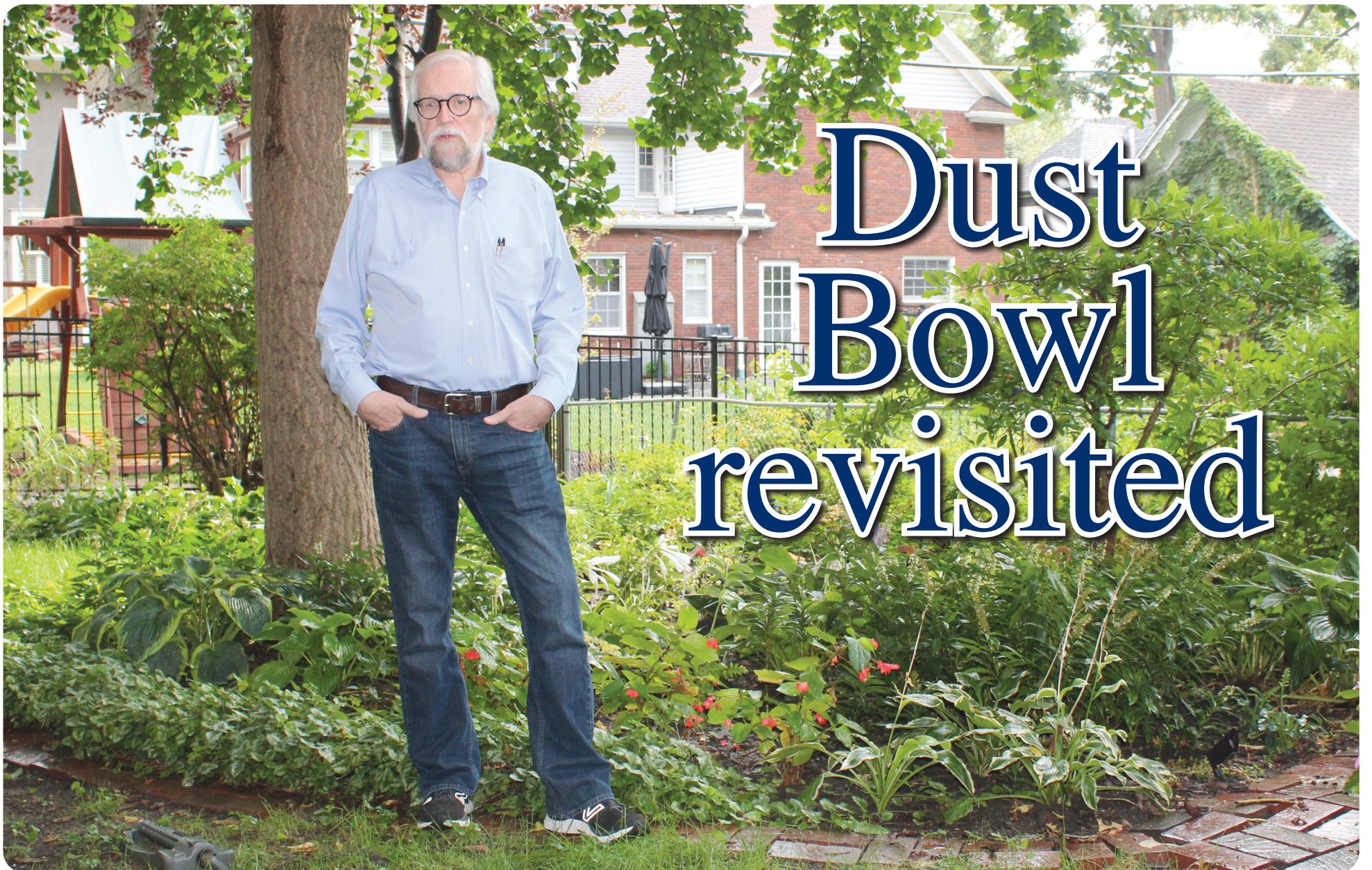


New Horizons



In 1984, Bill Ganzel created and the University of Nebraska Press published *Dust Bowl Descent*, Bill's 136-page look at the Great Depression. Ganzel has also produced a companion interactive e-Book using a series of photos, oral histories, and videos to tell the stories of more than 30 Dust Bowl descendants during the 1930s and beyond.

