

Social Transportation Moving Toward Pilot Project

With increasing numbers of older adults outliving both their own ability to drive and the availability of relatives and friends to provide non-emergency transportation, their lack of mobility is causing increased isolation and a decrease in quality of life. While medical transportation programs are available in our community, the options for affordable and reliable social transportation remains virtually inaccessible.

In 2005 the Seniors Foundation partnered with the City of Lincoln and the Lincoln Area Agency on Aging (LAAA) to explore the feasibility of some type of social transportation program. The committee has reviewed similar programs operating in other cities and has analyzed our local options and limitations. The committee has determined that one key factor in making a Lincoln project successful is utilization of volunteer drivers.

While there are still many issues to be resolved, including the major questions of insurance and risk management, the committee is encouraged enough that it wants to implement a pilot program. The committee is hoping to get the pilot program, which will have a limited reach initially, launched in the second quarter of 2007. The Seniors Foundation is currently conducting a survey of older adults to discover what program parameters and cost factors would be appealing to the target population.

We are keenly interested in finding a workable solution to the problem. You can participate in the process by completing our current survey. Go to our website (www.seniorsfoundation.org) to find a printable copy of the survey form. You can return the form to the Foundation at the address shown on the back page of this newsletter.

Seniors Foundation Donates Super Strength Equipment

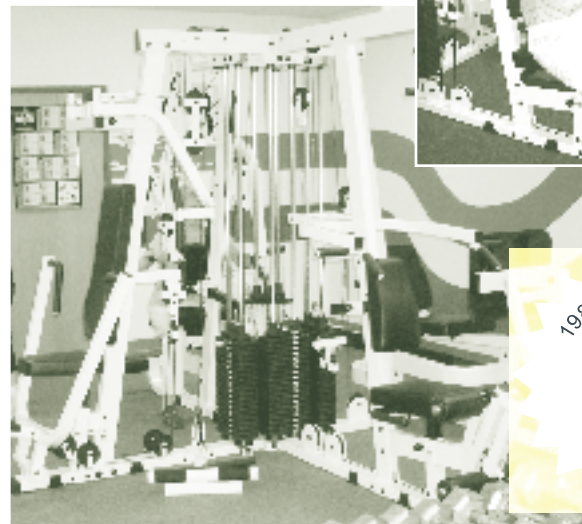
In mid-August the *Forever Strong Health Club* in the Downtown ActivAge Center took delivery on a super piece of new strength training equipment, courtesy of a \$5,000 donation from the Seniors Foundation. This new universal machine boasts five separate workout stations that can be used simultaneously by five individuals.

The health club facility, which is free to older adults, features other types of exercise machines and free weights in addition to the new five-station universal machine. Instruction on the safe use of the equipment is available.

Research has shown that light weightlifting and other forms of strength training can be of enormous benefit to older adults in improving bone mass, range-of-motion and flexibility. The Seniors Foundation has made strength training for older adults a priority project, with donations exceeding \$12,000 over the past two years.

Forever **Strong**
Health Club

See the new equipment
at the downtown ActivAge Center
Health Club Open House
September 26, 11 am – 2 pm



1981-2006

25

Years of Support

Art Linkletter Wows the Crowd at the Cornhusker

Friday, June 9, was a memorable evening for the sellout crowd of 800 friends of the Seniors Foundation who were gathered in the Cornhusker Grand Ballroom. They were there to see and hear one of the grand icons of television from a half-century ago: Art Linkletter.

Many people, when first hearing of Art's impending visit to Lincoln seemed surprised that the famous Mr. Linkletter was still among the living. But after seeing and hearing Art hold forth for more than an hour with no notes, no props and just a stool to sit on, typical reactions ranged from "Wow, I can't believe he's 94," to "Wow, he's amazing, for any age."

Wow, what an interesting life; what a storyteller; what a perfect speaker to help celebrate the Seniors Foundation's 25th anniversary of support for the Lincoln Area Agency on Aging. He's the very model of what we all hope to be like when we are in our mid-nineties.

Art's presentation on Friday evening, June 9th, was followed by a reception after the show, breakfast Saturday morning at the Governor's Mansion, and a brief visit to the Lifelong Living Festival later that morning.

Mr. Linkletter's visit to Lincoln was fun, educational and, above all, inspirational. Thank

you Art. And thank you to the many volunteers who helped arrange for his visit and helped make it a big success.

See Art on TV

During his Lincoln, visit, Art was interviewed by Rod Bates for a special Foundation program on cable channel 5. The program airs this fall. For dates/times, visit seniorsfoundation.com.



Clockwise from lower left: **Art Linkletter** addressing the audience at the Cornhusker on June 9th; receiving a key to the city from Mayor **Coleen Seng**; receiving an admiralty in the Nebraska Navy from First Lady, **Sally Ganem**; helping **June Pederson**, Executive Director of LAAA, present **Gil Savery** with the 2006 Community Service Award (see the article below).

Gil Savery Receives 2006 Community Service Award

Gil Savery, retired managing editor of the former *Lincoln Journal*, past board member of the Seniors Foundation and frequent contributor to the *Front Porch Journal* on the Foundation's website, has

received the 2006 Seniors Foundation Community Service Award. The award is presented each year to an individual who has had a significant impact on the lives of older adults. Congratulations, Gil.

Our job: Raise money & use it wisely to benefit seniors



By Jay Bohlken
President of the Board of Directors
The Seniors Foundation

As the new Board president for the Seniors Foundation, I want to offer an update on the Foundation's activities and an indication of our priorities for the current year.

