

Letter from the President

Having served on the Seniors Foundation Board for several years, I look forward to my year as President of this energetic organization. The Seniors Foundation has a long history of leading community support for older adults. As we all know, it takes a community to support a community. The board will be kicking off a new program this fall, "Seniors Foundation – Partners." We are asking you to stand with us as one of our "Partners" in enriching the lives of older adults in Lincoln and Lancaster County. I encourage, and look forward to, your participation.

Another important project at the foundation is the Lincoln Seniors Transportation Program. We are working to recruit volunteer drivers to *give a senior a ride*.

There are many older adults who no longer drive and have no children or relatives close by to help with errands or trips. You might have a parent or know a neighbor that needs to go shopping for groceries, get a haircut, go to church or to a movie with no affordable way to get there. Every senior's dream is to stay healthy and active in order to maintain independence in their own home! We currently have more riders than we have volunteer drivers. We need your help. This is a wonderful chance to give back to your community! A couple of donated hours a month would make all the difference in the life of an older adult. Please contact Deb Hynek at 441-6143 for more information.

You will be so glad you did!

Seniors Foundation has been busy working on making the Aging Partners One Campus concept a reality. We have been at work developing partnerships and looking at locations for the One Campus. Older adults in Lincoln and Lancaster County need a place to go that has ample parking, easy public transportation, and provides all of the Aging Partners services they need in one safe and accessible location; a one-stop shop for all aging services. The families of older adults need this, too. Many people, agencies and businesses will come together to make this happen. It is a good thing for Lincoln. As you can see, there are exciting things on the drawing board for the Seniors Foundation Board of Directors. Stay tuned for more news in upcoming editions of *Epoch Voice*.

The Seniors Foundation Board of Directors appreciates anything you can do to assist us in helping Aging Partners make each day a better day for all seniors in our community. We thank those that have supported us and welcome those that will in the future. Together, we can make Lincoln and Lancaster County a better place to live for older adults, their families and those that love and care for them.

I look forward to working with my fellow board members and the community this coming year.

Helen E. Griffin
Seniors Foundation Board President



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*Seniors Foundation
Board President*



Join our
*Facebook
Community*

Stay up-to-date on the happenings at the Seniors Foundation. You can join our facebook group by going to seniorsfoundation.org and clicking on the Facebook link. If you're already on Facebook, search Seniors Foundation. "Like" us to be a part of the conversation.

Harold's Story

Over the past few issues, we have shared the story of Harold, a widower in his 70s, in a small Nebraska town served by a senior center.



His Story—Harold retired from farming at age 70. He and his wife, Vera, were healthy, active in the community and enjoyed their connection with the local senior center. They visited there frequently for Harold's blood pressure checks and Vera's diabetes education. They joined many neighbors at the center for lively conversations, meals and celebrations.

When Vera died unexpectedly, Harold slipped into deep depression. At first he stayed connected to the center, but when budget issues cut into services, Harold couldn't be as active. He began missing meals and medications, never exercised and rarely socialized. In fact, he napped most of the time.

Alerted to her father's condition by hometown friends, one of Harold's daughters made an emergency trip to Nebraska from Colorado. The house that had been "spic and span" when her mother was alive was now not only dirty, but littered with papers and spoiled food. Her once strong father was clearly confused and disoriented. First shocked, then concerned and frightened about her father's appearance and surroundings, his daughter believed the only recourse was to place her father in a Lincoln nursing home. There she would be guaranteed that he would receive the care he needed.

In today's world, other than the funeral notice, that would have been the end of Harold's story.

A Brighter Future

But, fast forward a few years when Aging Partners has in place a One-Campus concept that empowers the client and embraces technology—Harold's story could have a very different ending. Read on...

Because the manager of the center had been in touch with Harold and his daughter frequently, she made an appointment for Harold when she noticed his absence from activities. She reassured them that there were other options.

The manager worked with Harold's *Living at Home* and *Being Well* team members, located both in Harold's community and in Lincoln, to create options for him. Many Aging Partners One Campus resources, such as the Tech Café and on-line grief support groups helped him learn to live independently. His manager encouraged him to enroll in teleconference classes about cooking and nutrition, exercise and grief recovery.

At first, this "new-fangled technology" worried Harold. But after a bit of coaching from his team, he warmed to every bit of it.

