

# LivingWell

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# Listen, Learn & Leave

## Free Benefits Seminar

### Saving Seniors Money

A Jim Schueth Seminar

- Prescription Drug Plans
- Medicare Supplements
- Medicare Advantage Plans

*No names or phone numbers taken.*

**8:30 a.m.** Coffee, pastry or fruit.

**9:00 a.m.** Seminar starts.

**10:30 a.m.** Seminar ends.

**October:** 2, 7, 9, 13, 16, 18, 20, 22, 24, 28, 30

**November:** 4, 6, 8, 11, 14, 17, 19, 21, 25

**December:** 5

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# Director's Corner

Autumn is a second spring when every leaf is a flower. - Albert Camus

Autumn brings a crispness to our lives. Our clothing is a bit sturdier, and the air seems clearer than the heaviness of late summer. In many ways, it is a beginning. School starts and football season consumes our airwaves. I love all the seasons, but autumn is my favorite.


We are pleased to feature Roma Amundson on our cover. Her life experiences are unusual and

fascinating, and she continues her public service as an elected member of the Lancaster County Board of Commissioners.

This issue contains cautionary tales about being alert to scams and frauds. It also raises the unfortunate issues surrounding elder abuse, which can take many forms. Protect your loved ones and yourself by becoming aware of the dangers and being prepared.

Autumn also is the time many of us begin to plan holiday meals

and treats. The pictures and recipes in this issue will make you hungry. Join us for a delicious holiday meal.

It's a season for gratitude and I am grateful for readers and supporters like you. 



June Pederson, Director



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**On The Cover:** Lancaster County Commissioner Roma Amudson stands in the Council Chambers at the City/County Building in Lincoln. Photo by Zoe Olson

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to change your mailing address.**

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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

# Rural Transit Increases Service Capabilities

This summer, Lancaster County Public Rural Transit expanded its service to include all areas of the county, five days a week.

Previously, the program provided service to Lincoln and north of the capital city Mondays and Wednesdays, and Lincoln and south of the capital city Tuesdays and Thursdays. Its hours of operation also expanded from 8 a.m. to 5 p.m. to 7:30 a.m. to 5:30 p.m.

“Since July 1, we’ve been gradually integrating this expansion into our existing system,” said Mary Bond, Public Rural Transit dispatcher. “We only needed one driver prior to this change. As we grow the program, we may need two drivers.”

Despite additional services, Rural Transit has no plans to increase its fare, which is currently \$2 per boarding, \$4 round trip and \$20 for a 10-punch rider card.

Rural Transit can transport 12 riders and two wheelchairs in its small buses. It should operate to full capacity with this expansion, Bond said.

The transportation service is open to people in Lancaster County and the surrounding communities of Adams, Ceresco, Cortland, Eagle and Greenwood.

“The service began as transportation for older adults, but is now operated as public transportation,” said Carol Meyerhoff, Aging Partners program coordinator.

This opens the opportunity for anyone in our service area to ride. Although many older adults and people with disabilities use the service, we have a diverse group of riders taking advantage of the convenience, inexpensive fares and ability to reach any destination in Lincoln.”



*Lancaster County Public Rural Transit riders enjoy themselves as they travel to their destination.*


Most riders use the service for medical appointments, shopping trips, vocational training placements, working out at a fitness center or meeting friends for lunch. At least one stop must be outside Lincoln city limits. Riders can schedule trips up to one month and no later than one business day in advance.

In addition to these recent changes, Rural Transit now offers transportation service for special trips outside regular operating hours. This new service is provided for groups of five or more and, similar to regular service, must be scheduled in advance. Riders can arrange group rides for various reasons including special interest group get-togethers, meeting friends for dinner, enjoying an evening music event or attending a Saltdogs baseball game. The program added this service so rural residents can enjoy special events in Lincoln they may not currently be able to attend. The fare for trips outside normal operating hours is \$5 per boarding. An additional \$5 boarding is charged for trips exceeding 100 miles or six hours in duration.



*Richard Norris exits the Rural Transit bus with the help of Carol Meyerhoff, Aging Partners program coordinator and Rural Transit driver.*

“It’s the perfect way to enjoy a night out on the town without worrying about parking or traffic congestion,” Meyerhoff said.

To schedule a ride or inquire about rural transit’s expanded service, call 402-441-7031. 

# Local Elder Abuse Prevention Advocates Honored with Awards

For their active role in protecting and ensuring the fair treatment of older adults in the community and workplace, TRIAD Co-coordinator Lily Hans and Lincoln Police Department Investigator Cindy Koenig-Warnke received the Department of Health and Human Services' first Elder Abuse Prevention Advocate of the Year awards.

Hans was honored with the southeast Nebraska award, and Koenig-Warnke with the statewide award. June Pederson, Aging Partners Director; Thomas Pristow, DHHS director of Children and Family Services; and Cynthia Brammeier, administrator of the State Unit on Aging, Medicaid and Long-Term Care, presented the awards June 20 at the Downtown Senior Center. The ceremony was part of DHHS' observance of World Elder Abuse Awareness Day, June 15.

## Lily Hans

Hans was a key player in the development of Lincoln's TRIAD, a three-way effort by the Lancaster County Sheriff, Lincoln Police Department and older adults to reduce criminal victimization of the elderly and promote their safety.

Since TRIAD formed 18 years ago, she has been a driving force behind educating the community about scams, frauds, schemes, abuses and identity thefts that reach older adults via phone, mail, door-to-door salesmen and the Internet. With her help, TRIAD began a speakers' bureau to inform organizations about how older adults can report scams and protect themselves from future harm.

"TRIAD is an educational tool for older adults in the community,"

Hans said. "People need to be made aware of the possible scams that could target them. I hope they realize that we're a valuable resource here to help them."

Because of her efforts, TRIAD promoted the use of File of Life, a red plastic envelope that attaches to refrigerators and contains medical information for emergency personnel when an older adult is unable to provide it. This resource is distributed at fire stations across the city.

"Lily's passion for educating seniors about crimes in our community has helped stop attempts to victimize local older adults," Pederson said. "Her presentations and dedication to TRIAD have made a difference in the lives of the elderly in our community."

## Cindy Koenig-Warnke

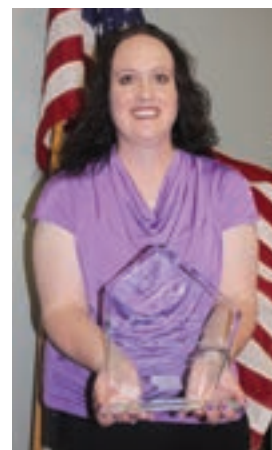
Koenig-Warnke was commended for her work at local and state levels, tenacity in investigating cases, and collaboration with Aging Partners to solve cases and promote greater awareness of elder abuse and neglect.

"She is an exceptionally talented officer who champions the rights of those who have been exploited," said LPD Sgt. Sandra Myers in a letter of nomination. "She goes above and beyond what most people would think of doing, and is compassionate and caring to all victims."

The 16-year officer serves on the Protection of Vulnerable Adults subcommittee of the Supreme Court's Commission on Guardianships and Conservatorship, which analyzes statutes regarding abuse and



*TRIAD Co-coordinator Lily Hans displays her southeast Nebraska Elder Abuse Prevention Advocate of the Year award.*




*LPD Investigator Cindy Koenig-Warnke is proud of her statewide Nebraska Elder Abuse Prevention Advocate of the Year award.*

exploitation of vulnerable adults and suggests changes, researches issues and provides education. She recently collaborated with the American Association of Retired Persons (AARP) to evaluate Nebraska adult abuse statutes for possible legislation in 2015.

Koenig-Warnke assisted the National White Collar Crime Commission as a Financial Exploitations of the Elderly instructor and is a board member on the Elder Rights Coalition through the DHHS Unit on Aging. She also gives elder abuse presentations to local and statewide audiences, including the Coalition for Older Adult Health Promotion, UNL Gerontology Department, State of Nebraska's Ombudsman's Annual Conference and staff at Lincoln hospitals.

Last year, she investigated approximately \$1 million in losses to victims of fraud, embezzlement, identity theft, vulnerable adult abuse and other financial crimes.

"There are many individuals who serve older adults who I feel deserve recognition, too, but I am honored to have received this award," Koenig-Warnke said. 

## An excerpt from “Our Graying Society: Issues of Elder Abuse and Age Bias”

*By Paul R. Greenwood, deputy district attorney for San Diego County, California*

**A**mericans who are 65 years or older represent the fastest growing population in the United States.

### Definitions

For the sake of clarity in this article, a few definitions need to be set out. Elder abuse takes two basic forms—physical and financial, but within these two broad categories are other subcategories.

The main branches of physical elder abuse include assault and battery, neglect and sexual assault.

- **Assault and battery** is primarily inflicted by either: (1) opportunists who target the elderly in the streets by muggings and robberies; (2) family members (typically sons, daughters or grandchildren) who systematically wield aggression against the elderly relative; or (3) care providers who, out of a sense of frustration, lash out in anger against the victim.
- **Neglect** may be assessed when a care provider willfully or deliberately fails to provide basic services of hygiene, medical support or nutrition to the victim.
- **Sexual assault**—Non-consensual sexual contact often happens in a care facility by an employee against a female Alzheimer’s patient.

Financial fraud or psychological elder abuse can manifest in many forms:

- **Psychological abuse or mental anguish**—Normally surfacing as verbal threats by a family member, psychological abuse may include threats, intimidation, humiliation or other such degradation. Threats may encompass hints of personal violence against the victim or a loved one if the victim fails to deliver on financial “commitments.”
- **Theft**—Most commonly, thefts of personal items will include jewelry and antiques (taken by a care provider) that inevitably end up in the local pawn shop.
- **Theft of individual checks**—Again, most commonly committed by a trusted care provider, checks are usually ripped from the back of the victim’s checkbook.
- **Misuse of an ATM card**—The misuse of a victim’s ATM card will most likely be perpetrated by someone who has gained the trust of the victim or by the use of threats and intimidation.
- **Credit card fraud**—Going beyond just the misuse of personal credit, this perpetrator successfully forges the victim’s details into a new credit application that has been obtained without the victim’s consent or knowledge.
- **Theft of assets**—For large-scale pilfering of assets such as savings accounts, stocks or real property, trusted individuals may employ either a power of attorney or quitclaim deed, either of which will be obtained through stealth or intimidation.
- **Scams**—Today’s uncertain financial climate is fertile ground for crooks and con men to target the elderly with a large variety of schemes. A few are listed here:
  - Telemarketing fraud such as bogus charity schemes, illegal sweepstakes and false investments take advantage of the naiveté of some seniors.
  - Door-to-door salespeople who convince the elderly victim to pay up front for labor services such as a new roof, driveway or other home improvement. These con artists may make off with the up-front money or stay around to bilk the senior out of his or her savings.
  - Pretending to be representatives of utilities or roofing companies or some other trustworthy agency, thieves gain access to a senior’s home with the intention of either stealing what they can grab at the moment or casing the residence for a return visit and a more thorough theft opportunity.
  - Exchanging a senior’s assets in return for a false promise of “lifetime care” relies on a fear that often haunts a senior’s contemplation of the future when he or she may be less self-reliant.
  - Telephone scams in which the caller pretends to be a relative such as a grandchild who is in

some kind of trouble and needs money has been one of the more recently reported scams aimed at well-meaning seniors.

