

LEISURE TIMES

A bi-monthly publication for Senior Citizens

May 6, 1997

Contact your local newspaper

Care Centre celebrates in May

The week of May 11-17 has been designated National Nursing Home week but the staff and residents of the Wayne Care Centre plan to celebrate during the entire month of May.

On Monday, May 12, the Care Centre will host Ladies Night beginning at 7:30 p.m. On Tuesday, May 13 Cyril Hanson and Jay Morse will provide music at 7:30 p.m. Ice cream sodas will also be served.

Mark Ahmann of K.F.H. radio will tape the station's Polka Party at the Care Centre at 2 p.m. on Wednesday, May 14. The monthly Birthday Party will be held at 2:30 p.m. on Thursday, May 15 with music provided by Ray Peterson.

The final event of the week will be the hosting of the Wayne Chamber Office at 10 a.m. on Friday, May 16.

In addition, Mrs. Cook's piano students will present a recital at the Care Centre on Monday, May 19.

Area schools, daycare providers, and pre-schools also visited the facility on a regular basis. Kindergarten from St. Mary's Elementary School delivered May baskets to residents on May 1. Children in Mrs. Phyllis Vanhorn's Daycare will also visit residents this month.

The interaction between the



A volunteer assists the residents with their birthday

residents and the children is wonderful," said Rustie Steffen, Activities Director at the Care Centre. "Often a resident who is not aware of events taking place around

him or her will be completely changed when a child is around."

A 90's party is being planned for July to recognize all residents who are 90 years old or more. At the present time there are three residents at the Care Centre who are 100 years old or better.

The theme for this year's observance of Nursing Home Week is "Caring for Ages" and features a rainbow which symbolizes the diverse services and age groups who together shape and support the nursing home environment. The rainbow also suggests a bridge—a strengthening of the connection between the provider community and the people served and between younger and older generations.

America's nursing homes have traditionally provided professional and compassionate care. Today, nursing homes continue to build on that tradition of providing quality care by offering a broad spectrum of services to people of all ages.

Between 1994 and 2020, America's population age 85 and older is projected to double to seven million and grow to between 19 and 27 million by 2050, making this group the fastest growing segment of society.



Don Ferner plays Alphabet Bingo with children from Rainbow World



Marlene Milham helps wrap silverware in the kitchen

Conference on aging next week

Highlighting the linkages between aging services and community resources, the 1997 Governor's Conference on Aging is scheduled for May 12-13 at the Midtown Holiday Inn in Grand Island.

The Conference theme this year is Community Partnerships and Aging, said Mark Intermill, administrator of the Nebraska Department of Health and Human Services Division on Aging. "Since aging services first began in our state, service providers have proven

themselves adept at linking with community resources to better service older adults. It's these linkages and more that will be highlighted at the Conference."

Governor Ben Nelson praised this partnership between government and community resources. "The health and human services agencies reorganized on January 1 with a major focus on working more closely with communities," said Nelson. "The relationship between state aging services and communities is an

example of the successes we expect to see in other areas in the future."

The Conference's keynote speaker will be James Sykes, Assistant Director of the Institute on Aging, University of Wisconsin - Madison. He'll address the topic: Empowering/Serving Older People in Today's Community. A variety of workshops and round table discussion sessions will be held as well.

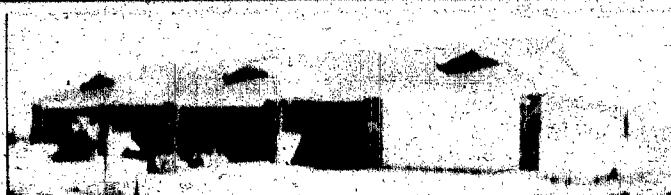
Registration for the Conference is \$50 per person. Again this year, an event only registration will be

offered. For \$25 each, people can attend all workshops, round tables and general sessions - the fee doesn't include meals.


Continuing Education hours will also be offered to Social Workers and Mental Health Practitioners for an additional \$5 processing fee.

For more information or to receive a registration form, contact 1115 Division on Aging, P.O. Box 95044, Lincoln, Neb. 68509-5044 or 1-800-942-7030 (Voice/TTY) in Nebraska.

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Retired grocer turns to designing decorator bird houses

By **Hernice Black**
Diamond Republican Editor

OSMOND — If a family — or even a flock — of birds came to the Chick Reed home for an extended visit and went "nest hopping" each evening, it would take a long time before they would return to a roost where they had been before.

