

## Letter from the President

It is my pleasure to give you my quarterly update on the Seniors Foundation. We kicked off our Partner Campaign and the most up-to-date list of our partners can be seen in this newsletter. It's not too late to become a Partner! You can still join us by calling the Seniors Foundation office at 402-441-6179 for more information.

Please mark your calendar for May 13, so you can attend our luncheon at the Lincoln Country Club. We will be honoring seniors who have given back to their community. Our luncheon speakers will be Evonne and Bill William, who spearheaded the Heartland Honor Flights to Washington, DC in recognition of World War II Veterans. There will be good food, fun and lots of recognition for Lincoln Seniors. It will be Seniors Foundation's opportunity to showcase the reason we do what we do. This is an event you won't want to miss.

Even more exciting things are happening. Seniors Foundation was recently awarded an \$85,000 two-year New Freedom Grant that will allow the Foundation, in

collaboration with Easter Seals Nebraska, to expand the Lincoln Seniors Transportation program into Lancaster County. We need new volunteer drivers now more than ever as we expand the program. Please volunteer by calling Deb Hynek at 402-441-6143.

You'll be glad you did.

The One Campus project is moving forward. Look for Harold's story in this and future issues of our newsletter as he utilizes the various programs that the One Campus offers in order to stay in his rural home setting.

The Foundation has indeed been busy this past year. 2011 will be even more exciting as the work on the One Campus project continues to advance. What better way to celebrate our

30th year of supporting the programs and services of Aging Partners in order to enrich the lives of older adults in our community! This is a tall order. We need both your financial support and words of encouragement.

I wish you all the best of everything for the New Year.

Helen E. Griffin  
*Seniors Foundation Board President*



Helen E. Griffin  
*Seniors Foundation  
Board President*

Celebrating  
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Stay up-to-date on the happenings at the Seniors Foundation. You can join our facebook group by going to [seniorsfoundation.org](http://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.

*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.*



## Harold's Story

If you are a regular reader of *Epoch Voice*, you may recall our fictional friend Harold. A recent widower from a small town not far from Lincoln, the one-time capable and out-going farmer became lonely, worried, and anxious about his future after his wife Vera died. Harold's only child, a daughter, lived in Denver. She was apprehensive about his well-being, but was unable to do much beyond weekly phone calls and occasional visits.

As a regular at his local Senior Center, Harold was already connected to their services. They had linked him with home health providers, a visiting nurse who monitored his blood pressure, and help with cleaning each week so Harold was able to stay in his home.

More than providing services that allowed him to function independently, the Senior Center staff became his lifeline to happiness. The ready smiles and daily hugs kept him from feeling alone. When he had a legal issue while selling some farm equipment, the director took time to listen and connected him to a volunteer attorney who helped him through the transaction. When his eyes filled and his voice trembled at thoughts of Vera, she made

sure grief counselors saw him through the hurt.

It wasn't long before Harold was making new friends and connecting with old pals. Despite an arthritic knee, Harold joined in group exercises and dramatically increased his mobility. Before long he was participating in the Center's walking group. They were talking about joining in the Volkswalk in the next Cornhusker State Games.

Harold liked to joke that he couldn't boil water, which wasn't far from the truth. Vera had been the cook in the family, and a mighty fine one at that. Her homemade mac and cheese was something special. Harold knew he needed to do more for himself in the kitchen. He knew canned soup with ice cream for dessert wasn't healthy. His doctor was threatening to put him on cholesterol medication. Exercise was helping, but it wasn't enough.

Once again, the Senior Center came through with cooking lessons via satellite along with some one-on-one tutoring about recipes and shopping lists. The Center had

*(continued on page 3)*

## Executive Director's Letter

Our fiscal year ended August 31, 2010 and we have been busy closing the books and sending information to the accountants to prepare our annual report to the IRS. Fiscal years are sometimes difficult to wrap our brains around. Most people think in terms of the calendar year which we have just closed. I also prefer to talk about the Foundation's work in those terms.

We are fortunate to have been awarded the support of the New Freedom Grant for the Lincoln Seniors Transportation Program. The need has been so large. The growth of the program has been so necessary. We have been working to bring this volunteer driver program to the greater Lancaster County area. What better way to do this than to work with an organization that has an entire division devoted to specialized transportation—Easter Seals Nebraska.

By the time you read this, our collaboration with Easter Seals Nebraska will have been set in an agreement to take this program beyond what Seniors Foundation staff can do. We are so pleased to be working with such a fine nonprofit organization that, like Seniors Foundation, can recognize the importance of affordable social transportation to the health and well-being of older adults as well as those with disabilities.

Seniors Foundation has also moved forward in working on the One Campus goal. We now have drawings that move us from the printed description to something more tangible. Specifically, Seniors Foundation has been working to identify locations for the campus. We have also been busy introducing the concept and renderings to individuals and organizations that share our mission and passion to support independence, with dignity, for older adults.

We are pleased to continue Harold's story in this newsletter. Harold will be with us for many years to help us understand how the campus can be used for not just those that live in Lincoln but for all those in the eight counties that Aging Partners serves. You will remember that Harold lives on a farm near a small rural community 90 minutes away from Lincoln and wants to be able to stay there. We hope you enjoy following Harold as he is introduced to the various tools provided by the One Campus. These tools will help him retain his independence and live where he chooses. That is what One Campus is all about—choice! Not just for local residents but for anyone who chooses to utilize what the campus offers along with their loved ones, no matter how far away they live.

Join us on this exciting adventure!



*Diane Rolfsmeyer,  
Executive Director,  
Seniors Foundation*

*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.*

## Harold's Story (continued)

formed a men's cooking club and the men cooked lunch for the women once a month. It wasn't Vera's mac and cheese, but it sure was fun and no one went hungry.

How did all this happen for Harold? It boils down to a knowledgeable, caring staff that is able to make the right connections

for those in their care. In the future, seniors connected with a Senior Center might be living in a world where most of their needs could be handled through a computer and internet resources. But technology will never take the place of the human touch at the Senior Center.

# Thank You, Partners!

*Please join us in expressing appreciation to our 2011 Partners Campaign Supporters.*

Help strengthen our community by enriching the lives of older adults in Lincoln and Lancaster County.

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

**Become a Partner. Call 441-6179 today.**



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*Seniors,  
the foundation  
of our community*



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