### **Red Flags/Indicators of Physical Abuse of Elder**

At times, signs of elder abuse may be mistaken for the initial symptoms of dementia or merely the result of increasing frailty. Caregivers may offer logical-sounding explanations for everything from unusual bruising to abnormally frequent check writing. While many caregivers are warm and caring people who are trustworthy, law enforcement professionals need to examine situations with a keener eye than the general populace.

A victim of elder abuse may become increasingly withdrawn from the community and much more dependent upon the perpetrator. If an unannounced visit by a caseworker from Adult Protective Services is made, the perpetrator may insist that “this is not a good time.” Excuses might include that the victim is sleeping or is unwell. Even if access is given, the suspect may try to prevent a private conversation between victim and the social worker or friend by leaving the door open or by hovering over the victim. Family and friends who attempt to make telephone calls are often prevented from speaking directly to the victim or the perpetrator will monitor the phone call in some fashion.

Physical factors to keep in mind include:


- Unexplained signs of injury such as bruises, welts or scars, especially if they appear to be symmetrical or shaped like a specific object.

- Broken bones, sprains or dislocations.
- Overdose of prescription drugs or indications of medication not being taken regularly (a prescription has more remaining than it should or remains unfilled).
- Broken eyeglasses or frames.
- Signs of physical restraints (marks around the wrists or ankles).
- Unaccounted weight loss, signs of malnutrition, dehydration.
- Untreated physical problems (bed sores, urinary tract infections, etc.).
- Unsanitary living conditions (dirt, bugs, soiled bedding and clothes).
- Elder being un-bathed and unkempt.
- Unsuitable clothes for the weather.
- Living without essentials (no heat or running water, faulty electrical wiring, other fire hazards).
- Elder left alone in a public place.

In financial transactions at a bank, the suspect caregiver will often attempt to control the conversation with the bank official and will endeavor to speak on behalf of the victim. The bank clerk may be told that the elderly customer is unwell or hard of hearing. The suspect will justify the need for a power of attorney or will insist that any withdrawals are made in cash. Other flags include: larger than usual withdrawals; sudden changes in the elder’s financial condition; items or cash reported missing from the senior’s home; suspicious changes in wills, power of attorney, titles and policies; names added to the senior’s signature card; bills uncharacteristically left unpaid;

financial activity that the senior could not have done because of physical impairments; contracts for unnecessary service, goods or subscriptions; or evidence of over- or under-medication.

### **Profile of a Physical Abuser of the Elderly**

Typically, the physical abuser of an elder is the son of a widowed woman. He is either divorced and has come back to live at home with mom because of financial pressures borne by the divorce or he is single and has never left home. He tends to be in his late-30s to mid-40s, while his mother is usually in her mid-to-late 70s. In the majority of cases, the son is lazy and unemployed. He will have used a variety of excuses as to why he is unable to work, and his mother has accepted such excuses. He will be addicted to alcohol (normally beer), narcotics or gambling. In order to feed his habit, the son extracts money from his mother. There may come a time when the mother refused to provide any more money, and this tends to be the flash point for violence. Violence may begin with him breaking objects in the home that he knows the mother values. An escalation of violence may materialize as grabbing his mother’s arms and shaking her or pushing her into furniture or throwing an object at her. Characteristically, the mother will not immediately call the police, perhaps out of a sense of failure or shame. Often, neighbors hear the altercations between the son and his mother, but they may also be reluctant to involve the police. 

## Betrayed By a Neighbor: One Woman's Story of Elder Abuse

**S**ara Fletcher\* and her husband, Jasper, were the perfect example of the American Dream.

The two met in the Beatrice State Home as teenagers and married shortly thereafter before moving to Lincoln. Unable to read and write, the two worked full time as dishwashers; Sara also worked as a maid. To help make ends meet, Jasper would walk or ride his bike throughout local neighborhoods, collecting aluminum cans to recycle.

After years of hard work and determination, the two built a modest, successful life for themselves and purchased a house.

When the couple moved into their Malone neighborhood home two decades ago, they made an instant connection with their next-door neighbor, Tracy. Before long, she began assisting the couple with small tasks, such as shoveling snow from their sidewalks and helping them read the cooking instructions for their microwave dinners.

"I grew to trust her," Sara said. "She was a nice person. I thought she was my friend — probably my best friend, even."

Within a month of meeting her, Sara and Jasper gave Tracy power of attorney because they needed help with financial transactions and writing checks.



Little did they know this decision would open the doors to years of secret financial abuse.

### Surviving Elder Abuse

Although the names are fictional, this story is true.

Sara is one of about 2 million Americans age 65 or older who have been injured, exploited or mistreated by someone who cared for or protected them, according to a the National Center on Elder Abuse. Of all forms of elder abuse, financial exploitation, like that the Fletchers experienced, is the most common, reported the Journal of General Internal Medicine.

Sara isn't sure when the financial abuse began. Her records only extend as far back as 2005,

but the police suspect the abuse began much earlier, said Aging Partners Lancaster Care Manager Velvet Hoskins.

Hoskins met the Fletchers when Tracy brought them to Aging Partners for assistance. Jasper had developed dementia, and they needed help finding an appropriate nursing care facility for his situation. After Jasper's death in 2005, Tracy brought Sara back to Aging Partners to help her sign up for Medicaid.

"Tracy told us Sara did not have enough income to live on," Hoskins said. "What we didn't know was that the reason for this was Tracy had been stealing from her this entire time."

*\* Names have been changed to protect the victims' identities.*

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.



Two of Sara's church friends noticed the red flag of abuse. One day in 2012, they asked Sara out to lunch. Thinking she had no money, she regretfully declined their offer and explained her financial situation. They were confused because they knew she lived off of FoodNet, a local nonprofit organization that provides mostly perishable food to needy families; her monthly retirement check of \$94.41 and her monthly \$75 check for cleaning the church. With no debt in her name, she should be able to go out on her income, they thought.

At her friend's urging, Sara met with an Aging Partners representative, who then informed Adult Protective Services of her situation. Hoskins and the APS representative assigned to her case immediately set to work, photocopying her financial documents and notifying the police. Throughout nearly two days, they waded through more than 180 checks.

What they discovered was both shocking and devastating.

Tracy had been writing checks for Sara and having Sara sign her name — only Tracy lied about to whom the checks were addressed. Over time, she became bolder and began writing checks to herself and signing Sara's name for her. Police realized this because Tracy's fake signature included an extra letter at the end of Sara's name.

"After reading check after check, I was madder than a wet hen," Sara said.

Due to a clause in the bank's policy that states it must be notified within 30 days of forgery, Sara could only recover funds from one check. If she had received a refund only for checks with her incorrect signature, it would total more than \$60,000.

The police also discovered Tracy reopened a credit card Sara had paid off and proceeded to max it out at \$12,000. She stole money from the life insurance policy in Jasper's name and took out three life insurance policies in Sara's name. Tracy also canceled Sara's house insurance policy and pocketed the money Sara thought she was paying for it.

"I'm so grateful her house didn't sustain any damage during that time," Hoskins said. "She and her husband worked so hard for their home, and she would be heartbroken if something happened and didn't have the insurance to fix it."

What devastated Sara the most was that after Jasper's death, Tracy went behind her back and had him cremated, saying there wasn't enough money to pay for a burial. This was a lie; she stole the money reserved for his burial despite their religious beliefs that emphasize burial over cremation.

After turning these records over to the police, they issued a warrant for Tracy's arrest. She was caught about a year later and convicted this past March.


### Spread the Word

Initially, Sara felt embarrassed and stupid as if she had "let" herself be conned. The truth is, the abuse was not her fault, Hoskins said.

Now, Sara feels empowered to share her story and help educate older adults about the warning signs of elder abuse. She hopes her bravery will keep someone else from the pain she experienced.

"I learned that you shouldn't trust people you don't know really well," she said.

To prevent financial abuse, Hoskins encourages older adults to have more than one person involved in their finances.

"Make it so no one person has control — even if it's a family member," she said. "Otherwise, they have no accountability. They may start by borrowing money from you here or there, but then, all of a sudden, they're thinking of it as their extra income." 

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



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

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

Williamsburg Village  
**The Landing**  
an  Immanuel community



[ImmanuelCommunities.com](http://ImmanuelCommunities.com) 402-420-9355

Affiliated with the Nebraska Synod, Evangelical Lutheran Church in America

# It's That Time of Year Again

By Houston Doan, Aging Partners  
financial and insurance counselor

Every year, Medicare beneficiaries have the opportunity to compare their existing Part D prescription drug plan with all of the other prescription drug plans that will be offered for the next benefit year. From Oct. 15 through Dec. 7, 2014, Open Enrollment allows individuals to pick a new plan or stay on their existing prescription drug plan.

Remember: Every year, drug plans change their premiums and drug prices, as well as what prescriptions they will cover. The plan that covered your prescription this year may not cover your prescription needs the next. It is important to review your coverage annually.

By statute, the Centers for Medicare & Medicaid (CMS) must update the parameters for the standard Medicare Part D drug benefit annually to account for the increased cost of prescription drugs. The 2015 average monthly Medicare Part D premium is expected to remain stable at \$32 per month. This figure is far lower than was originally projected by the Pharmaceutical Care Management Association. The Part D program continues to be bright spot in American health care, providing coverage at relative stable costs to the beneficiaries.