Leo Adam Biga takes an in-depth look at Ganzel and his work beginning on page 9.

Sarpy history



Ben Justman is the executive director of the Sarpy County Museum. Visit 2402 Clay St. in Bellevue to learn more about the history of Nebraska's smallest county.
See page 16.

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How to handle correspondence with the IRS

Every year the IRS mails letters or notices to taxpayers for many different reasons. Typically, it's about a specific issue with a taxpayer's federal tax return or tax account. A notice may tell them about changes to their account or ask for more information. It could also tell them they need to make a payment.

Here are some do's and don'ts for anyone who receives mail from the IRS

• Don't ignore this mail. Most IRS letters and notices are about federal tax returns or tax accounts. Each notice deals with a specific issue and includes specific instructions on what action to take.

• Don't throw it away. Taxpayers should keep notices or letters they receive from the IRS. These include adjustment notices when an action is taken on the taxpayer's account, Economic Impact Payment notices, and letters about advance payments of the 2021 child tax credit. They may need to refer to these when filing their 2021 tax return in

2022. In general, the IRS suggests taxpayers keep records for three years from the date they filed the tax return.

• Don't panic. The IRS and its authorized private collection agencies do send letters by mail. Most of the time, all the taxpayer needs to do is read the letter carefully and take the appropriate action.

• Don't reply unless instructed to do so. There is usually no need for a taxpayer to reply to a notice unless specifically instructed to do so. On the other hand, taxpayers who owe should reply with a payment. IRS.gov has information about payment options.

• Do take timely action. A notice may reference changes to a taxpayer's account, taxes owed, a payment request, or a specific issue on a tax return. Acting timely could minimize additional interest and penalty charges.

• Do review the information. If a letter is about a changed or corrected tax return, the taxpayer should review the information and compare it with the original return. If the taxpayer agrees, they should make notes about the corrections on their personal copy of the tax return and keep it for their records.

• Do respond to a disputed notice. If a taxpayer doesn't agree with the IRS, they should mail a letter explaining why they dispute the notice. They should mail it to the address on the contact stub included with the notice. The taxpayer should include information and documents for the IRS to review when considering the dispute.

• Do remember there is usually no need to call the IRS. If a taxpayer must contact the IRS by phone, they should use the number in the upper right-hand corner of the notice. The taxpayer should have a copy of their tax return and letter when calling the agency.

• Do avoid scams. The IRS will never contact a taxpayer using social media or text message. The first contact from the IRS usually comes in the mail. Taxpayers can view their tax account information on IRS.gov.

Call Beth at 402-444-6536

ENOA is recruiting volunteers to become Ombudsman Advocates

The Eastern Nebraska Office on Aging is looking for men and women age 21 and older to join its Long-term Care Ombudsman Program which is co-sponsored by the Nebraska State Ombudsman Program.

ENOA's Long-term Care Ombudsmen volunteer in local long-term care facilities and assisted living communities to protect the residents' rights, well-being, and quality of life.