The abundance of nesting places is the result of Chick Reed's hobby — building bird houses.

The houses come in three basic sizes, regular, small and miniature. However, that is where the similarity ends.

Chick says he never builds two exactly the same, unless he's filling a request he's agreed to. The designs are mostly his own, however, he receives patterns from many individuals. He files them in a notebook and sometimes adapts them to his liking.

Most of the bird houses are made of pine and plywood, however, he uses some other types of wood to get a specific look. All are painted and then decorated. A few are left plain, what plans to be used outdoors, however, the bulk have more delicate trims designed for indoor decoration.

Themes Many and Varied

Assorted miniature wood shapies, Spanish moss and other craft "pretties" are used in his decorating. He does all hand lettering himself. Family scenes, nativity scenes, angels and trees are among detailing used for Christmas bird houses. And the themes are almost endless — apples, barn, church, school, watermelon, ground-hillbill, sunflowers, special occasions, and the list goes on.

One was made for an especially successful athlete and decorated by a list of season game scores, player pictures and other accomplishments. Another creation carries a Cornhusker theme, made in the shape of the state of Nebraska, painted red or white and then decorated in the contrasting color. These were very popular at the time of the Huskers' national championships. He said he doesn't know how many he could have sold in Lincoln alone, and for good money.

Houses Not for Sale

He also received a request from a national department store chain to supply 100 per month, but declined to even talk about it.

"I'm retired," Chick said. "I don't want to have to do something on a schedule. It's a hobby and that's the way I want to keep it. I don't want to

get into the money business with it. While the bird houses are not for sale, his creations have made their way to many states across the country as well as many locations across

of his designs are personalized to depict interests of the recipient. A more recent addition to his production are decorations for flower beds and other lawn areas. To a short

Equipment Investment Small
The couple's ranch style home, across the street south from Osmond Community School, serves as his workshop. His tool inventory is minimal — most of the sawing is done with a back saw. He also has a jig saw and a drill. The sawing is done in the garage where he assembles about 50 in August and September. He then brings them indoors and completes the painting and decorating in the basement of the home during the winter months.

"Sometimes, however, he has more requests than bird houses prepared. "I've got a heater for the garage, and cut out some more as I need them," he said.

The collection of copies occupies rooms in the basement where he also maintains his stock of paint and decoration supplies.

Enjoys Sports, Holiday Decorating

A native of Perry, Chick says he acquired the woodworking knack from his father, Ed Reed, who was a carpenter. The Reed basement also holds evidence of another of Chick's talents — an accomplished athlete. He pitched for the Osmond town baseball team in its hey days — the 1940s and 1950s.

He was an avid bowler and has sponsored many softball and baseball teams.

The Reeds are widely known in northeast Nebraska for their extensive Christmas lighting. Chick has been a community promoter and a driving force in the Christmas City decorating efforts.

At Christmas time the couple's yard contains numerous holiday displays, both religious and contemporary, and countless strings of lights.

Although retired from day to day grocery operations, Chick is still associated with the business. Each week he visits some six to 10 grocery stores where he has been asked to help with "trouble shooting," he said.

Chick and Dee have two children, son Robin and his wife, Debra, live at Colbridge and have three children, Tahnee, Timaree and Connor. Daughter Rae Ann and husband Mike Johnston make their home in Aurora, Co., with children Zach, Brennan, Taylor and Aidan.



Osmond's Chick Reed poses with a sampling of his bird house creations. He is holding a miniature of the grocery store he and his wife ran for over 41 years in Osmond.

Nebraska

"I make them for relatives and special friends and honor signs for sports," Chick said.

Four years ago, Chick and his wife, Dolores (Dee), sold their Osmond business, Chick's Grocery, which they had operated for over 41 years. About a year later, Dee underwent knee replacement surgery and it was during her time of recuperation that Chick began the bird house building hobby.

Since then, he's made more than 400 bird houses.

One of his special bird houses carries a bell theme and was a gift to his wife who has a bell collection. Many

length of two by four Chick adds a roof, drills a hole and paints it before attaching it to a dowel. Like the bird houses, they are decorated differently.

He also began making miniature bird houses which also decorate the Reed home. He plans to make some suitable for Christmas tree ornaments.

When Chick's sister, Ruth Avakian of La Mesa, Ca., visited in Osmond, the Reeds hosted a surprise family gathering in her honor. Upon departing guests received bird houses from their host. "They were really excited about them," he said.