The 2015 deductible for the Standard Part D Plan will be \$320 up, from \$310 in 2014. The initial coverage limit will be \$2,960, up from \$2,850 this year. The initial coverage is when the drug plan pays 75 percent of the drug cost and you pay 25 percent of the cost of your prescriptions.


Remember that some plans offer different benefits during the deductible and initial coverage limits. The gap in coverage — the “Donut Hole” — starts at \$2,950 of total drug costs for 2015. This year, the coverage for your prescriptions in the “Donut Hole” is a 35 percent reduction of the cost for generic drugs and a 50 percent reduction of the cost for brand name drugs. Catastrophic Coverage starts after you have spent \$4,700 out-of-pocket for prescriptions. The Catastrophic Coverage benefit gives an individual a \$2.65 cost for a generic prescription and a \$6.60 cost for a brand name prescription.

One of the rewards of this job is when people call me about things going on in the community. I had a Living Well reader call me about a letter that many residences in our area have been receiving in the mail. This letter is from American Prescription Savings Alliance, offering a free prescription savings card that can save individuals up to 75 percent of prescription medications. Prescription savings cards are not a scam, but pharmacies may or may not choose to honor these



cards. Medicare does not consider prescription savings cards “Creditable Coverage” for prescriptions.

It is important to understand that individuals cannot use a prescription savings card in addition to their Part D coverage benefit. Part D beneficiaries must use one or the other, not both discounts toward their prescription costs. You may wish to use these savings cards toward your prescription costs, but what you pay for your prescriptions will not count toward your deductible or out-of-pocket cost of your Part D prescription drug plan. It is not a good idea to drop your Part D prescription drug plan in favor of a savings card. If you ever need prescriptions not covered by a savings card, you will have to wait for Open Enrollment to get a new Part D plan and pay a penalty when you get a new plan. The penalty is assessed because individuals must be covered by the Part D drug plan or a “Creditable Coverage” drug plan. The prescription savings cards are neither.

To learn more about this subject, watch Live & Learn. See page 35 for Live & Learn viewing information. 

# Tricks and Tips for Managing Financial Records

If you were given a moment's notice, could you find an important financial document?

According to a Consumer Reports National Research Center poll, only 40 percent of Americans believe they can meet this challenge. However, nearly 25 percent of those surveyed had lost or forgotten an important financial document and 16 percent lost money or incurred charges due to poor organization.

Keeping track of financial information sounds simple, yet so many struggle with this necessary task. Why? Because many excessively retain financial records.

"People don't necessarily know what they should keep and what can be tossed, so many err on the side of caution and hoard everything — decades-old bank records, credit card statements for accounts closed years ago, utility bills from previous homes and other items like that," said Houston Doan, Aging Partners financial and insurance counselor.

There's no one-size-fits-all rule when it comes to how long people should keep financial records; document type and people's personal situations determine this timeframe, Doan said.

## Tax Documents

According to Nebraska Tax Commissioner Kim Conroy, any items related to individual income taxes — bank statements, credit card records, tax records — should be kept for three to six years.

"If someone didn't file an individual tax return or they've made mistakes on their returns, the Nebraska Department of Revenue can go back up to six years and look at their tax information," she said. "If someone didn't itemize, then they would need to keep their documentation three years."

Regarding canceled checks that support tax deductions, Conroy added that older adults should check with their bank to ensure they keep electronic copies for at least six years. If not, they should keep paper copies of canceled checks that support their returns.

USA.gov advises that people keep their paycheck stubs for one year. Once they've been reconciled with W-2, they can be thrown away.

## Medicare and Insurance Information

A 2010 New York Times article recommends people keep Explanation of Benefits until treatment for the medical condition concludes and the bill is paid in full.

Older adults should keep all other insurance records as long as they have that particular insurance policy, Doan said. Toss them after switching providers or plans.

"This applies to life insurance policies, too," Doan said. "I've had some clients come visit me with policies from the 1950s. There's no need to keep them that long if they are no longer in force."

## Other Financial Documents

- Investment statements: Although there's no need to keep monthly and quarterly statements, said Consumer Reports, people should retain annual statements until they no longer have the investment.
- Retirement annual statements: Keep them for at least 18 months, Doan said.
- Receipts for large purchases: USA.gov advises people to throw them away once the item is sold or disregarded.

## Clear the Financial Clutter

With tax season around the corner, there's no better time to organize



Nebraska Tax Commissioner Kim Conroy


financial files. While sifting through these documents, Doan said people should be willing to throw items away.

"The bottom line is to pitch any financial documents seven years or older, besides active insurance policy statements and financial investments," he said.

Because financial documents contain important personal information, older adults should carefully shred everything before throwing it away, Conroy advised. If possible, use a cross-cut shredder or micro-cut shredder, which cuts a standard page into nearly 3,000 pieces.

The remaining financial documents should be clearly organized and stored in labeled folders or scanned and organized electronically.

"Electronic storage is better, in my opinion, but paper copies are fine," Doan said.

For further advice on which records to keep or toss, ask a financial planner, attorney or another trusted advisor. 

# Right-Size Your Life

**T**he mail basket is overflowing. There are more coffee mugs than cabinet space. The storage closet is nearly full. Excess boxes of memorabilia have turned the two-car garage into a one-car garage. It's official — the clutter has gotten out of control.

According to the National Association of Professional Organizers, the average American never uses 80 percent of the items they own.

Although most people agree the clutter in their living or workspace causes stress, the idea of weeding through their possessions can be even more stressful. Some don't know where or how to begin organizing their space. Others hate the idea of throwing items away because they have sentimental value attached to everything—stacks of unread magazines, the clothes that no longer fit or even empty margarine tubs.

Despite its difficulty, Wendy Tridle, professional organizer and interior designer of Organize by Design, believes decreasing clutter—or right-sizing life, as she calls it—should be a priority for everyone.

“Clutter makes us feel tired and depressed,” she said. “It robs us of our energy. If we have a clean work or living environment, our self-esteem and self-worth will be much higher.”

## Knowing Where to Start

To begin the right-sizing process, Tridle recommends people break down the large task into smaller ones. Instead of focusing on the entire kitchen,

for example, pick one drawer and start there. In her opinion, people should slowly work their way through a room shelf by shelf, cabinet by cabinet. Expect organizing a single room to take four to eight hours.

“As you sift through your belongings, think about each item and how often you use it,” Tridle said. “At the same time, consider the prime real estate that item occupies. Weigh which matters more to you and decide to either keep the item, donate it or throw it away. You don't want to simply shuffle what you have; the main objective is to get rid of things.”

Although it may be a frustrating, taxing experience, she said several hours of hard work can make an entire room look brand new again.

“Less is more,” Tridle said. “The less you have, the more you'll actually use what you own.”

## Managing the Mail

Organizing piles of letters, cards, bank statements and junk mail is a common concern for most older adults she meets. She said many don't know how long they should keep these items, so they hoard them for years.

Tridle recommends people keep bank statements for one year and tax information for seven years. Once these and other important financial and personal information is properly filed and labeled, maintain the organization by



*Wendy Tridle, professional organizer and interior designer of Organize by Design*

reviewing the documents at least once a year.

Bills can be tossed once they're paid. Unless a letter is of sentimental value, pitch it. All other mail should be dealt with as it is received.

“Instead of taking every piece of mail you get and putting it in a drawer or basket somewhere to look at later, manage it right then,” she said. “If it's important, keep it. If not, it goes in the trash.”

## Organizing Family Heirlooms

When sorting through items with deep personal meaning, a CNN article advises people to save the best and toss the rest. If a person has beloved objects in bulk, such as a child's art projects, choose a favorite and





have it framed instead of leaving a giant box of projects in a box that the person hardly ever opens.

In some cases, Tridle said it may be easier to donate a sentimental item to a family member. Before going this route, always ask the person before handing them off. If they don't want the items, consider donating them to the community.

### Right-Sizing for Hoarders

Older adults with hoarding disorders cannot eliminate clutter easily by themselves. Instead of forcing the person to get rid of their possessions, she recommends hoarders' loved ones schedule a consultation with a professional organizer in their area.

Organizers experienced in collaborating with hoarders are like counselors in many ways because they develop a personal relationship with the hoarder during the process. They never throw away or donate a person's items without his or her consent, and they help hoarders organize his or her space at a pace comfortable for the client.

"The client, not just the loved one, has to be willing and ready in order for the organization process to be successful," Tridle said.

### Hire Organizational Assistance

Professional organizers are not reserved for hoarders. They're also ideal for people who've tried, yet failed numerous times to organize their space. Similar to personal trainers and life coaches, professional organizers are people who specialize in helping clients achieve their personal goals.

"We can help you quickly and efficiently clean up a particular area and give you tips on how to maintain the organization," Tridle said.



*Garage organization before*



*Garage organization after*

These professionals also help older adults transition from their homes to assisted living facilities. They collaborate with the client as they decide what items they will bring with them. The professional then organizes the new living quarters so the space is move-in ready when the client arrives—beds are made, coats are in the closet and dishes are placed in the cabinets.

To learn more about this subject, watch Live & Learn. See page 35 for Live & Learn viewing information. [LW](#)

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## “Trick or Treat?” Asked the Thanksgiving Turkey

**F**all is known for its holidays, most of which include special treats and meals.

October ends with Halloween and lots of candy. However, with all the fun and different candies being offered at the grocery store, people should be cautious of the sugar overload pitfall.

The sugar-centered holiday transitions into November—American Diabetes Awareness Month.

Diabetes impacts the way our body converts the foods we eat into fuel for our cells. When we eat, our body breaks down food for energy into glucose, or sugar, in our blood. In order for our bodies to use the glucose, the hormone insulin must be present. Diabetes develops when the insulin hormone becomes inhibited or is not produced in the body. Symptoms of type 1 and 2 diabetes include frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue, numbness in hands and feet, and frequent infections.

- **Type 1 diabetes:** The result of the body not producing insulin. It is usually diagnosed in children and young adults and occurs in 5 to 10 percent of people with diabetes. People with type 1 diabetes must take insulin.
- **Type 2 diabetes:** The most common form of diabetes. Either the body does not

produce enough insulin or the body is not able to use the insulin it produces. Treatment may include taking diabetes medication or insulin therapy.