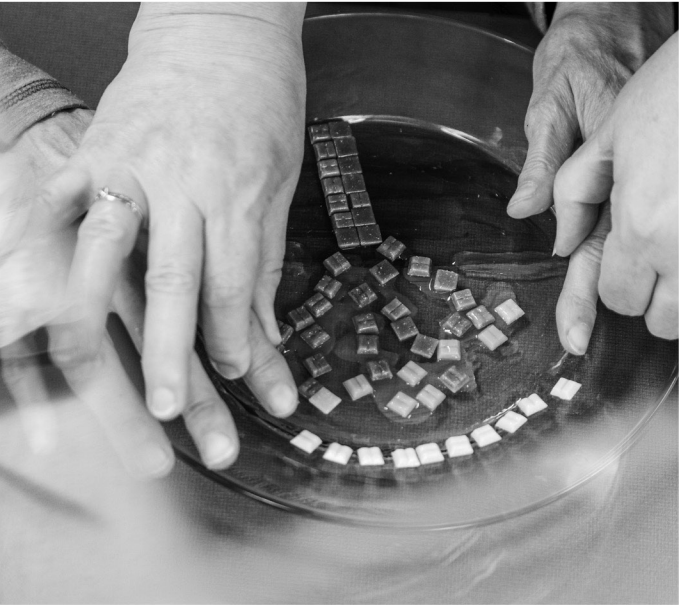
Long-term Care Ombudsmen must complete 20 hours of initial classroom training and 12 hours of additional training every two years.

During the training, the volunteers learn about the residents' rights, aging issues, Medicare, Medicaid, communication skills, how to investigate the residents' complaints, the importance of confidentiality, and about the federal and state rules, regulations, and laws regarding Nebraska's long-term care facilities and assisted living communities.

Before being assigned to a long-term care facility or an assisted living community, new volunteers will make four visits to a site with an experienced Ombudsman Advocate to learn more about what the program entails. After a three-month probationary period, the new volunteers are certified as Ombudsman Advocates.

Certified Ombudsman Advocates will be assigned to a long-term care facility or an assisted living community where they'll visit for two hours a week to meet with administrators, residents, and the residents' family members to address concerns.

For more information about ENOA's Long-term Care Ombudsman Program, please call Beth Nodes at 402-444-6536.



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Study finds new information about metabolism

Most of us remember a time when we could eat anything we wanted and not gain weight. But a new study suggests your metabolism – the rate at which you burn calories – actually peaks much earlier in life and starts its inevitable decline later than you might guess.

“There are lots of physiological changes that come with growing up and getting older,” said study co-author Herman Pontzer, an associate professor of evolutionary anthropology at Duke University. “Think puberty, menopause, other phases of life. What’s weird is the timing of our ‘metabolic life stages’ doesn’t seem to match those typical milestones.”

Pontzer and an international team of scientists analyzed the average number of calories burned by more than 6,600 people ranging from one week old to age 95 as they went about their daily lives in 29 countries worldwide.

Previously, most large-scale studies measured how much energy the body uses to perform basic vital functions such as breathing, digesting, and pumping blood. In other words, the calories you need to stay alive. That amounts to only 50% to 70% of the calories we burn each day. It doesn’t take into account the energy we spend washing the dishes, walking the dog, breaking a sweat at the gym, thinking, or fidgeting.

To come up with a number for total daily energy expenditure, the researchers relied on the “doubly labeled water” method. It’s a urine test that involves having a person drink water in which the hydrogen and oxygen in the water molecules have been replaced with naturally occurring “heavy” forms, and then measuring how quickly they’re flushed out.

Scientists have used the technique – considered the gold standard for measuring daily energy expenditure during normal daily life, outside of the lab – to measure energy expenditure in humans since the 1980s, but studies have been limited in size and scope due to the cost. So multiple labs decided to share their data and gather their measurements in a single database to see if they could tease out truths that weren’t revealed or were only hinted at in previous work.

Pooling and analyzing energy expenditures across the entire lifespan revealed some surprises. Some people think of their teens and 20s as the age when their calorie-burning potential hits its peak. But the researchers found that, pound for pound, infants had the highest metabolic rates.

Energy needs shoot up during the first 12 months of life, such that by their first birthday, a one-year-old burns calories 50% faster for their body size than an adult. That’s not just because, in their first year, infants are busy tripling their birth weight.

“Of course, they’re growing, but even

once you control for that, their energy expenditures are rocketing up higher than you’d expect for their body size and composition,” said Pontzer, author of the book, *Burn*, on the science of metabolism.