Laurel program pairs students, senior citizens

By Sherie Lundahl
Laurel Advocate

LAUREL Monday and Thursday afternoons have become something special in Laurel.

"They're so sparky and fresh," I can hardly wait for Monday and Thursday afternoon. She's so full of joy.

These comments can be heard from residents at Hillcrest Care Center in Laurel. They are speaking of a very special program designed to ease the gap between the elder generation and school age children.

According to Mary Hansen, fifth grade instructor at Laurel Concord School, there are many benefits of this unique interaction between care center residents and elementary students.

The program was initiated to provide a civic service project for fifth grade students, said Hansen. When she started the program years ago, it was entitled "Reading at the Care Center."

And as time went by, the benefits of these visits became more and more evident.

We now encourage the children

not to entertain their elderly friends, but to interact with them. That is exactly what they do.

According to LaVonne Madsen, activities director at Hillcrest Care Center, residents at the nursing home enjoy spending time with their new friends.

On Monday and Thursday afternoon you will see some of the residents in the front lobby waiting for their student friend. They are very disappointed when the boys and girls don't arrive, said Madsen.

"I'm glad no one can remember when the program was initiated, since it has been implemented for so long. But every year she sees something very special going on between the two generations."

The boys and girls and residents each have their own personalities and it is indeed something to see them

At the beginning of each school year. The students are then matched up to a resident with whom they will visit.



Linnea Nygren and CarolAnn Neares, daughter of Tim and Deb Neares of Laurel, learn about backyard birds as they spend their time together reading.

Mrs. Hansen's students visit on Monday afternoons, while the students of Patti Cunningham visit on Thursday. Madsen greets the students at the door of the nursing home and introduces the student to a new friend if their resident is unable to visit that day.

Hansen and Madsen both said at the first of the year the children are a little reserved with their resident friend, however, they learn to open up as the year goes by.

When the students first started coming, they did a lot of reading to the residents. Now they interact with each other even more, by doing all

year. Madsen gives the fifth grade teachers a listing of those residents who wish to participate in the pro-

See PROGRAM, PAGE 3

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Program

Continued from page 4

sorts of fun things — like puzzles, checkers and playing board or card games," said Madsen.

"Another neat thing that happens is when the kids remember the residents at holidays or special days."

And the residents remember their young friends, too. "Some of them

save candy bars they win during Bingo and give them to the boys and girls," Markser said.

Thyra Nelson, resident at the home, said she looks forward to the visits with her friend from school.

"I really like being with her. She is

so full of joy," she said of Kylin Owen, daughter of Lew and Jo Owen of Laurel.

Madsen said some students continue to visit Hillcrest Care Center, even after school lets out for the summer.

Hillcrest resident Mabel Billheimer was asked if she's made lasting friendships through this program. She said "Yes. I have a friend who has come back for two years now to visit me."

Christine Losh enjoys spending time with Trent Patelfield, son of Robert and Dorothy Patelfield of Laurel. "When he comes, we like to do word search puzzles."

This creative program certainly has affected the lives of many people throughout the years, both young and old.

"The children do learn to share their lives with others," said Hansen. Madsen agreed, adding, "It really is a super program."

Hartington Senior Citizen Menu

May 8: Roast pork, pot /gravy, carrots, fruit salad, ww bread, applesauce

May 9: Salmon loaf, potato, calf blend, ww bread, rice and raisin pudding

May 12: Beef stroganoff over noodles, cottage cheese/peaches, apple juice, ww bread, cake

May 13: Meatloaf, hashbrown, cans, carrots, ½ cup salad, ww bread, ice cream

May 14: Ham, scalloped pot., green beans, coleslaw, ww bread, apricots

May 15: Roast beef, pot /gravy, broccoli, citrus fruit, ww bread, cookie

May 16: Pie and Coffee 9 a.m. - 12 p.m. Tuna salad sandwich, deviled eggs, jello, lettuce salad, ww bread, mixed fruit

May 19: Beef stew, cheese slices, prunes, eye bread, strawcherry shortcake

May 20: BBQ meatballs, baked pot., was beans, fruit cocktail, ww bread, cookie

May 21: Cheeseburger on bun, fritators, baked beans, tossed salad, apricots

May 22: Ham, scalloped pot., peas, tomato juice, ww bread, peaches

May 23: Fish, potato, mixed veg., jello, ww bread, bananas


May 26: Closed, Happy Memorial Day!!