- **Pre-diabetes:** When an individual has blood glucose levels higher than normal but not high enough to be diagnosed as diabetes. Pre-diabetes can also be detrimental to your health, resulting in long-term damage to the body and an increased risk for heart disease and stroke.
- **Diabetes and aging:** According to the American Diabetes Association, 25 percent of adults age 60 and older have diabetes. As people age, their risk for diabetes increases. Most older adults who do develop it have type 2 diabetes. Older adults with diabetes are at a higher risk for heart attacks, stroke, kidney failure, memory problems, depression and difficulty with diabetes self-care. With help from their physician, older adults with diabetes may need to adjust their diabetes care plan.

### Delaying and Preventing Type 2 Diabetes

- **Eat healthier:** This lowers risk for type 2 diabetes and heart disease. Begin eating healthier by increasing intake of vegetables, fruits, leaner meats, whole grains and low-fat dairy.

- **Be active:** Physical activity can lower risk of pre-diabetes, type 2 diabetes, heart disease and stroke. It's never too late to be physically active. Aim for 30 minutes a day, five days a week. Exercises could include walking, stationary bicycling, water aerobics, tai chi, stretches and strength training.
- **Quit smoking:** According to the Centers for Disease Control and Prevention, smokers are 30 to 40 percent more likely to develop type 2 diabetes than nonsmokers. Smokers also are more likely to have trouble with insulin dosing and controlling the disease. Smoking with diabetes leads to higher risks of heart and kidney disease, and can impede blood flow to the extremities, resulting in higher numbers of infections and ulcers, blindness and neuropathy. Smokers with diabetes can improve their health by quitting smoking. Within a few years of quitting, the risk of stroke and coronary artery disease is similar to non-smokers.
- **Maintain a healthy weight:** Being overweight raises risk for type 2 diabetes, heart disease and stroke. Losing even a little weight can improve diabetes and eliminate pre-diabetes. In the Diabetes Prevention Program Study, reducing body weight by 5 to 10 percent showed a 58 percent reduction in developing diabetes.



### Helpful Hints for Avoiding Halloween Pitfalls


- Don't hand out candy you will be tempted to eat.
- Don't buy candy early in the month.
- Try alternative treats, such as popcorn, sugar-free candy, low-carb candy or something homemade. Offer things like glow-in-the-dark insects and theme stickers for trick-or-treaters to keep large amounts of candies out of the house.
- Don't buy more candy than needed; it's OK to run out of candy, turn off the lights and hide in the house.
- Bring leftover candy to work. After trick-or-treating is done for the night, bring the candy straight to your car and put it in the backseat or trunk to avoid temptation in the morning.
- Throw out leftover candy.

### Avoid Thanksgiving, Christmas, Hanukkah and other Holiday Pitfalls

- Prepare for the big meal: Eat wisely earlier in the day to avoid overindulging during the special dinner. Do not skip meals; rather, have snacks or small meals throughout the day to maintain stable blood glucose levels. Eating earlier in the day helps people eat moderately at dinner.
- Prioritize the plate: When the special meal is presented, take

time to browse the options and consciously decide what to eat instead of blindly loading up the plate with food. This ensures people can indulge in their favorite dishes without overeating or wasting calories on foods people eat on an average day.

- Portion control: Enjoy homemade goodness of the holidays in a healthy manner by eating larger portions of healthy items and smaller portions of high-calorie/nutritionally empty foods. For example, have more white-meat turkey, salad and lightly seasoned vegetables at Thanksgiving and less stuffing, potatoes and rolls.

- Eat slowly: Slow down and enjoy each bite. Wait a few seconds before taking the next taste. Allow at least 10 to 20 minutes before having seconds, which gives time for the food to settle and people to determine if they are still hungry. This strategy can help prevent overeating and discomfort.
- Cook healthy varieties of favorite foods: When cooking, choose healthy ingredients to make seasonal favorites. For example, swap butter in mashed potatoes for chicken broth. Sugar substitutes, such as stevia, are a better alternative in many sweets and could be part of a diabetes diet. 

### Quick Swaps to Make Holiday Meals More Nutritious and Delicious

Try this:	Instead of this:
1 cup unsweetened applesauce	1 cup sugar (for every cup of apple sauce used, reduce liquid in recipe by 1/4 cup)
1 cup evaporated milk	1 cup cream
Mashed cauliflower	Mashed potatoes
Ground turkey or chicken (add 1 tablespoon chicken stock to make more moist)	Ground beef
Arugula, romaine, spinach, and/or kale	Iceberg lettuce
Low fat Greek yogurt	Sour cream or mayonnaise (in cream salads)

## Food Safety Tips for Holiday Cooking

**E**njoying food with family and friends is one of the highlights of the holiday season. However, food poisoning is a quick way to ruin the fun holiday festivities. Most cases of foodborne illness can be prevented by taking precautions and using the simple tips below. Share them with the helpers in your kitchen, then eat, drink and be merry.

### **Cleanliness Is Next to Healthiest**

Ensure everyone washes their hands before, during and after food preparation. Wash hands in warm, soapy water for at least 20 seconds—about the time it takes to sing two choruses of “Happy Birthday.” There is no scientific evidence that using antibacterial soaps reduces the incidence of any disease more than ordinary soap.

Dry hands with a disposable paper towel or a clean towel. Don’t contaminate hands by using a dirty cloth to dry them. Use a separate clean towel to dry off kitchen surfaces.

Always rewash hands when switching tasks, such as handling raw meat and then cutting vegetables. Also, remember to wash hands after taking out garbage, talking on the phone, sneezing or petting an animal.

Keep kitchen surfaces clean, including appliances, countertops, cutting boards and utensils. Clean with hot, soapy water throughout meal preparation, especially when switching from meat to produce.

Use two separate cutting boards — one for raw meat, poultry and fish, and the other for ready-to-eat foods

such as fruits and vegetables. This also includes using separate knives—one for meats and one for produce.

### **Thawing Meats**

To prevent spreading harmful bacteria, thaw frozen turkey and other meats in a refrigerator set below 40 degrees. Never thaw meats on the kitchen counter, in the oven or under hot water in the sink.

When defrosting meat in the refrigerator, cover raw meat and place it on the bottom shelf so juices don’t drip onto other foods. Thaw breast side up and allow at least one day of thawing for every 4 pounds of meat. If pressed for time, thaw a wrapped frozen turkey, breast-side down, in a sink filled with cold tap water. Change the water every 30 minutes, allow 30 minutes per pound of meat.

### **Is the Turkey Done?**

Always use a meat thermometer to ensure meats reach a safe internal temperature. This is the

only reliable way to determine the doneness of your food. Cook whole turkeys to 165 degrees. Check the temperature with a meat thermometer at the innermost part of the thigh. Cook holiday hams and pork roasts to 145 degrees. Let the meat rest at least three minutes before carving or consuming. See the temperature chart for more information.

### **Boil Gravy**

To kill harmful bacteria, bring gravy to a steady boil on the stove before serving. This rule also applies to leftover gravy. Simply microwaving leftover gravy until it is hot is not sufficient to kill harmful bacteria.

### **The Two-Hour Rule**

Whether served family-style or as a buffet, festive feasts often last for hours. After more than two hours, bacteria rapidly begin to multiply on perishable food items. For longer gatherings, keep some





fresh food in the fridge to bring out at the two-hour mark.

### Chill Cooked Foods Immediately

It's a common mistake to let cooked foods cool on the counter before they go into the refrigerator. To chill a dish for serving or storage, promptly place it in the refrigerator after cooking. This ensures freshness and safety. Set the refrigerator's temperature below 40 degrees and the freezer below 0 degrees. Store leftovers in airtight, shallow containers (two inches deep or less). Refrigerate or freeze leftovers within two hours of cooking the food. Also, remove turkey from the bone and store it separately from the stuffing and

gravy. Leave sliced breast meat, legs and wings whole is permitted.

### When in Doubt, Throw It Out

Always reheat leftovers to 165 degrees. Eat leftover cooked turkey within three to four days, stuffing and gravy within one to two days, and leftover casseroles and cooked vegetables within three to four days. Desserts also expire. Finish fruit, cream pies and cheesecake within two to three days.

Regardless of how many days have passed, if in doubt, throw it out.



### Eating Raw Dough

When baking cookies, cakes, brownies or any other treat that include eggs as an ingredient, resist the temptation to taste raw dough or batter. Raw eggs may contain harmful bacteria that can lead to food poisoning. Cook treats before a taste test. **Lw**

### Holiday Helper Temperature Chart\*

Type of Meat	Proper Internal Temperature
Chicken and turkey (whole, sectioned, stuffed or unstuffed)	165 degrees
Stuffing	165 degrees
Beef, pork, veal and lamb (steaks, chops and roasts)	145 degrees
Beef, pork veal and lamb (ground)	160 degrees
Ham (fresh or raw)	145 degrees
(fully cooked)	140 degrees
(leftovers)	165 degrees
Duck, goose, quail and pheasant (whole)	165 degrees
Venison, elk and bison	160 degrees
Fin fish	145 degrees or until opaque and flakes easily with a fork
Shrimp, lobster and crab	Cook until flesh is pearly and opaque
Clams, oysters and mussels	Cook until shells open during cooking
Egg dishes	160 degrees
Leftovers	165 degrees

\*Adapted from <http://www.eatright.org/Public/content.aspx?id=6379>

### Bean Fudge

#### Ingredients:

- 1 cup cooked pinto beans, unseasoned
- 3/4 cup cocoa powder
- 1/2 cup melted butter
- 1 Tbsp vanilla extract
- 2 lb powdered sugar
- 1 pinch salt
- 1/2 cup chopped pecans (optional)

#### Directions:

1. Mash the beans. Mix them with the melted butter, cocoa and vanilla.
2. Stir in the sugar and pecans.
3. Grease a 9x13 inch pan and spread the bean mixture in. Put into the refrigerator and chill thoroughly. Cut into squares and enjoy.

# Function vs. Fashion

## Why You Should Select Safer, More Sensible Shoes

While it's fun to be fashionable, the use of inappropriate footwear by older adults is a significant issue and contributing factor to falls and fractures, according to the Australian Commission on Safety and Quality in Health Care.

One study of 65 older patients admitted to a hospital rehabilitation ward found that 72 percent wore ill-fitting footwear. Studies of varying design and quality have reported the following results:

- Poorly fitting or environmentally inappropriate footwear impairs foot position sense in both younger and older adults.
- Wearing high-heeled shoes impairs balance compared with low-heeled shoes or being barefoot.
- Medium–high-heeled shoes and shoes with a narrow heel significantly increase the likelihood of sustaining all types of fractures, while slip-on sandals increase the risk of foot fractures as a result of a fall.
- Slippers are often the footwear of choice for older adults, but have been associated with an increased risk of injurious falls.
- Walking barefoot or in socks is associated with a 10- to 13-fold increased risk of falling, and athletic shoes are associated with the lowest risk.