An infant’s gas-guzzling metabolism may partly explain why children who don’t get enough to eat during this developmental window are less likely to survive and grow up to be healthy adults.

“Something is happening inside a baby’s cells to make them more active, and we don’t know what those processes are yet,” Pontzer said.

After this initial surge in infancy, the data show metabolism slows by about 3% each year until we reach our 20s, when it levels off into a new normal.

Despite the teen years being a time of growth spurts, the researchers didn’t see any uptick in daily calorie needs in adolescence after they took body size into account.

“We really thought puberty would be different and it’s not,” Pontzer said.

Midlife was another surprise. Perhaps you’ve been told it’s all downhill after age 30 when it comes to your weight. While several factors could explain the thickening waistlines that often emerge during our prime working years, the findings suggest a changing metabolism isn’t one of them.

In fact, the researchers discovered energy expenditures during our 20s, 30s, 40s, and 50s were the most stable. Even during pregnancy, a woman’s calorie needs were no more or less than expected given her added bulk as the baby grows.

The data suggest our metabolisms don’t really start to decline again until after age 60. The slowdown is gradual, only 0.7% a year. A person in their 90s needs 26% fewer calories each day than someone in midlife. Lost muscle mass as we get older may be partly to blame, the researchers say, since muscle burns more calories than fat. But it’s not the whole picture. “We controlled for muscle mass,” Pontzer said. “It’s because their cells are slowing down.”

The patterns held even when differing activity levels were taken into account. For a long time, what drives shifts in energy expenditure has been difficult to parse because aging goes hand in hand with so many other changes, Pontzer said. The research lends support, however, to the idea that it’s more than age-related changes in lifestyle or body composition.

“All of this points to the conclusion that tissue metabolism, the work that the cells are doing, is changing over the course of the lifespan in ways we haven’t fully appreciated before,” Pontzer said. “You really need a big data set like this to get at those questions.”

(Duke University provided this information.)

Must be ages 65 to 75

Volunteers needed for UNO research study

Men and women are needed for an exercise and food choice research study through the University of Nebraska Omaha’s Department of Gerontology. The study is designed to better understand the relationship between exercise and food choices.

Participants must be ages 65 to 75, a healthy, non-smoker of stable weight, able to bicycle for 45 minutes, provide blood samples, attend one Zoom session and three lab visits in Omaha including two overnight fasts and two supervised exercise sessions.

Compensation is available for participants who will also receive free food and an explanation of fitness and body fat.

For more information, please visit gerontology.unomaha.edu/eatfc or contact Sarah Hubner at shubner@unomaha.edu.

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New Horizons

New Horizons is the official publication of the Eastern Nebraska Office on Aging. The paper is distributed free to people over age 60 in Douglas, Sarpy, Dodge, Washington, and Cass counties. Those living outside the five-county region may subscribe for \$5 annually. Address all correspondence to: **Jeff Reinhardt, Editor, 4780 S. 131st Street, Omaha, NE 68137-1822. Phone 402-444-6654. FAX 402-444-3076. E-mail: jeff.reinhardt@enoa.org**

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The New Horizons and the Eastern Nebraska Office on Aging provide services without regard to race, color, religion, sex, national origin, marital status, disability, or age.

C OVID-19 has changed how we live and how we feel. Vaccines are now widely available and getting vaccinated is the first step in a process that will get us back to doing what we miss most.

- You won't get COVID-19 from a COVID-19 vaccine. The vaccines are safe and effective. Researchers began developing vaccines for COVID-19 in January 2020 based on decades of understanding immune response and how vaccines work. Thousands of volunteers participated in clinical trials that started that spring, making sure we can trust the vaccines to be safe and effective.