May 27: Meatloaf, baked pot., tomatos, mixed fruit, ww bread, pudding

May 28: BBQ ribs, baked pot., tomatos, mixed fruit, ww bread, pudding

May 29: Birthday Meal!! Roast beef, peas, mac. salad, ww bread, cake and ice cream

May 30: Fish, pot. salad, baked beans, lettuce salad, ww bread, cookie



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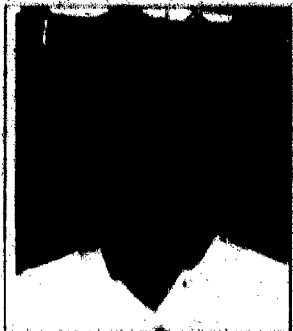
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Senior Reflections

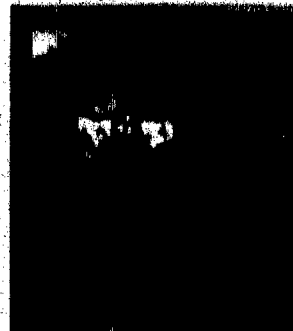
What was your favorite Mother's Day gift?

- Compiled by Gail Holcomb & Lisa Knutson Cedar County News



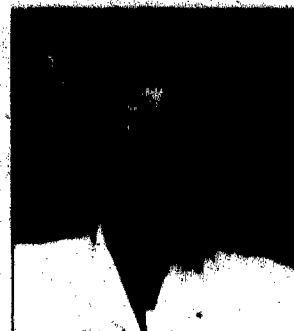
"My son and daughter graduated on the same day from Nebraska Wesleyan College in 1995, which was Mother's Day"

Delores Korken Hartington



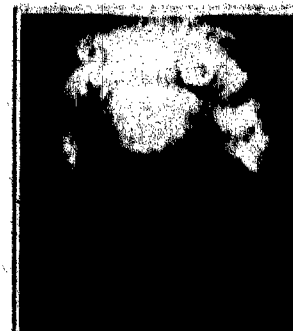
"All my children were my best Mother's Day gift"

Mary Janzen Menuntrice



"Everyone of them has been a very good surprise"

Pat Stumarek Hubbard



"My son-in-law gives me a silk rose every year for Mother's Day"

Della Kumpff Hartington



Schulte Drug Store



If these dolls could talk

Belden woman collects memories

*Marie Brunssen
Randolph Times*

WITDEN A collection of collectibles fill the basement of Lois Hintz's Belden home.

Chances are that anyone looking for an unusual or unique item can find it here, however, the chances are even greater that Lois won't be willing to part with it.

While best known locally for her doll collection, she also collects and displays a collection of spoons, spincobbles, dolls, salt and pepper shakers, adobe coffee cups, calendars, ash trays, buttons, dummies and other miscellaneous antiques.

Lois is known as the "Doll Lady" of Belden because her doll collection takes up the most space in her basement museum, with dolls from floor to ceiling on

shelves, standing or sitting in small chairs on the floor and in glass display cases.

She also repairs dolls for others and makes dolls to sell.

Dolls weren't the first item she began collecting. It was coffee shakers through that interest grew to the salt and pepper shakers.

She began her salt and pepper shaker collection with her husband's collection.

Charlie in 1970 when some of them followed us home from restaurants.

Today a large glass display case is packed with at least 1,000 shakers inside each shaker is a little piece of paper with the date she acquired it and where or who it came from.

"I love them all and each one has its own story."
— Lois Hintz
Doll Collector



Lois Hintz in her basement museum holding a 1938 "little lost baby" doll with three faces, one sleeping, one awake and one crying.

"Most of my dolls were given to me or left on my doorstep by an anonymous donor," Lois said.

After a few adjustments, some minor repairs and six clothes, the

dolls are ready to find a permanent spot in the Hintz home.

"I love them all and each one

See COLLECTION, Next Page

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	Talent Contest	2 p.m.
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Wednesday	Sing A Long	10 a.m.
	Auxiliary Entertainment	2 p.m.
Thursday	Health Fair	1:30-4 p.m.
	Resident RUC Board Mixer	7 p.m.
Friday Western Day	Western Rodeo	10 a.m.
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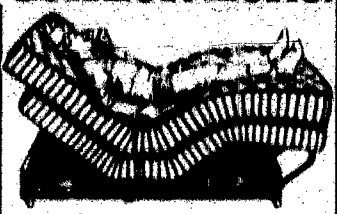
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Collection

Continued from previous page

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has its own story. I really don't have a favorite."