To mitigate risk, older adults should wear appropriately fitted shoes, both inside and outside the house, according to Brent Bednar, MPT, OCS, Lincoln Orthopedic Physical Therapy.


“A good pair of shoes is cheaper than a doctor’s visit,” he said.

A review of the best footwear for preventing falls, collected by the ACSQHC, identified the following shoe characteristics as safe for older people:

- Soles: shoes with thinner, firmer soles appear to improve foot position sense; a tread sole may further prevent slips on slippery surfaces.
- Heels: a low, square heel improves stability.
- Collar: shoes with a supporting collar improves stability.

Bednar encourages active seniors to visit a reputable shoe store to ensure proper fit and support, and recommends replacing walking shoes every six months depending upon wear. He speaks well of brands such as ASICS, Brooks and New Balance.

“They’re a little bit more expensive, but you’ll find that your feet and knees feel much better when you have a new pair of shoes that fit correctly and offer good support,” he said.

To learn more about this subject, watch Live & Learn. See page 35 for Live & Learn viewing information. 

“A good pair of shoes is cheaper than a doctor’s visit,”

– Brent Bednar, MPT, OCS, Lincoln Orthopedic Physical Therapy.

Supporting collar, preferably high

Laces or strong fastening to hold the foot firmly

Low, square heel to improve stability

Slip-resistant sole



Brent Bednar, MPT, OCS, Lincoln Orthopedic Physical Therapy, displays a general guide for selecting shoes.



*Courtesy photo*

## Leading by Example

*By Zoe Olson, Aging Partners Director of Marketing and Public Relations*

**R**oma Amundson has spent her adult life serving others, and in doing so, has exemplified what service to others can be.

Over the past 40 years, Amundson has felt the need to lead by example.

“Certainly, being a teacher is setting an example for children,” she said.

Amundson became a teacher; served 12 years as a Girl Scout leader; and through her experience in the military, real estate, and currently as Lancaster County commissioner, she believes gaining stature creates responsibility.

Amundson was the first female general grade in the history of the Nebraska Army National Guard, advancing to brigadier general in July 2009 and major general upon her retirement April 30, 2011.

How and why did she embark on this path?

Amundson had three motivations: a quest for adventure, a sense of patriotism and a call to serve her country. Several events converged, precipitating her action to enlist in the Army Reserve in April 1978 as a specialist third class



*Courtesy photo*

and complete basic training as a specialist fourth class.

The selective service draft was eliminated during the 1970s as the

*Continued on page 20.*

*Continued from page 19.*

Vietnam War ended. Amundson's uncles and brother served in the military — a great uncle in World War I, an uncle in World War II and her brother in Vietnam. She recalls a day spent with them “discussing history and my eyes being opened.”

In 1975, Amundson studied in Germany, then worked there as a tour guide. At the time, the U.S. dollar was experiencing difficulties, and she heard many disparaging remarks about America. Through that, she discovered a sense of patriotism.

“You can't talk about my country that way,” she would respond to negative comments.

Simultaneously, Vietnam veterans were returning and not being treated well.

“My brother was a Vietnam vet, and I said, ‘Listen, you can't talk that way about people who have served their country,’” she said.

The final straw came one day when Amundson was in the teachers' lounge and heard other teachers making derogatory remarks about the military. She enlisted the next day.

“It was my way to protest,” she said.

The other teachers were shocked. Amundson didn't quit teaching as she had enlisted part time in the Army Reserve and then later in the Nebraska National Guard.

The military had many good programs and opportunities for women, and Amundson attended officer candidate school.

“What began as a four-year commitment became a lifetime of service to people and concern for our nation,” she said

Did she encounter resistance from men in the military? Yes, but after enlisting at 29 and becoming

an officer at 31, “they soon learned I was not some young officer to be pushed around.”

Throughout her military career, Amundson served in many key positions and was the first female commander of the Nebraska National Guard at all levels — company, battalion, brigade and assistant adjutant general. She pointed out that after becoming a major, selections are made at the national level.

“When you are the first in anything, you have a responsibility to provide a good example to those who come after,” she said. “You are paving the way in a growth process in any organization, and it is important to recognize and have the integrity to honor that responsibility. I always had a goal in my sights and worked to achieve that goal at each rank.”

That's the advice she gives to those who seek her wisdom.

Amundson is grateful for and recognizes the efforts of women who came before her.

“They laid the groundwork that allowed me to achieve the rank of general,” she said.

Amundson hopes she has opened doors for other women as well.

“I've heard so many people say, ‘I can't do it because I have children; I can't do it because I have a family; I can't do it because, because, because,’” she said.

“Listen, I have a family. I'm a wife and mother. If you have the will, you will get it done. And ask



*Amundson stands in her Lancaster County Commissioner office in front of a print of her favorite image of George Washington. Photo by Zoe Olson*

people to help you. If you build relationships, you create a support staff — a support network — and that's what it's all about. If people know who you are, what you represent and what your thinking is, they will be very glad to be a part of what you are doing.”

Amundson served as acting state director of selective service during Operation Desert Storm. While the draft had ended in the 1970s, the selective service remained. This experience taught her the media's value.

“The day the planes flew into Iraq, I had constant calls from people all around the state,

explaining that before a draft could be called, it would require an act of Congress, that daughters would not be drafted, that the selective service was only for ages 18 through 26, starting with age 20, and working in both directions, there is a way to protest, and on and on,” she said.

“The Journal Star called me at about 3:30 p.m., and 10/11 News called a half-hour later wanting an interview. A light bulb went on in my head. I learned how to effectively use the media. I told them what I wanted them to print and talk about — what the issues were and what questions people were asking. After the information went out, there were very few questions.

“The media is important in our society. The public needs to understand the media and be able to gauge what is being reported.”

Another significant command position was assistant adjutant general, where she learned and grew to appreciate the Nebraska National Guard’s importance in natural disaster relief.

“We served in Katrina, which was so horrific,” she said. “We served in other hurricane relief efforts. We were there to serve.”

What does Amundson see as the effect of an all-volunteer military?

“Because of the draft, the military was comprised of a variety of people from all walks of life and backgrounds, and those military members learned through experiences around the world,” she said. “Military service creates a bond between people of disparate experiences and backgrounds. Today, that disparity of background is limited.

“Interacting with other people was the most interesting part of my career, but then, I’m a people person.”

Amundson also sees the toll taken on military families. She believes society needs to respect the resiliency of the military family through the numerous repeat deployments and their effects, such as post-traumatic stress disorder, substance abuse and addictions.

“The community must be supportive of the military family because it takes a special type of person to join the military, and we need to have an understanding and appreciation of them and what they do for us,” she said. “Employers also need to be supportive.

“It’s incredible, the number of deployments current military members experience today. An all-volunteer force means smaller numbers of service members being deployed multiple times. It’s hard on the service members, spouses, children, parents and siblings. It takes a different kind of person to go into military service. They aren’t asking for favors, but what they do need is understanding and appreciation.”

Amundson believes everyone should serve two years in national service, whether in the Civilian



*Roma Amundson consults with another Senior Officer Candidate during Annual Training field exercises at the Nebraska National Guard Military Academy at Camp Ashland prior to receiving her commission as a second lieutenant. Courtesy photo*

Conservation Corps, AmeriCorps or the military.

“With the draft gone, we gave up a ready team from all sections of society who brought different life experiences and perspectives but developed a common bond that is now lacking tolerance for other viewpoints, lacking patriotism, lacking the need to understand what we have in this country — the need to provide service for something bigger than yourself,” she said.

“Evil exists in the world, and there will always be the struggle between good and evil. The


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military's mission is the defense of our country, and citizens must be aware of what is happening in their communities. If they see something that doesn't seem right, report it; we're all in this together."

For Amundson, "PC" stands for something besides political correctness. It also stands for personal courage.

"In my opinion, if you are concerned about being politically correct, you may waffle on issues; but if you focus on personal courage, you won't," she said. "When one is in public service, it is important to get the mission straight. Elected officials should always remember their mission is to serve the people."

From a grateful state, we say "Thank you for your service, Gen. Amundson." 



Courtesy photo

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# Enjoy a Holiday Meal at Senior Centers

**T**his season, celebrate the holidays with Aging Partners by visiting a local senior center to eat a tasty Thanksgiving and winter holiday meal.

Aging Partners Lead Cook LaDonna Francisco has planned mouth-watering, festive lunches that promise to be just as delicious as past years' celebrations.

The 2014 Thanksgiving meal menu will include turkey and dressing, mashed potatoes and gravy, green beans with slivered almonds, cranberry surprise salad, dinner rolls and margarine, and pumpkin pie with non-dairy whipped topping. This tasty dinner will be served on the following dates:

**Nov. 17:** Firth Center and Mahoney Manor

**Nov. 18:** Belmont, Bennet and Northeast centers

**Nov. 19:** Burke Plaza, Hickman and Lake Street centers

**Nov. 20:** Asian, Bennet and Downtown centers

**Nov. 21:** Joann Maxey and Waverly centers

Just as yummy as the Thanksgiving lunch, the winter holiday meal menu includes stuffed chicken breast, twice-baked potatoes, California vegetable casserole, dinner rolls with margarine and berry pie with ice cream. Local seniors can devour this special feast on the following dates:

**Dec. 15:** Firth Center and Mahoney Manor

**Dec. 16:** Bennet, Belmont and Northeast centers

**Dec. 17:** Burke Plaza, Hickman and Lake Street centers

**Dec. 18:** Asian, Bennet, and Downtown centers

**Dec. 19:** Joann Maxey and Waverly centers

"People look forward to this meal every year, especially the pie," said Denise Boyd, Areawide Programs & Nutrition division administrator and Aging Partners registered dietitian. "We always do our best to create the most delicious, nutritious food choices for our center participants. I think we've hit it out of the park with these meals this year."

Meal service begins at 11:30 a.m. The centers ask for a suggested contribution of \$6 per meal for those 60 and older. The meal fee for those under 60 is \$9. During these weeks, the kitchen's regular lunches also will be available.


The Noteworthy Ensemble, a piano and flute duo, will serenade Downtown Senior Center guests with light classical and Salon music during the Thanksgiving meal. Local harpist Heidi Beran will provide entertainment for the winter holiday meal.

