's to your health

It seems like a straightforward concept that should be easy for people who want a happy, healthy life to follow.

"Having good nutrition in your diet is an essential part of good health," said Denise Boyd, LAAA division administrator, who is a registered dietitian and licensed medical nutrition therapist.

Yet some people fail to take advantage of the wonderful opportunities offered by LAAA to ensure they have good nutrition in their diet.

LAAA offers congregate and home-delivered meals at ActivAge Centers and senior centers in its eight-county area. From July 1, 2004, through June 30, 2005, LAAA served more than 247,600 Older Americans Nutrition Program-subsidized meals.

Meals are served at 13 locations in Lancaster County and 21 locations in the multi-county area.

OANP provides grants to support nutrition services to older adults throughout the country. The program was designed to improve the dietary intakes of participants and to offer participants opportunities to form friendships and create informal support networks at these congregate meals.

The meals must provide at least one-third of the daily recommended dietary allowances established by the Food and Nutrition Board of the National Academy of Sciences-National Research Council.

Calorie-controlled diet meals and sodium-controlled diet menus also are provided for those who request it.

A central kitchen staff in Lincoln prepares the meals in bulk to be delivered to ActivAge Centers where the food is organized into separate meals.

In other county centers, food is prepared either on-site, through a central kitchen or another contracted agency such as health care facilities or grocery stores.

All menus have to be approved by LAAA to meet the nutritional requirements.

The congregate meals at ActivAge Centers in Lincoln and Lancaster County and senior centers in the multi-county network are provided on a reasonable suggested donation price. For this, a person receives a nutritional, good-tasting meal, beverage and cup of coffee.

"The price is right," said Bonnie Smith, LAAA dietetic assistant who coordinates the menus.

While there is a suggested donation price, no one is turned away because of inability to pay. LAAA works hard to give people private and confidential ways to do-

nate what they can, Boyd said.

Meals are served at ActivAge Centers in Lincoln Monday through Friday with the Downtown Center also offering a meal

on Saturdays. Congregate meals are served one day a week at the rural Lancaster County centers.

Congregate meals are served on various schedules at the multi-county centers.

On days that centers serve meals, they begin at approximately 11:30 a.m., and people are asked to make reservations two days in advance by calling the center they wish to attend.

In addition to the congregate meals, LAAA arranges home-delivered meals to those who request it. A reasonable donation price also is encouraged for these meals to meet cost of delivery and preparation.

The LAAA central kitchen also provides lunches and sack suppers for Senior Housing facilities for Lincoln Housing Authority, Mahoney Manor and Burke Plaza.

"We have gotten some good compliments on these cool sack meals," Boyd said.

LAAA offers Handy Meals that can be purchased for \$2. These non-perishable meals are created so people can have meals available for evenings, weekends and holidays when centers are closed. Orders for these meals should be made at the center where they will be picked up at least two days in advance.

Another avenue for people leading to good nutrition can be taking advantage of Farmers' Markets in the various communities. The Farmers' Markets are organized by the U.S. Department of Agriculture and typically run throughout the summer months and into fall. USDA eligible growers sell their food products at these markets.

LAAA can provide applications for low-income individuals to request coupons redeemable at these markets.

All of these efforts by nutrition experts at LAAA are made for one major reason.

"I like good food and want other people also to enjoy good food that is healthy," Boyd said.



LaDonna Francisco prepares cauliflower at the central kitchen in Lincoln.

Serving up the right food

Finding the right menus for congregate meals served at ActivAge Centers and senior centers in the multi-county area takes pounds of listening mixed with prudence to meet guidelines and a dash of creativity.

Bonnie Smith, LAAA dietetic assistant the past 18 years, embraces the role of planning menus for Lancaster County centers and reviewing menus for compliance from the multi-county centers.

“We’re a work in progress and always will be,” she said.

At the Lancaster County centers, food is prepared in a central kitchen for the 22 menus. These menus are changed four times a year and rotated for variety, Smith said.

She also plans menus to meet special dietary needs such as being calorie-controlled or sodium-controlled.

The multi-county centers have

their own menus and schedule.

As Smith plans the menus, she likes to review input from people in many ways.

Food sent to the centers comes with comment cards, so those who prepare the individual meals can see what items are working well and what can be improved.

This year, tasting panels have been created for the various centers.

These tasting panels include about a dozen people who try new recipes and combinations.

“We have had a good response with these panels,” said Denise Boyd, LAAA division administrator. Boyd said they would like to have a tasting panel convened at every center at least once this year.

Menu planners also consider recipes from people. Smith said receiving

the feedback and talking to the people stands as one of her favorite aspects of the job.

However, this is where prudence comes into play. Menu planners have to consider budgetary constraints and equipment needs in the central kitchen that prepares meals for large groups. They think about how easily the meals can be transported.

They also have to plan the menus to meet federal dietary guidelines since the meals are subsidized.

“There really are a lot of things you have to think about when you do these menus,” Smith said.


In the end, a well-balanced meal is the result for the centers.

“I like food and eating a variety of food is good to your health and well-being,” Smith said. “These meals are a good things, and I like to eat at the different centers a lot too.”



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Numerous complaints result in warning to Medicare recipients

Medicare beneficiaries should be aware of increased marketing of Medicare Advantage plans across Nebraska this spring.

According to officials at the State of Nebraska Department of Insurance, many senior citizens are enrolling in Medicare Advantage plans without a complete understanding of the structure and guidelines of these programs.

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

Medicare Advantage products are a unique alternative to original Medicare and Medicare supplement plans.

Consumers pay little or no premium for a Medicare Advantage plan and all Medicare services are billed through a private insurance company.

Medicare Advantage plans typically cover the same services as original Medicare, with some offering extra benefits, such as dental and prescription drug coverage.

The Department of Insurance’s

Senior Health Insurance Information Program wants Medicare recipients to know the facts about Medicare Advantage:

- **You are responsible for co-pays.**

Under Medicare Advantage, you must pay co-payments for each Medicare-covered service, such as physician office visits and inpatient hospital stays. These co-pays vary according to plan.


- **Your provider may or may not accept your plan.**

Doctors or hospitals from which you receive care are not required to accept payment from Medicare Advantage plans. If the provider does not accept the plan, you are responsible for the entire payment.

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

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

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



If you have questions about Medicare, Medicare Advantage Plans, or the new Medicare Prescription Drug coverage, please call the LIFE Office at 441-7070 or the SHIIP Hotline at (800) 234-7119.

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

New Medicare prescription drug and Medicare Advantage plans became available to everyone with Medicare on January 1, 2006. The initial enrollment period for this voluntary program continues until May 15, 2006.

“Everyone with Medicare must make a decision about the new prescription drug benefit,” Wagner said. “SHIIP and the Department of Insurance are available to provide free, unbiased counseling to Nebraska beneficiaries.”

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

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

“It’s important for Medicare beneficiaries to consider their options carefully and not be pressured into a quick decisions.”

Jina Ragland
SHIIP Coordinator



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