With garage sale season once again here, Lois is excited to discover new finds for her collection.

"Those markets really are my favorite. I never know what I will find."

One of her latest acquisitions is a little Indian doll that sits proudly on her shelf. "When I found her, I just couldn't resist. Her little eyes just looked at me and said 'take me home,' so that's exactly what I did."

Lois keeps a guest book for all her visitors to sign when they tour her basement museum. "I enjoy looking through the book from time to time and remembering all my guests."

She has given many toys to individuals, clubs and organizations from the surrounding communities. "They really seem to enjoy coming and of course I love it when they do."

While arthritis finally made her quit the upholstery business that she ran for years in Helden, she still repairs and makes dolls by sewing new clothes and bodies for them.

"My Pee Wee Herman doll arrived

with no pants," she laughed. "It's odd how the dolls seem to imitate real life sometimes."

While living on their farm south of Helden with her husband Charlie, she began refurbishing furniture in their house.

Charlie got tired of all the furniture and materials in their house so he cleaned out a chicken coop for her.

As her business grew, she moved into a building in downtown Helden. Although she officially retired several years ago, she still remains busy both with the dolls for her museum and making dolls for others.

She makes pillowcase dolls for people who have special pillowcases such as those that may have belonged to their grandparents.

"I have made near 400 pillowcase dolls in the last four years," she said.

She also sews prairie dolls which are sold at Tachos Hollow Living Prairie near Dixon.

While she has hundreds of dolls now when she is in her 70's, she only had one doll as a child.

"It had a cloth body and a china

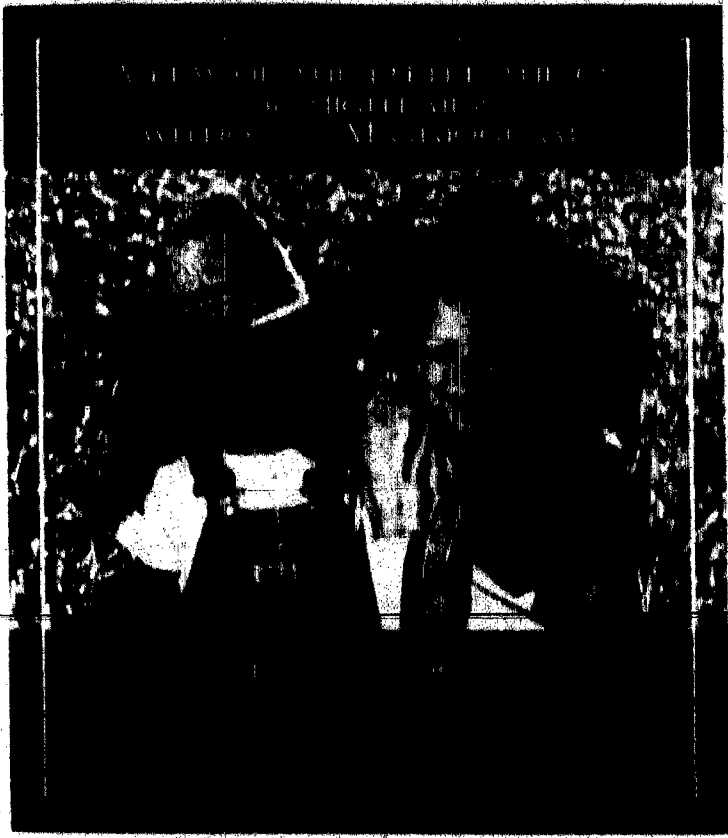
head and while playing with it, the head occasionally broke," she said. "My mother would order a new head from the Sears Roebuck catalog, make some new clothes and put it under the Christmas tree and I thought I got a new doll every year. It wasn't until I was grown that I discovered it was the same doll."

Her husband Charlie died in 1985 and her son Chuck was killed in an accident in 1983. Her other sons, Kenneth of Helden, Jack of Dixon, Dale "Butch" of Greeley, Co. and LeRoy of Norfolk continue to help her collection grow.


Her many grandchildren and great grandchildren enjoy her collections as well "except a couple of them are afraid to be down there alone with all those little dolls watching them."

While she like all of her collections in her basement, her favorite collection are the memories connected to each toy along with her friends and neighbors in Helden. "I wouldn't live in any other place," she said.