No matter which center participants plan to visit, they're sure to have a wonderful time.

## Did You Know?

Last year, Aging Partners served 650 Thanksgiving and 600 winter holiday lunches.

"It's always a fun occasion," Boyd said. "There's great food and good conversation with many opportunities to remember and talk about holidays past. We hope you'll join us."

The centers request everyone planning to attend a holiday meal contact the center at least two days prior to make a reservation. For more information about the meal or center locations, call 402-441-7158. 

 **People look forward to this meal every year, especially the pie."**

*– Denise Boyd*





*Kalamity Kate and the George Churley Puppet Company. Courtesy photo*

## Celebrate the Work of Aging Partners

*By Zoe Olson, Aging Partners Director of Marketing and Public Relations*

**W**ere you a child during the 1960s? Were you raising children in the 1960s? Would you like to know what it was like to be a child in the 1960s?

If you answered “yes” to any of these questions, don’t miss your opportunity to relive the golden age of Nebraska children’s television Dec. 2, when Aging Partners hosts an evening of fine food, information and entertainment as we hear stories from the newly released book “The Calamities of Kalamity Kate: A History of Nebraska’s Children’s TV Shows” by Leta Powell Drake.

Drake, as Kalamity Kate, was a pioneer of live Nebraska children’s television programming, hosting the

beloved “Cartoon Corral” from 1967 to 1982. She has carefully gathered stories and photographs of many original children’s shows aired by KOLN/KGIN, including “For Children Only” with Dale Holt, “Juvenile Theatre” and “Romper Room,” and combined them with stories of her interaction with other television personalities of that era, including “Captain Kangaroo’s” Bob Keeshan, Jerry Lewis, Art Linkletter and “Dr. San Guinary’s” John Jones.

As we celebrate the work of Aging Partners, gala event guests will learn how their support is critical to continuing Aging Partners’ work for older adults in

*Continued on page 25.*








*Kalamity reads Peter and the Wolf to children in the Lincoln City Libraries in the summer of 1970. Courtesy photo*



*The Quiz kids of the Cathedral of the Risen Christ school compete with Kate, Father Vasa and A. James Ebel, President of Channels 10/11. Courtesy photo*

*Continued from page 24.*

the eight-county service area. Using their personal vantage points, Drake and friends will recount stories from the book. Each individual guest or couple will leave with a personal copy of Drake's book, which can be autographed.

For more information or to place a reservation, contact Zoe Olson at Aging Partners by phone at 402-441-6156 or by email at [zolson@lincoln.ne.gov](mailto:zolson@lincoln.ne.gov). 

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# Program Helps Older Adults Walk with Confidence

**D**on't let fall risk prevent you from living life independently. Enhance your balance and fall risk education by participating in Aging Partners program Stepping On—Building Confidence and Reducing Falls in Older Adults.

Since the Australian evidence-based falls prevention program launched in Lincoln and Lancaster County in spring 2013, it has helped 329 local older adults prevent falls and live confidently. Local senior centers, assisted living facilities and other community resources have hosted 15 of these seven-week workshops, and Aging Partners plans to kick off new sessions this fall.

“Based on what participants have told us, we’re preventing falls through Stepping On,” said Peggy Apthorpe, Aging Partners Health & Fitness coordinator. “If we can prevent even a few falls, we’ll prevent money loss and grief, and that’s a success.”

## The Honest Truth About Falls

Fatal and non-fatal falls among older adults are a serious issue, both nationally and locally. One out of every three people 65 years and older fall each year, according to the Centers for Disease Control and Prevention. These falls cause moderate to severe injuries, including lacerations and head traumas, to

about 25 percent of these older adults. In 2010, falls among older adults cost the U.S. health care system \$30 billion in direct medical costs when adjusted for inflation.

The Nebraska Department of Health and Human Services reported that falls are the leading cause of injuries and hospital trauma admissions among those 65 and older in Lancaster County. The report also states that half of the older adults hospitalized due to hip fractures sustained during a fall cannot return home or resume independent living after the injury. More than half of fall-related injuries occur at home.

## Stepping On Makes a Difference

Stepping On is a seven-week program that includes two-hour sessions once a week led by trained workshop facilitators. The classes are participatory and involve storytelling, slideshows, DVD vignettes, reading supplement labels and completing homework.

The program is ideal for older adults who:

- Are at risk of falling.
- Have fallen in the past year or have a fear of falling.
- Walk independently or use a cane and/or walker.
- Live at home or other independent living facility.

## Attend an Upcoming Stepping On Workshop:

- St. Elizabeth Regional Medical Center  
6900 L St.  
Tuesdays, 9:30 to 11:30 a.m.  
Oct. 14 through Dec. 2  
(No class on Veterans Day, Nov. 11)
- Eastmont Towers  
6315 O St.  
Thursdays, 9:30 to 11:30 a.m.  
Oct. 9 to Nov. 20

“A lot of participants have not fallen, but they take the class to become more aware of fall risk factors present in their lives and what they can do to eliminate or reduce them,” Apthorpe said.

During the program, workshop facilitators show participants simple exercises they can practice at home to improve their balance. They also help older adults evaluate their homes for slip, trip and fall hazards; explain the importance of safe footwear; and discuss how vision, bone health and medication affect fall risk.

## Community Support Valued

Stepping On is made possible by the Community Health Endowment, which awarded Aging Partners a \$38,399 three-year grant to implement the program in the Lincoln area. The grant helps pay for workshop facilitators and their training, supplies, printing, advertising and other expenses.



# Stepping On

## Building Confidence and Reducing Falls



*Graduates of the summer Stepping On workshop held at Ambassador Health System prepare to apply fall prevention tips to their own lives.*


Apthorpe said the program would not survive without support from host sites; physical therapists, low vision experts and pharmacists who appear as special guests in the workshop; workshop facilitators; and Aging Partners.

“The response from the community has been better than we expected,” she said. “Anytime you implement a new program, you have unexpected joys and challenges. But, the joys have far outweighed the challenges, and we have those community partners to thank for that.”

### **Program Extends Its Influence**

In the near future, Aging Partners, with the state’s help, plans to expand the program by having two to four of its current workshop facilitators trained to be master trainers. This will enable Aging Partners to train leaders in the eight-county area. Pilot testing of the program in other communities is just around the corner, Apthorpe said.

“We’re excited to extend our influence into the rural communities,” she said.

To learn more about this subject, watch Live & Learn. See page 35 for Live & Learn viewing information. 



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## Snow Removal Makes a Difference

**F**or some of Lincoln's older adults, the difference between living independently at home and transitioning to senior living facility comes down to being able to have a clear, snow-free walking path following winter storms.

Those physically unable to remove snow themselves and who do not have support from family, friends or neighbors rely on Aging Partners' Snow Removal to maintain independence.

"Nebraska winters can be brutal, and even a few inches of snow can be devastating for older adults in our community," said Carol Meyerhoff, Aging Partners Home Handyman Program coordinator. "Without clear sidewalks and driveways, some older adults would not receive home

delivered medications, medical equipment and groceries, nor could they receive scheduled in-home services. In a way, their survival depends on this program."

### Become a Member of Our Snow Removal Team

In recent years, the need for Snow Removal team members typically outweighs available manpower, according to Handyman/Public Rural Transit Specialist Mary Bond. For example, 75 local older adults qualified for services in 2013, but the Home Handyman Program only was able to serve 57.

"The more handymen and handywomen we have, the more people we can help," Bond said.

Nine handymen and handywomen

provided snow removal services during the 2013/2014 winter. As of Aug. 18, the program has only six snow removers for the 2014/2015 winter. She hopes to add nine more Home Handymen for Snow Removal this year.

To become handymen or handywomen for the Snow Removal program, you must be able to tolerate cold weather and have the physical stamina required to use a snow blower and shovel snow. You must own your own equipment—a snow blower is a must—have reliable transportation to get around town in snow and ice, and be able to haul the equipment.

Snow removers receive routes dependent on their availability and are paid a stipend for their service. Clients will provide the necessary salt

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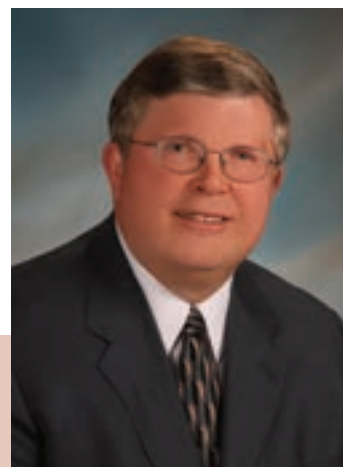


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**Bob Grundman**  
Certified Senior Advisor

in a weatherproof container in an accessible location. Snow removers clear public sidewalks and essential use areas, allowing safe entrance to the home. These may include driveways, walkways, steps and porch areas.

### Give to Snow Removal

The program's success relies not only on the team, but also donations. Aging Partners does not receive any Older Americans Act funding or government support for this program. Without the generous support from the community, Snow Removal would not exist, Meyerhoff said.

Aging Partners requires about \$2,500 per season to operate Snow Removal if the winter produces average snowfall. The more snowstorms that hit Lincoln, the more funds are needed to serve older adults who require assistance.

"No donation is too small because they all add up," Meyerhoff said. "The community's donations keep older

adults connected to valuable community resources, emergency medical services and many other things they need in order to live their daily lives in the comfort of their own home."

Aging Partners accepts donations for Snow Removal year-round, but it implores people to give before winter arrives.

"In Nebraska, you never know when the snowstorm will hit us, so it's better if we have funds sooner rather than later," Meyerhoff said.

### Sign Up for Snow Removal Services

Older adults who wish to qualify for Snow Removal must become a Home Handyman Program client. Once they call the Home Handyman office to sign up, they will be mailed an intake form to fill out, which includes a financial qualification page. Snow Removal is only available to those who cannot afford other community-based snow removal options. Clients must meet financial eligibility requirements, be physically unable to remove snow themselves and have no other form of snow removal support.

For more information about Aging Partners' Snow Removal, call Home Handyman at 402-441-7030. [LW](#)



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# Hospice 101

**F**or patients who cannot or choose not to seek curative treatment for their terminal illnesses, hospice care is here to help.

This popular form of palliative care is not a way to hasten death, as some incorrectly assume, but rather to help people live the remainder of their lives as fully as possible.