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Harold's Story (continued)

In fact, he was so proud of his new skills that he encouraged his family to get involved and to teleconference with him as well. That way, his family was confident that Harold was doing well. He could be more involved with their activities, despite the long distances between them.

Once he was active in the center again, the staff was able to remind Harold to take his medications and monitor his blood pressure. It wasn't easy to give up the life he had

enjoyed with Vera, but Harold knew that with the support he had found at the center that he could live happily and safely in the home that he had loved for so many years.

You Can Help

You have just read about two very different endings for our friend Harold. The second ending is within our grasp for him and all seniors in Lincoln and the surrounding counties that are served by Aging Partners.

For more information about how you can impact the lives of seniors now and in the future, contact Diane Rolfsmeyer, Executive Director, Seniors Foundation, 402.441.6179.

Honoring the Past, Planning the Future



*Diane Rolfsmeyer,
Executive Director,
Seniors Foundation*

By the time you read this letter, I may have already celebrated one of the two significant October dates in my life. One is my birthday; October is a wonderful month for a birthday! The other is the anniversary of my first day on the job at Seniors Foundation as executive director. I will be two years old in this position on October 30! I have been proud to be affiliated with such a worthy organization and I have to say, these two years have just flown by.

The board of directors selected their officers for the 2010-2011 year. Last year's President, Mary Jane Nielsen, is still with us as the immediate past president in support of our new president, Helen Griffin. The officers' term began on July 1. We have two new board members; Coleen Seng, former City of Lincoln Mayor and Dennis Buckley, Editor of *Neighborhood Extra*.

Sadly, we said goodbye to one board member who had served the maximum of three terms and, by special vote, an additional year. Alice Skultety has been a valued servant of the Seniors Foundation for ten years! She was a steady hand as president and brought a wealth of

understanding and expertise to the fiduciary responsibilities of the board. Alice became my mentor and close personal friend these last two years. While she is gone from our meetings, Alice still is a ready resource and only a phone call away in her support of Seniors Foundation efforts. Thank you, Alice.

We closed our fiscal year on August 31 and are getting ready to prepare our annual informational report to the Internal Revenue Service. This important document is the data source for our annual report. We already know that donations are up from the previous year as are our contributions to the programs and services of Aging Partners.

As our past has held great achievements, our future holds great challenges preparing for the coming swell of older adults in the 'Boomer' generation. I feel firmly that Seniors Foundation is ready for what lies ahead and has charted a course that secures success. I look forward to the work of the Foundation in the coming year and to the privilege of working with one of the finest boards assembled in the industry.

Stay tuned!

WANTED: Snow Removal for Seniors

Your donation can help:

- 1) Keep seniors safe
- 2) Keep those who serve them safe (postal workers, care providers, and others)
- 3) Keep neighbors and school children safe

Aging Partners is preparing for the inevitable Nebraska winter snow season. But they need your help. Their snow removal program is not within their budget. These sidewalks are shoveled only through the generosity of people like you.

The average recipient of the program's services is between 70 and 89 years of age and female. The snow removal program helps many others as well: postal workers, school

children, providers of services for seniors, as well as neighbors and the general public.

Your contribution helps secure the safety of Lincoln seniors and those who use public sidewalks spanning their property.

Please help! Pick up a pen right now and give so that a senior doesn't have to pick up a shovel this winter!

Send your contribution to Seniors Foundation. Please write "Snow Removal" in the memo line so that we can accurately follow your wishes. Feel free to return it in the enclosed reply envelope. You can also donate online at seniorsfoundation.org. Click on the Donate Now button and be sure to specify the snow removal program.



Become a Partner!

Seniors Foundation Announces its 2011 Partner Campaign

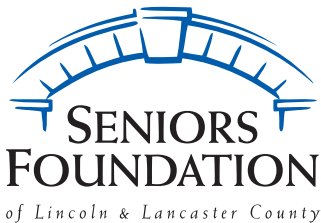


Join us in our goal to raise \$250,000 annually to support the programs and services of Aging Partners. As a Seniors Foundation Partner, you will receive a host of benefits that include: links from our website, magazine and newspaper recognition, a display decal, seating at our spring awards event and sponsorship opportunities

on cable channel 5CityTV "Live and Learn" and *more!* You can choose from several levels of support.

Even better, you will receive the satisfaction that you have contributed to the well-being and options of our community's citizens aged 60 and over.

Contact Seniors Foundation at **402-441-6179** for more information.



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*Seniors,
the foundation
of our community*



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