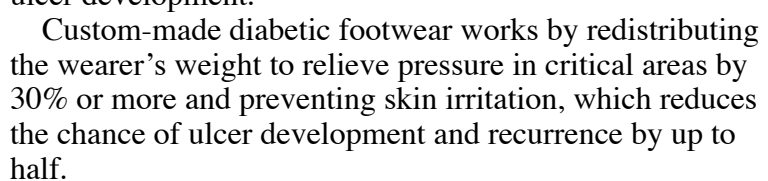
if they're unable to pay the administration fee.

Although fear is a reality for members of the undocumented community when giving out personal information, it's important to seek information from community allies. Speak with a local trusted source about how you can get a COVID-19 vaccine in your state and what personal information will be needed.

- Continue wearing masks, stay six feet apart from people you don't live with, avoid crowds when possible, and wash your hands frequently.

**By Justin Isaacson, Pharm D. Candidate
& David Kohll, Pharm. D.**

A comprehensive diabetes care plan includes several key components. Blood glucose lowering medications and a diabetes-friendly diet are at the center, but individuals can also take preventative measures to preserve their foot health. Foot ulcer development in people with diabetes occurs due to a combination of reduced blood flow, uneven pressure, and rubbing from non-specialized shoes. Irritation sometimes goes unnoticed for long periods of time in people with diabetes due to decreased sensation caused by the disease, eventually leading to ulcer development.



So how can you tell if the shoes are doing their job? “I still wear less supportive shoes or slippers around the house or for short trips, but when I go for walks or stand on my feet all day at work, I always wear my fitted pair,” said one consumer. She also uses extra inserts in tennis shoes for added safety.

The benefit of custom-fitted diabetic shoes is clear, and everyone with diabetes should have a pair. Luckily, they're covered by most insurance plans including Medicare and Medicaid.

Before bringing in a prescription, there are a few key steps that must be taken to ensure your new diabetic shoes will be covered by insurance. First, you must have had an in-person visit with the doctor that manages your diabetes within the last six months. At this visit, your doctor needed to perform a foot exam and document evidence of one or more of the following conditions in the medical record:

Poor circulation in either foot, evidence of callus formation of either foot, foot deformity of either foot, a history of pre-ulcerative calluses or foot ulceration of either foot, or a previous amputation of either foot or part of either foot.

Once an in-person foot exam has been performed and evidence of a foot-related condition has been documented, the next step is obtaining a prescription. The requirements for a medical equipment prescription are slightly different than a typical medication prescription, so be sure to remind your doctor to include the following information:

Your name, your doctor's name, a detailed description of the items ordered (i.e., one pair of depth diabetes shoes and three pairs of inserts), a dated physician's signature, and the date of the order/diagnosis.

Your new diabetic shoes supplier will also need a copy of the chart note specifying which of the conditions listed affect you. Requesting the chart notes ahead of time and bringing them along with the prescription will speed up the paperwork process significantly.

Once your medical equipment provider has acquired the proper documentation, you'll be contacted to set up a fitting for a brand-new pair of custom diabetic shoes. It may take up to 17 days to process the fitting and construct the shoes, but they'll be well worth the wait.

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Page 4 • New Horizons • October 2021

Simple steps to follow to extend your garden's growing season

By Melinda Myers

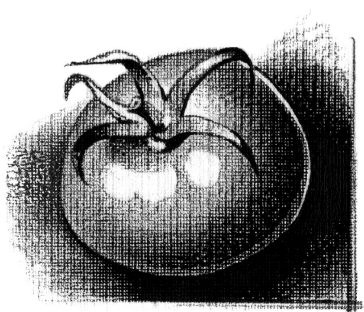
There's nothing worse than frost in the forecast and a garden full of vegetables not quite ready for picking. Use some simple strategies to extend the growing season and keep enjoying garden-fresh vegetables.

Fortunately, some vegetables like cabbage, broccoli, cauliflower, kale, and Brussels sprouts tolerate frost and even taste better after a slight chill. Most of these can tolerate temperatures as low as 24 to 28 degrees F.