“Hospice care is about hope, not death,” said Christine Wismer, Tabitha Hospice administrator. “It provides a comfortable quality of life when a cure is no longer possible.”

## What Is Hospice Care?

Hospice is a philosophy of care, not a place. It is typically offered to patients in their homes, assisted living facilities or nursing homes. The care focuses on pain and symptom management and helping patients feel dignified and safe.

The care includes an interdisciplinary team of medical experts, including the patient’s primary care physician, hospice program’s medical director, a nurse/care manager, social workers and personal care aids. Volunteers, chaplains or spiritual care advisers and bereavement coordinators also play a vital role. Together, this team provides emotional, physical and psychological support for the patient.

“We work with clients and their families according to their wishes and goals,” Wismer said. “Rather than determining a plan of care for them, clients are invited to play an active role in deciding which services are right for their unique situation. The hospice interdisciplinary team revisits a client’s plan of care regularly—with the client—to adjust or change services as necessary or desired.”

Hospice care is available 24/7 as needed, but a caregiver or family is



*Susan Burkey, HoriSun Hospice clinical program coordinator, RN, BSN, CHPN*

primarily responsible for providing the patient’s daily needs.

## Who Uses Hospice Care?

The National Hospice and Palliative Care Organization reported that about 1.5 million Americans receive hospice care each year. Although about 38 percent of hospice patients have cancer, others suffer from Alzheimer’s or heart, kidney, neurological, liver and renal diseases.

Hospice is meant for those with a life expectancy of about six months or less; however, the sooner a patient gets access to service, the more they’ll benefit from the care they receive, according to Susan Burkey, HoriSun Hospice clinical program coordinator, RN, BSN, CHPN.

“Many of our patients come to us so late that they only receive our care for a day or a week,” she said. “It’s usually a crisis, last-minute situation. It’s not that we won’t admit someone at the end of their life—we always will—but if they come to us late, they don’t always get to have the entire hospice care experience. Most families I’ve worked with told me they



*Christine Wismer, Tabitha Hospice administrator*

wish they had known about hospice sooner.”

## What Does It Cost?

Medicare, Medicaid and most private insurances cover hospice care. This includes medication to manage symptoms, and any equipment and supplies the patient needs. In most cases, the patient pays nothing except for prescription co-pays.

Community or charitable contributions help hospices give free services to patients who can’t afford payment. Some hospice care programs charge patients according to their ability to pay or offer its services without charge if the patient has limited or no financial resources.

## How Do I Choose the Right Hospice Program?

Wismer suggests patients and their families interview multiple hospice care programs before making their final decision.

“Choose which one has goals of giving you the quality of life you desire for yourself or a loved one,” she said.

Families should begin their search by asking doctors for their


recommendation, Burkey said. Take note of how quickly they respond to requests for more information and if they visit the home for an initial assessment when it's convenient for the patient.

"Be sure the organization is focused on you and your wishes, not just your family's," she said. "That is what will ultimately make you happiest."

### Start the Discussion

Wisner, Burkey and experts agree—people shouldn't wait until a health issue arises to discuss hospice care with their loved ones. They urge everyone to make a plan and ask their questions about hospice care now, so they are prepared when the time comes.

"We all talk about big events like weddings and the birth of our children, but we don't discuss death, which is a part of living," Wisner said. "None of us know when we will be faced with a life-changing illness. Take the time now, no matter your age or health condition, to talk with your loved ones about the quality of life you desire on your end-of-life journey."

To learn more about this subject, watch Live & Learn. See page 35 for Live & Learn viewing information. 



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# Locals Support Senior Centers Big Red Style

Photos by Zoe Olson

Nebraska football came alive in the 1970s when the Huskers won their first—and second—national championship.

They were awarded the 1970 title after a 17-2 victory against Louisiana State in the Orange Bowl. Overcoming the odds, the Huskers began 1971 No. 2 in the AP poll and moved to No. 1 in their season opener after beating Oregon 34-7. They held that rank all year, even when defeating No. 2 Oklahoma on Thanksgiving Day in what is commonly referred to as the “Game of the Century.”


The 1970s also was an important decade for Lincoln and Lancaster County older adults—the first senior centers opened their doors in 1974.

In celebration of its 40th anniversary and National Senior Center Month, the senior centers held the “1970s Tailgate Memories,” a fundraising, Big Red tailgate party and dance Sept. 19.

From 7 to 11 p.m., people of all ages—some dressed in vintage Big Red attire—gathered at the Pla Mor Ballroom at 6600 West O St. in Lincoln to socialize and reflect on Husker and senior center memories from days past. Johnny Ray Gomez of Omaha and Jimmy Mack of Lincoln entertained guests as they danced the night away to 1970s hit music. Entertainer and Live & Learn host Tom White was the event’s emcee.

Some guests took turns having their pictures taken at the photo booth. Others placed bids during the silent auction to win one of several special interest baskets, provided in part by the event’s sponsors.

Although the senior centers have hosted fundraisers in the past, Senior Centers Coordinator Bob Esquivel said this one was one of the best yet.

“Fundraising dances are not something we often do,” he said. “People had a wonderful time. It was great to see everyone coming out to show their support for such a valuable community resource.” 



Representatives from Gold Sponsor Legacy Retirement Communities take part in the fun.



Bronze Sponsor Home Instead Senior Care welcomes a guest to the photo booth to create a picture memory of the tailgate.



From left, Johnny Ray Gomez and Jimmy Mack provide outstanding entertainment.



In addition to emcee duties, Tom White entertains the crowd with a song.



Delicious food provided by Silver Sponsor Billy’s Restaurant is served to guests by volunteers.



Guests check out silent auction baskets.

Thank you to our “1970s Tailgate Memories” sponsors:

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Dancers enjoy the 1970s Husker tailgate atmosphere.



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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

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

## Planning Ahead

### FINANCIAL

402-441-7070 or 800-247-0938

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

### SENIORS FOUNDATION

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

## Staying Involved

### VOLUNTEER!

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

### SENIOR CENTERS

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

▲ 402-441-7158

## Other Services

### INFORMATION AND REFERRAL

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

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

### TRANSPORTATION

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

### LIVING WELL MAGAZINE

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

### LIVE & LEARN

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

- Mondays, Wednesdays, Fridays and Saturdays at 11:30 a.m.
- Tuesdays & Thursdays at 11 a.m. & 8 p.m.
- Fridays at 7 p.m.
- Sundays at 9 p.m.

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

### MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**  
Linda Vandenberg, 402-367-6131
- **Fillmore County Senior Services**  
Brenda Motis, 402-759-4922
- **Polk County Senior Services**  
Jan Noyd, 402-764-8227
- **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**  
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- **Polk County**  
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- **Saline County**  
Trudy Kubicek, 402-826-2463
- **Saunders County**  
Mary Dailey, 800-247-0938
- **Seward County: 800-247-0938**
- **York County, Jerri Merklinger**  
402-362-7626

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

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

**402-441-7070**

In Nebraska **800-247-0938**

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



# Aging Partners News and Events

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

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*.

By visiting the Aging Partners website, you will find current and past issues. Feel free to print the whole magazine or just the pages that interest you. Call Deb Elrod at 402-441-6146 or email her at [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov) to sign up.



## Health and Wellness

### Aging Partners

#### Health & Fitness Center

233 S. 10th St., Suite 101

402-441-7575

Monday through Friday

8 a.m. - 4 p.m.

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

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

#### 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, Sahara bone density checks and health education.

\$10 suggested contribution for foot care and \$5 other services for people age 60 and older. Transportation can be arranged on Thursdays. Call 402-441-7575 for more information.

Wednesdays, 10:30 a.m. - 1:30 p.m.

Oct. 1, 8, 15, 22 & 29

Nov. 5, 12 & 19

Dec. 3

Thursdays, 9:30 a.m. - 1:30 p.m.

Oct. 2, 9, 16, 23 & 30

Nov. 6, 13 & 20

Dec. 4

### Yoga and Stress Management

Wednesdays, 10 - 11 a.m.

233 S. 10th St., Suite 101

This class is designed for caregivers and others looking for ways to manage stress. Standing and balance poses use chairs for support. This class is suitable for beginners and experienced students wishing to reinforce the basics.

\$3 per class suggested contribution for people age 60 and older. \$4 fee per class for under age 60.

### Stepping On – Building Confidence and Reducing Falls

This program is funded in part by the Community Health Endowment of Lincoln.

Stepping On is a community-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Classes meet for two hours one time per week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises, along with the roles vision, medication, safe walking outside and footwear play in fall prevention. Pre-registration is required. Call 402-441-7575.

\$3 per class suggested contribution.

- Eastmont Towers  
6315 O St.  
Thursdays, 9:30 - 11:30 a.m.  
Oct. 9 – Nov. 20

- St. Elizabeth Regional Medical Center  
6900 L St. – Foundation Building  
Tuesdays, 9:30 - 11:30 a.m.  
Oct. 14 – Nov. 25

### Celebration of Self for Caregivers 2014

Friday, Nov. 7, 9 a.m. - 2 p.m.

High Plains Special Care Center

5601 S. 84 St. (84th & Old Cheney)

Sack lunch will be provided at no cost.

The best thing a caregiver can do for the person they care for is take care of their own health. Join us for this fun and relaxing workshop and delicious lunch provided by High Plains Special Care Center.

- Inclusive Caregiver Discussions - Judy Hart, Angels Theatre Company
- Relaxation, Guided Imagery & Breathing - Terri Swanson, Aging Partners
- PTSD: The Heartbreak, Healing and Hope - Dr. Jerry Bockoven, Psychologist, VA Nebraska Western Iowa Health Care System
- Laughing Matters - Tracie Foreman, Aging Partners

For more details or to register, call 402-483-0250.

### STEADI – (Stopping Elderly Accidents, Deaths & Injuries)

#### The 4 Stage Balance Test

Thursday, Nov. 13, 9:30 a.m. - noon

Aging Partners

Health & Fitness Center

233 S.10 St., Suite 101

Stay independent! Falls are the main reason older people lose their independence. Find out if you are at risk by taking this quick, fun, easy and free test designed to assess static balance.



## Entertainment

### Melodrama Madness “The Treacherous Troll”

Friday, Oct. 17

Eugene T. Mahoney State Park

Departure: Northeast Center, 4:30 p.m.

Return: Approximately 9 p.m.