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—Anna Wortmann

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Randolph woman smiles through garden of life

By Angela Nordhuen

Randolph Times

RANDOLPH Winnie Jansen keeps a positive attitude in bloom as she creates a colorful world each year for friends and neighbors.

"I love outside work. I Jansen said. "Not scooping snow. I love working with summer flowers."

Although Jansen invested her yard was barren of flowers this early in the season, a variety of spring flowers and tulips and small delicate grape hyacinths have made a sneak preview appearance to herald the start of small wilding well.

Turtle doves and other birds enjoy visiting Jansen's well kept lawn and garden as they offer help in for a landing in her wishing well.

In addition to gardening, Jansen loves to cook and bake when she is not working on some other project. Upcoming projects will include putting on a sidewalk and sowing grass seed.

Remodeling projects and other do-it-yourself assignments such as an outdoor water fall are good projects for Jansen, often with the help of her family.

The secret of the green thumb seems to run in the family as her daughter, Darlene Dowling, owns and operates Main Street Flowers in

Randolph. Another spare time project Jansen recounts is helping at her daughter's shop.

Family members are a priority to Jansen. Her other children in addition to Darlene include Lynette, LeRoy, Kevin, Gary, Jon, Larry and Boyd.

She said she enjoys her 12 grand children. In July she'll have a first when her great grandchild is expected.

"You're only as old as you feel," Jansen said. "At least I can teach my grand children how to play ball."

Family get together events and time with her grand children must remind Jansen of her own childhood.

Jansen has playing with the rest of the kids at family get together.

Jansen recalls. "We always had plenty to eat. We had a very fun time with lots of relatives. We made our own fun and games such as three legged races. We played beach ball and made our own fun with the neighbor kids coming over. We always had enough for a whole team."

Growing up on a Hartington area farm, Jansen's family included 10 brothers and sisters.

Her mother and father, Henry and Emma Heitman, had eight kids including Jansen's infant brother who passed away with her mother when

Winnie was only three.

Her other brothers were Don, Henry Jr. and Lyle. Jansen's three sisters included Velma, Leona and Alice.

Following her mother's death, her father remarried her aunt Elaine. This union added four to the family including John, Gayle, Elaine and Sue. She said her grandmother also lived with the family.

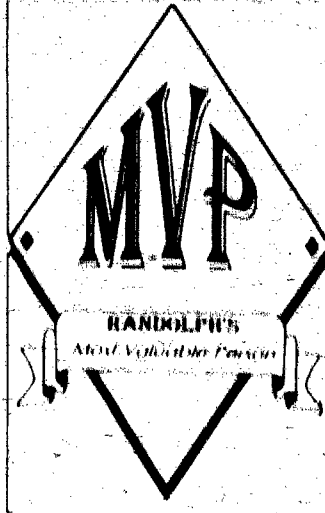
Jansen said her childhood taught her the need for everyone to get along

Jansen completes a large amount of volunteer work which she herself finds to tally.

"I find something to do regardless. I enjoy it," Jansen said of volunteering. "I was given the talent of being creative."

Using her creative skills and humor for entertaining others, Jansen puts together skits.

"I write up skits and do my own thing to entertain," Jansen said. "She has done skits for group church



Winnie Jansen

together and to make do with what they had. Money isn't everything. Among her rewards in life, Jansen said she includes being a mother at the top of the list. Aside from gardening, she enjoys being active in church work as a member of St. John's Lutheran Church. She also works with Lutheran Family Social Service.

as Northeast Nebraska Stroke Support Group based in Norfolk. Jansen said they are going to have "100 fifty" night in May.

In celebration Jansen said she was put in charge of a humorous talk.

In Randolph, Jansen said she's doing a program for the church.

See JANSEN on Next Page

Cedar County Handi Bus Daily Schedule 254-5147

Day	Place	Day	Place	Day	Place	Day	Place
May 1	HD	May 2	W	May 3	OPEN DAY	May 4	HD
May 5	HD	May 6	HD	May 7	HD	May 8	OPEN DAY
May 9	HD	May 10	HD	May 11	HD	May 12	HD
May 13	OPEN DAY	May 14	HD	May 15	OPEN DAY	May 16	HD
May 17	W	May 18	OPEN DAY	May 19	HD	May 20	HD
May 21	HD	May 22	HD	May 23	HD	May 24	HD
May 25	HD	May 26	HD	May 27	HD	May 28	HD
May 29	HD	May 30	HD	May 31	HD	May 31	HD

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Janssen

Continued from previous page

women and girls tea.