The big news of the recent past, of course, was the highly successful appearance of Art Linkletter, which you see detailed on the facing page. In addition to being a thoroughly fun, informative and inspirational event, the Linkletter program raised over \$15,000.

How our money is used

Fundraising occupies a good share of our attention and energy, but it is only half of our story, however. The other half — what we do with the money — is the critical component that determines whether our fundraising efforts are worthwhile, in a social sense. Our big emphasis right now, in addition to our normal activities with the Lincoln Area Agency on Aging (LAAA), is on our three Community Focus Projects: strength and conditioning training for older adults; education and outreach; and transportation issues.

In the last year the Foundation stepped up in the aftermath of governmental budget cuts to provide continued funding of the 5 City TV *Live and Learn* series and fitness programming. We also supplied the funds for the new senior-friendly exercise machine that is available for free use in the Downtown ActivAge Center. Further, we are continuing a thorough review of the issue of social transportation.

We are particularly excited about the potential good that can be generated by a viable social transportation program and are devoting considerable energy and resources toward a successful pilot program next spring.

Looking ahead

Our fundraising goal for the current year (through June 2007) is simple to state though a challenge to achieve: We want to keep building our total receipts, year upon year, so we can continue to donate more, year after year, to the unfunded quality-of-life issues, big and small, that face our ever-increasing senior population. My priority, therefore, is finding a 2007 fundraising event that can match the Linkletter success, not only in terms of money raised but also in terms of relevance to seniors. (If you were at the Linkletter event, you know what a challenge this is.)

Thank you

I want to publicly thank the generous sponsors who helped underwrite the Linkletter event:

Union Bank & Trust; Legacy Retirement Communities; Pinnacle Bank; TierOne Bank; Neighborhood Extra; Butherus Maser & Love; Whitehead Oil; Jim's Home Health Supplies; Perry Guthery Haase & Gessford PC; Assurity Security; NEBCO; and Wells Fargo Bank

Thanks also to our past president, **Maurice Russell**, and former president **David Wilcox**, for their fine leadership and great efforts over the last decade, and to the entire board for their hard work on fundraising activities and focus projects.

In closing, I extend a warm welcome our new board members — **Bruce Bellamy** of Wells Fargo, **Nancy Dolan** of the Women's Clinic, **Mark Richardson** from Union Bank and community activist **Muffy Vrana**. And thanks to **Kristen Stohs** for taking on the job of President Elect.

The Seniors Foundation Board of Directors

President: Jay Bohlken, *Legacy Retirement Communities*; **President Elect:** Kristen Stohs; **Treasurer:** Jay Heins, *Buckley, Sitzman*; **Secretary:** Alice Skultety, *Union Bank*; **Past President:** Maurice Russell; **Michael Balm**, *Wells Fargo*; **Bruce Bellamy**, *Wells Fargo*; **Nancy Dolan**, *Women's Clinic*; **Helen Griffin**; **Bill Haberlan**, *Butherus, Maser & Love*; **Midge Irvin**; **Barbara Jacobson**, *Lincoln Public Schools*; **Marcia Kushner**; **Andrew Loudon**, *Baylor, Evnen, Curtiss, Grimit & Witt*; **Dr. Barbara McCabe**, *UNL College of Nursing*; **Mary Jane Nielsen**, *NECO Security*; **Mark Richardson**, *Union Bank*; **Muffy Vrana**. **Ex Officio:** June Pederson, *Lincoln Area Agency on Aging*.
Foundation staff: Richard Blair, *Director of Development*; Meldene Dorn, *Board Assistant*.

How You Can Help

In-kind donations

Yes, the Seniors Foundation accepts in-kind donations. We send your donated items on to clients of the Lincoln Area Agency on Aging. The items of greatest need are:

- ✓ Side-of-tub clamp-on grab bars
- ✓ Lift chairs
- ✓ Stool risers
- ✓ Wheelchairs
- ✓ Wheel walkers
- ✓ Quad canes (canes with four feet)
- ✓ Bedside commodes
- ✓ Reachers (tong-like devices for grabbing items too high or too low to reach by hand)

If you have such items in good working order, please call the Seniors Foundation at 441-6179 to make arrangements for delivery or pick up.

Payroll Deductions

Yes, you can make payroll-deduction donations to the Seniors Foundation through the Community Services Fund / United Way. Just place our code number—**Code 6200**—on your payroll deduction form and the Foundation will begin receiving your payroll donation.

Direct Contributions

Yes, we accept cash, too. We are most appreciative for any and all direct contributions. And, as always, we promise to put your funds to excellent use on behalf of our community's older adults.

For more information on the Seniors Foundation and the community it serves, visit our website at

seniorsfoundation.org.

So far this year the site has had more than 10,700 different visitors. One of the favorite features is the *Front Porch Journal*.

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Mail to: P.O. Box 81904
Lincoln, NE 68501

SENIORS
FOUNDATION

Phone: 402/441-6179
E-mail: rblair@ci.lincoln.ne.us
www.seniorsfoundation.org

“I'd like to help with the Community Focus Projects”

Yes, I wish to support services for our older adults with a contribution to the Seniors Foundation.

Here is my tax-deductible gift of: \$250 \$100 \$50 \$ _____

My check, payable to Seniors Foundation, is enclosed.

I would like to charge my donation to my: VISA MasterCard

Account No. _____ Exp. Date _____

Signature _____ Today's Date _____

Name on credit card: _____

Please print your name and address below (or attach a business card) so we can mail you a receipt for tax purposes.

Your name(s): _____

Address: _____ City: _____ State: _____ ZIP: _____

— Please mail this form to the Seniors Foundation • P.O. Box 81904 • Lincoln, NE 68501 —