Leeks are another vegetable that thrive in cooler temperatures. Many tolerate temperatures as low as 20 degrees F. Just mound some protective mulch around the plants and continue harvesting. Leave some of your carrots, turnips, and parsnips in the ground for winter. Just cover the soil with straw or evergreen boughs after it lightly freezes. Dig as needed or during a winter thaw. You'll enjoy their wonderfully sweet flavor.

Protect frost-sensitive plants with old bed sheets and even mattress pads. Cover the plants in late afternoon and remove them as soon as the temperatures climb above freezing. Keep them handy and be ready to cover whenever frost is in the forecast.

Make it easier by using all-purpose garden fabric row covers. This spun material allows air, light, and water through while protecting the plants from frost. Loosely cover the plants and anchor the edges with stones, boards, or garden pins. You only need to remove the fabric to harvest ripe vegetables. Otherwise, it can stay in place until the vegetables stop producing or you decide it's time to end the season.



Create a high tunnel over garden beds filled with large plants. Use hoops and row covers to allow easy access for harvesting while protecting the plants. Systems like Maxi Garden Hoops stand seven feet tall and five feet wide when installed. Simply cover the set of three hoops with row cover fabric.

Cloches have long been used to jump start the season or extend it beyond the first fall frost. You'll find a variety of shapes and sizes available. Select one large enough to cover your plants and protect them as needed. Look for those with vents to prevent plants from overheating and ones like the cool weather row cloches (gardeners.com) that allow water through while trapping in the heat.

Don't let unripe tomatoes go to waste if you're unable or unwilling to protect them from frost. Harvest any that are starting to show color before the killing frost and finish ripening them indoors. The bottom of the tomato should be greenish white or starting to color up. Store your green tomatoes in a cool (60 to 65 degrees) location to extend their storage life.

Spread the tomatoes out on heavy paper or wrap them individually in newspaper so the fruit don't touch. They'll ripen over the next few weeks. Speed up the process by moving a few tomatoes to a warm, bright location a few days before they're needed. Enjoy green tomatoes fried in relish, salsa, pies, or one of many more ways.

When the season finally ends for you, start planning for next year. Many of these same strategies can be used to jump start the season for an earlier harvest.

(Myers is the author of more than 20 gardening books.)

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Be an author of hope

There are things we can all do to get through these difficult times

I was really getting discouraged. It seemed like everything was falling apart. The fires, floods, and storms were fierce reminders of climate change. It seems inevitable that things will get worse. The pandemic we thought was getting under control has surged, killing so many people of all ages. Our democracy, which I always took for granted, is at risk as we saw on Jan. 6 at the United States capitol building. Civility is being dismantled by ugly rhetoric and violence. Movement toward racial equality seems to be going in reverse. Trusted institutions are no longer trusted. It all feels so heavy.

Then, at my lowest point I had the opportunity to attend a retreat entitled, *Divine Interruptions*. It did indeed interrupt my discouraged thinking.

First, I was reminded that civilization has endured other low points of chaos. The 14th century was marked by the Black Plague that came in waves, killing half the European population. That century also experienced the Peasant Revolt and a church in chaos. Somehow society survived and went on to historical developments in succeeding generations.

In more recent memory, we had the chaos of the 1960's with assassinations, riots, and challenges to existing norms and institutions. In hindsight we can see that much good came out of that period of our history -- civil rights legislation being one.

All of life is cyclical. There are annual seasons which go from the dead of winter to spring, summer,

and autumn. Vegetation follows this same flow. In the spring when the earth seems dead, new life sprouts up and the cycle continues.

Our single human life span follows the same pattern, as do institutions. There is a continuous falling apart followed by newness and change. At this moment in history, we may feel despair at the chaos, at the falling apart.

Conscious Aging

By Nancy Hemesath

Rather than succumb to this despair, we can watch and listen for signs of new life. More than watching and listening, we also need to participate in the nurturing of new life.

We each have some ability to make a difference, albeit small, in the face of chaos. For example, in the face of global warming, I have the option to recycle, to compost, and to purchase environmentally friendly products.