Last month in Hartington, she gave a presentation at the Lutheran Church for a women and girls program.

"The smiles, thank yous and hugs I always get as a mother and volunteer were my rewards," Janssen said.

Raising a family has always been a special project. "I also enjoyed farming and living in the wide open spaces," she said.

Her late husband, Warren, was a childhood friend.

"I'd known Warren since we were real small. His folks and my folks were neighboring friends. Warren was the oldest of his family. I went to school with his brother, but married Warren," she said.

After their marriage in 1949, the Janssens moved to Randolph in 1950 to farm. In 1984 they moved to town.

In August, Janssen said she will have worked for Jim's Food Center for 21 years. "She said it was never really work."

Work is what you make of it. The people you work with make it worth while," Janssen said.

I love my neighbor as thy self is my goal in life," Janssen said with a smile in her voice.

Republicans honor Orwig for years of party work

LINCOLN — Hartington's Doris Orwig was recently honored by the Nebraska state Republican party.

State Auditor John Benschow presented Orwig with an award for distinguished service to the Nebraska Republican Party at the State Republican Party's Founders' Day luncheon last month.

The traditional Founders' Day event honors the hundreds of volunteers whose hard work and support during the previous election cycle has contributed to the election of more Republicans statewide.

"Doris is an amazing woman," said State Party Chairman Chuck Sigerson. "Not only was she a full-time school teacher, Doris raised seven children and still found time to volunteer for every Republican candidate while supporting the Nebraska Republican Party as a long-time member of the State Central Committee," he said. "Anytime any one needs someone in charge in Cedar County, there is one Republican name everyone counts on, Doris Orwig."

Orwig attended the event with long time friend, De Carlson of Crofton.

The Nebraska Republican Party has been celebrating Founders' Day and honoring outstanding volunteers



Hartington's Doris Orwig was recently honored by the Nebraska State Republican party for her many years of volunteer service to the group.

since 1935, although its roots date back to 1931 when the state Legislature declared March 1, 1867 as

"Founders' Day" based on the date the new state of Nebraska officially joined the Union.

About obesity and breast cancer

According to new study, women who weigh 25 percent or more over their optimal weight, when breast cancer was diagnosed, fared less well in the first 10 years than other patients. The recurrence risk among obese patients was 42 percent.

Researchers suggest that because the prevalence of obesity increases with age, as does the risk for breast cancer, interventions that enhance weight control may have a

substantial effect on breast cancer mortality and on mortality associated with other chronic conditions. (Annals of Internal Medicine, Jan. 1, 1997) That means a diet low in fat is still the healthiest way to go. Also necessary is regular exercise to help you strong and burn calories.

For answers to questions, contact the American Cancer Society (ACS) at 1-800-A-C-S-3345 for a list of free materials.

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Rose Boeckman

Rose Boeckman was born in the Bow Valley area on March 13, 1900. She had 6 brothers and 6 sisters in her family. Rose married Fred Boeckman in 1920. They had five children and also several grandchildren.

Rose is a member of Sacred Heart Catholic Church in Wynot. She was very active in Catholic Daughters and Christian Mothers. She is regularly an active participant in the Catholic church service offered at the Hartington Nursing Center.

At the Hartington Nursing Center, Rose enjoys playing cards, music and parties. She came to the Hartington Nursing Center on December 20, 1995.

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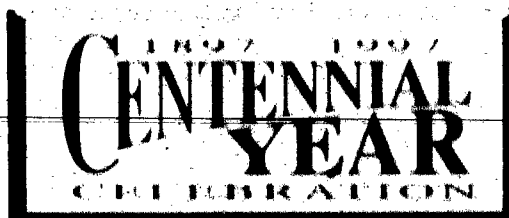
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Senior citizens Beware of medicine promising too much

By Jane Potter, M.D.
Chief of Geriatrics and Gerontology,
University of Nebraska
Medical Center

It's no secret that the segment of the public requiring the largest amount of medicine, or who is most in need of proper care, is America's senior citizens.

This status also makes seniors likely targets of quacks, or people posing as health professionals offering miracle cures that often are worthless. A federal government study revealed that 60 percent of people victimized by health-fraud were over the age of 65 years.