Cost: \$25 (show & van)

Reservations and payment must be made no later than 4 p.m. Monday, Oct. 13, by calling 402-441-7151. Payment may be made to Aging Partners at 6310 Platte Ave., Lincoln, NE 68507.

Refund Policy: No refunds after Tuesday, Oct. 14.

All aboard for an uproariously good time at the Melodramas! The evening will begin at The Mahoney Grille with a delicious dinner (on your own; \$10-15). Next, we'll go to the theatre for a 7:30 p.m. performance of “The Treacherous Troll” by D. Chapelle. The Troll of Trafalgar is a treasure so rich it could, and has, turned good men bad. The Troll was thought lost long ago but a desperate duo has darkened Spam Diamond's door hoping he can help them find the do-dad. Noel Alexandria, a nasty gangster, will do anything to have the Troll as his own, and Gidget O'Malley, a beautiful and treacherous woman whose loyalties shift at the drop of a dime, have shown up hot on the trail of the fabulous wealth that is the Troll. Spam Diamond, a slightly shopworn private eye with his own odd code of ethics, always manages to do the right thing thanks to his faithful secretary, Angel Eiffel. Will Spam be able to save the day and his lovely secretary Angel before it's too late? You can cheer the hero, boo the villain, and sigh for the heroine. Family fun for everyone!

### Saturday BINGO

Northeast Senior Center  
6310 Platte Ave.

Doors open at 9 a.m.

\$4 suggested contribution for age 60+

\$8 fee for under age 60

Oct. 18

Join us for BINGO at 10 a.m., followed by a hot lunch at 11:30 a.m. Bring a prize for the winners' table. Reservations required by 3 p.m. the Wednesday before the event. For details or reservations, call 402-441-7151.

### Day Trip Tour

Join us for reasonably priced day trips featuring entertaining places and activities. Call 402-441-7158 for details and reservations.

- October Fall Adventure Tour – York, Nebraska  
Tuesday, Oct. 21  
Depart: 8:30 a.m. Northeast Senior Center, 6310 Platte Ave.  
Return: Approximately 4:30 p.m.  
Our day begins with a stop at the Wessels Living History Farm, just south of York, Nebraska. This 145-acre site includes the boyhood home of David Wessels, an early 20th century farm house, a giant red timber '20s barn filled with vintage furnishings and farm equipment dedicated to the spirit of American agriculture. After a nostalgic morning, it's on to lunch (on your own) at York's legendary Chances 'R' Restaurant. Next, we'll stop in for a modest wine tasting at Junto Winery & Vineyard. Junto has a library, a large garden and a modern tasting room with spectacular views of the Garland Hills. All in all, it will be a wonderful way to spend an autumn afternoon. Reservations and payment are due by Tuesday, Oct. 14. Cost: \$45

Aging Partners staff and University of Nebraska Medical Center College of Nursing Students will be conducting the STEADI Balance Test.

## Educational

### “Discovering Our World” Brunch “Ancient Roman Religion and Nebraska Football”

Downtown Center, 1005 O Street

Saturday, Oct. 11, 10 a.m.

\$4 suggested meal contribution for age 60+

\$4 suggested transportation for age 60+

\$8 fee for under age 60

Professor Michael Hoff from the UNL Dept. of Art and Art History specializes in Greek and Roman archaeology. His research focuses on the history of Roman Athens as well as the archaeology of Asia Minor. Hoff will present a program on “Ancient Roman Religion and Nebraska Football.” As an archaeologist who understands the workings of ancient Roman cults and being a fan of college football, Hoff has always been struck by the similarities of this religion and college football. In this presentation, he will share insights on how UNL's football program, like ancient Roman religion, is an institution that binds together the different populations within the state.

### Bob Ross Oil Painting Classes

9:30 a.m. to 3:30 p.m.

Lake St. Center, 2400 S. 11th St.

Paint along with certified instructor

Donald R. Belik in this one-day

painting class. Students will enjoy fun

and get surefire results. All material

is provided. To register, call 402-441-

7158. Cost: \$50

- Saturday, Oct. 18 - “Blue River”

*Continued on page 38*

# Aging Partners News and Events

*Continued from page 37*

## **Downtown Fright Fest**

Fri., Oct. 31, 10 a.m.

Downtown Center, 1005 O Street

\$4 suggested contribution for age 60+

\$4 suggested transportation

contribution for age 60+

What isn't there to love about Halloween? Candy, movies, decorations, ghost stories, costumes — and that's just barely scratching the surface! Therefore, join us for our annual Halloween party! Come dressed as your favorite spook or character and win the costume contest. Be warned, we might just scare the ugly outta ya! Party begins at 10 a.m. Lunch served from 11:30 a.m. to 12:15 p.m. Call 402-441-7154 two days ahead for meal reservations.

## **Native American Heritage Month Event**

### **"Tales on the Wind"**

Featuring Michael Murphy

& Renee Sans Souci

Thursday, Nov. 13

Cotner Center Condominiums

1540 N. Cotner Blvd.

Dinner: 5:30 p.m.

\$6 suggested contribution age 60+

\$8 fee for under age 60

Show: 6:30 p.m. \$5 Show only

\$4 suggested transportation

contribution age 60+

Next to the drum, the most important Native American instrument is the hand-carved flute. Join us as Omaha musician and recording artist Michael Murphy (of Mohican and Huron heritage) brings us his musical talent, together with Omaha Tribe poet and storyteller Renee Sans Souci. The evening features the mesmerizing beauty of this ancient instrument and, together with Native American traditional tales drawn from the spoken word, brings us the special perspectives

and customs of the first Americans.

Pre-registration required by Monday,

Nov. 10. Call 402-441-7158.

## **"Musical Memories for the Holidays"**

Downtown Center, 1005 O St.

\$6 suggested contribution for age 60+

\$4 suggested transportation

contribution for age 60+

\$9 fee for under age 60

The winter holidays and beautiful music — it's hard to have one without the other. Make plans now to enjoy a delicious holiday meal and special musical performances.

- Thursday, Nov. 20, 11 a.m. — Noon "Noteworthy Ensemble." Classically trained salon musicians, flutist Genevieve Randall and pianist Julie Felzien, have been performing in the Lincoln area for more than 10 years.
- Thursday, Dec. 18, 11 a.m. — Noon Enjoy our wonderful winter holiday meal while experiencing the musical talents of Heidi Beran, a free-lance harpist and teacher in the Lincoln area. Call 402-441-7154 two days ahead for meal reservations.

## **Special Holiday Celebration Meals**

Nov. 17-21 and Dec. 15-19

If you have never eaten a delicious meal at one of our Aging Partners Centers, the holidays are the best time to give us a try. Make us a special part of your holiday plans. Many centers will feature holiday entertainment. Make your reservations at your nearest center or call 402-441-7158 for center locations.

\$6 suggested meal contribution age 60+

\$9 fee for under age 60

- November holiday meal schedule:  
Monday, Nov. 17: Firth, Mahoney  
Tuesday, Nov. 18: Belmont, Bennet, Northeast  
Wednesday, Nov. 19: Hickman, Lake, Burke

Thursday, Nov. 20: Asian, Bennet, Downtown

Friday, Nov. 21: Maxey, Waverly  
Menu: Turkey, dressing, mashed potatoes, gravy, green beans with almond slivers, cranberry surprise salad, whole wheat roll, pumpkin pie with creamy topping

- December holiday meal schedule:  
Monday, Dec. 15: Firth, Mahoney  
Tuesday, Dec. 16: Belmont, Bennet, Northeast  
Wednesday, Dec. 17: Hickman, Lake, Burke  
Thursday, Dec. 18: Asian, Bennet, Downtown  
Friday, Dec. 19: Maxey, Waverly  
Menu: Stuffed chicken breast, twice baked potato, California vegetable casserole, whole wheat roll, berry pie and ice cream

## **Capitol City Christian Holiday Show A Holiday Lunch & A Show**

Saturday, Dec. 6

Northeast Center, 6310 Platte Ave.

Lunch: Noon

Capitol City Christian

Matinee Show: 2 p.m.

\$6 suggested meal contribution age 60+

\$6 suggested transportation

contribution age 60+

\$8 fee for under age 60

Every year Todd Groves and the good folks at Capitol City Christian produce a holiday musical that plays to hundreds and hundreds of loyal fans. This year the show is called "Christmas Happiness," a spirited holiday musical you don't want to miss. Seating is limited. For reservations, call 402-441-7151.



**Holiday Lights Tour**

Tuesday, Dec. 9 (Snow Date Dec. 16)  
Downtown Senior Center, 1005 O St.  
Dinner & Holiday Music: 5:30 p.m.  
Lights Tour Departs: 6:30 p.m.  
\$6 suggested meal contribution age 60+  
\$6 suggested transportation contribution age 60+  
\$8 fee for under age 60

Who doesn't love the Holidays? Holiday treats, holiday sweaters and, of course, all those glowing holiday lights brightening our fair city! Join us for a tasty meal at the downtown senior center and a "Holiday Lights CaraVAN Tour" of some of Lincoln's most beautiful holiday light displays! For reservations, call 402-441-7158.

**Ashfall Fossil Beds: Life and Death at a Prehistoric Nebraska Waterhole**

Featured Speaker: Shane Tucker  
Thursday, Dec. 11, 10:45 a.m.


Downtown Center, 1005 O St.  
\$4 suggested contribution for age 60+  
\$4 suggested transportation contribution for age 60+  
\$8 fee for under age 60  
Call 402-441-7154 two days ahead for meal reservations.

Highway Salvage Paleontologist Shane Tucker, a 15-year veteran at the University of Nebraska State Museum and a native of York, has earned an advanced degree in geology and paleontology.

Twelve million years ago, a super volcano erupted in southwest Idaho. Prevailing winds spread a two-foot-thick blanket of ash 1,000 miles to the east where a large herd of barrel-bodied rhinoceroses succumbed to it. The ash filled a waterhole and perfectly preserved hundreds of rhino, horse and even bird skeletons. Located in northeastern Nebraska, this amazing

site has been designated a "National Natural Landmark." It is a unique example of a slice of time in Nebraska's prehistoric past when the area was savannah-like grassland rich in wildlife. The Hubbard "Rhino Barn" allows visitors to observe scientists excavating the prehistoric animals exactly where they perished after breathing and ingesting the ash. Join Tucker as he expounds on this wonderful paleontological site

**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, the Aging Partners Senior Centers also will close. Please listen to KFOR radio for the most accurate and up-to-date Senior Center closing 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.

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