In the face of the pandemic, I have the option to get vaccinated and wear a mask in order to help reduce the pandemic spread. I can encourage others to do the same.

In the face of incivility, I have the option to use respectful rather than contemptuous language when I speak to others with whom I disagree.

In the face of racism, I have the option to include people into my world rather than live in my own bubble.

We each have opportunities to make changes in our daily lives that resist the chaos all around us. When we come together to make these small changes, we create a surge that brings new life out of a dark, discouraging landscape.

In so doing, we become the authors of hope for ourselves and others.

(Hemesath is the owner of Encore Coaching in Omaha. She is dedicated to supporting people in their Third Chapter of Life and is available for presentations. Contact her at nanhemesath@gmail.com.)

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Men and women age 55 and older who want to earn a tax-free stipend while making an impact in their community are encouraged to join the Senior Companion Program and the Foster Grandparent Program.



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Seniors**

Sponsored locally by the Eastern Nebraska Office on Aging, the SCP and FGP are national programs of AmeriCorps Seniors, formerly the Senior Service Corps.

Senior Companions help other older adults maintain their independence by visiting them at home to discuss the news, read mail, play cards, run errands, etc.

Foster Grandparents serve as positive role models for children who need special attention with education, healthcare, and social development in schools, Head Start programs, and child development centers.

SCP and FGP volunteers must meet income guidelines and complete an enrollment process that includes references and background checks.

In exchange for volunteering 10 hours or more per week, Foster Grandparents and Senior Companions receive a \$3 an hour tax-free stipend, mileage reimbursement, an annual physical examination, supplemental accident insurance coverage, and other benefits including an annual recognition luncheon.

The stipend does not interfere with rent, disability, Medicaid, or other benefits.

For more information on the FGP and SCP, please call 402-444-6536.

Caregiver Solutions Groups

Being a family caregiver can be difficult. Challenges may include balancing work and family life with caring for a loved one, feeling isolated, navigating senior care and medical systems, caring for a loved one who isn't the same person as before their disease arrived, and more. You don't have to navigate this alone. Join a free Flaherty Consulting Caregiver Solutions Group. Upcoming topics will be:

• **October:** *Is it Dementia or Something Else?*

• **November:** *Planning for the Holidays For Your Care Receivers.*

While there's no charge, registration is required to attend these sessions which meet approximately every other month.

CDC guidelines will be followed. Masks are mandatory and social distancing will be observed.

There are four active Flaherty Consulting Caregiver Solutions Group sites in Omaha:

• **The Servite Center of Compassion**
72nd Street & Ames Cr.
October 7

• **St. Vincent de Paul Church**
14330 Eagle Run Dr.
Nov. 9

• **St. Timothy Lutheran Church**
510 N. 93rd St.
October 20

• **Faith Westwood
United Methodist Church**
4814 Oaks Ln.
Nov. 20

Contact Nancy Flaherty at 402-312-9324 to register for a meeting or for more information. Flaherty is also available for private consultations.

You need to take responsibility for providing your own joy, happiness

The words joy and happiness are often used interchangeably, but there's actually a big difference between them. Happiness is often associated with feelings of the senses; it's an emotional response. Joy, on the other hand, comes from within. It's a much more enduring feeling that persists no matter the circumstances.

So, who is in charge of our happiness? Our significant other? Our friends and family? If we leave our happiness to others, we'll surely be disappointed. When we give away the responsibility for our happiness to someone else, we're making the false assumption someone else knows what we need better than we know ourselves. Maybe we don't intentionally say to someone else, "You're responsible for my happiness," but when we blame others for our lack of happiness, we start to believe we can't change the situation. For example, when I say, "I'd be happy but my kids or my spouse won't listen to me," I'm essentially saying, "I can't be happy until they change."