There are several areas in which the quacks purvey their wares, according to information from the National Institute on Aging. Among the most prevalent is anti-aging. In a culture where youth is revered and cherished, it is frighteningly easy for a quack to promote his or her anti-aging product. There is one thing for

product. Some products can reduce wrinkles or reverse baldness in some people, but they cannot retard the aging process.

Among the things people can do to help prevent some diseases that occur most often as people age are not smoking, eating right and exercising.

Another target enjoyed by quacks is arthritis. The effectiveness of supposed arthritis remedies are easy to sell, because the symptoms of arthritis often come and go. Accordingly, seniors may mistake the remedy's role in the absence of symptoms. As with anti-aging products, there are some that provide relief from arthritic pain and allow greater movement, but there is no cure for most forms of arthritis.

Products and treatments that help people deal with arthritis include medication, heat, a balance of rest and exercise and, in some cases, surgery.

Promoting senior care is another favorite of quacks. People who use these unproven products and methods may cheat themselves out of valuable time and the opportunity to receive proven therapy.

Seniors can protect themselves from the unrealistic claims made by quacks with healthy skepticism. They should question the product claims, and find out as much about the product as possible.

In addition, there are resources available for people with questions about quacks or their products. Among

those recommended by the National Institute on Aging are as follows:

Food and Drug Administration — answers inquiries about medical devices, medicines and food supplements that are mislabeled, misrepresented or harmful. HFE-88, 5600 Fishers Lane, Rockville, MD, 20857.

U.S. Postal Service — monitors quack products purchased by mail. Office of Criminal Investigation,

Washington, DC, 20260-2166.

Council of Better Business Bureaus — offers publications and advice on products. 4200 Wilson Boulevard, 8th Floor, Arlington, Virg., 22209.

Federal Trade Commission — looks into charges of false advertising in publications, television or radio. Room 421, 6th Street and Pennsylvania Avenue, N.W., Washington, DC, 20580.



seniors to remember should they be enticed by the claims of an anti-aging

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Listing facts of interest about aging process

Over 57,000 older Nebraskans accounting for nearly 20 percent of the state's over 60 population benefited from supportive services provided through Nebraska's aging network in 1994-95. Supportive services include but are not limited to: chaperone, escort, housekeeping, information/referral, legal services, personal care, and transportation.

Each day, Nebraska's aging network serves nearly 10,000 meals, provides over 1,000 rides to doctor's offices and other needed appointments, and

provides almost 900 hours of personal care services.

There are more than 290,000 people over the age of 60 in the state. They account for 10.4 percent of the state's total population. 40.4 percent live in rural areas, 58 percent are women and 10.1 percent live in poverty.

The state's 75+ population has increased by 20 percent since 1980, the 85+ population has increased 30.7 percent since 1980, and there are more than 400 people in the state over 100 years old.

In 1994-95, over 47,000 older Ne-

braskans were served meals in either a congregate or home-delivered setting. Over 1.5 million meals were served at congregate sites and 945,236 were home-delivered.

Nebraska ranks 11th in the nation when considering its 60+ population as a percentage of its total population. The state ranks sixth in the nation

when considering the 75+ population as a percentage of its 60+ population, and fourth when considering the 85+ population as a percentage of its 60+ population.

In Nebraska, older adults spend about \$4.6 billion annually within the state's economy, creating nearly \$4.6 billion in economic activity.

Gadgets easy to find

Have you ever wondered what could help you remember to take your medication or what type of gadget could help you to pick up your newspaper? Chances are you were probably thinking about a pill alarm or a reader. These gadgets are just some of the many assistive technology devices available.

Assistive technology devices are tools people with disabilities use to help them live more independently. A simple foam wrap can help a person grasp a pencil. A complex computer system can turn off lights and open doors. Other examples of assistive technology include a back saver, larger number playing cards and a large button or hearing aid compatible telephone.

A state-wide resource is the Nebraska

Assistive Technology Project is available to answer your questions or where to obtain assistive devices and how much they cost. Help is also available to help you find what type of assistive technology will best meet your needs along with possibilities for funding.

If you are interested in a device but you are unsure if it will meet your needs, consider visiting one of 13 Demonstration Centers across Nebraska. The Demonstration Centers provide a place where visitors can try out different assistive technology devices.

To find out more about devices and to request a pocket guide listing the centers, call Lincoln 401 Centennial Mall North, Lincoln, NE 68509, 402-471-0734 or 800-742-7594.

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