We can't hand the keys for our happiness over to others. We're responsible for our own lives, our own actions, reactions, and decisions. Along with that comes the responsibility for our own happiness. When we realize true joy comes from within, from our whole being, we can truly own joy and elevate ourselves.

Here are strategies that will help you take responsibility for your life and your happiness:

• **Stop taking things personally.** Not everything is about you. If you take every action or word that's said to you to heart, you'll be engulfed in self-doubt and anxiety. What others think or say isn't your responsibility, nor who you are. You define you.

• **Express gratitude.** There's always something to be grateful for. Find the good in what you have instead of focusing on what you don't have. Write a gratitude list and review it when you feel yourself slipping into the negative.

• **Be optimistic and think positively.** Gratefulness is an appreciation of what's now and what has been. Optimism is thinking positively for the future. Believe it will be OK and good things will happen.

• **Learn to forgive.** One of the most powerful happiness strategies is forgiveness, and the more you suffer from another person's actions, the more important it is for your own sake to forgive.

• **Take care of your body and spirit.** Self-care can only be done by you. Exercise your body and your mind. Practice meditation, go for walks, smile more, get some rest, and eat right.

• **You can't control everything that happens to you, but you can control your response.** You're going to go through some pretty unfair things in life. Everyone does. The grace with which you handle those situations will largely determine how satisfied you are with your life.

• **Practice acts of kindness.** Doing good things for others is a natural mood booster for everyone.

• **Learn something new every day.** Whether it's a new craft, puzzle, trivia knowledge, or skill, learning something new keeps our brains active and engaged.

• **Listen to music and read.** Music and books will take you to different places and times. You may not be able to travel like you want, but you can experience a new adventure through reading and music.

• **Live in the moment.** We can't change what happened in the past. We can't control everything in the future, but we can live and enjoy the moment we're in right now.

Choose to be happy and bring joy to all around you.
(Midwest Geriatrics, Inc. provided this information.)

ADRC Nebraska

Aging and Disability Resource Center



The Aging and Disability Resource Center is the first stop for information related to aging or living with a disability.



Call us for information
about connecting you to
services in your area.

- Nebraskans age 60 and older.
- Nebraskans of all ages with disabilities.
- Serving the populations of Dodge, Washington, Sarpy, Cass, and Douglas.



In Eastern Nebraska, you can contact
ADRC at 402-444-6536,
(toll free) **1-844-843-6364**
or **adrcnebraska.org**



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Ralston Senior Center

You're invited to visit the Ralston Senior Center, 7301 Q St., Suite 100 this month for the following:

- **Oct. 12:** Bus to WinnaVegas Casino in Sloan, Iowa @ 7:30 a.m. The bus will return around 4 p.m. The cost is \$5. Contact Diane @ 402-885-8895 for reservations.
- **Oct. 13:** Board meeting @ 10 a.m.
- **Oct. 14 & 28:** Bingo from 1 to 3 p.m.
- **Oct. 27:** The Merrymakers present music by Joyce Torchia @ noon.
- **Mondays:** Doodlers and Dabblers @ 10:30 a.m.
- **Tuesdays and Fridays:** Exercise from 9:30 to 10:30 a.m. Exercise at your own pace.

Lunch is catered in on Wednesdays. A \$4.50 contribution is normally suggested for the meal. Reservations are due by noon on Tuesday. Play games and bingo after lunch. Contact Molly @ 402-490-5768 for reservations.

Renew or obtain a Ralston Senior Center membership. Persons who renewed for 2021 before the center closed due to the pandemic won't be charged for the rest of 2021. Those who haven't renewed, will be charged \$5 for the rest of 2021. The annual cost will be \$10 in 2022.

The center may be used for various activities on the weekends.

For more information, please call Diane West @ 402-339-4926.

Elder Access Line

Legal Aid of Nebraska operates a free telephone access line for Nebraskans age 60 and older.

Information is offered to help the state's older men and women with questions on topics like bankruptcy, homestead exemptions, collections, powers of attorney, Medicare, Medicaid, grandparent rights, and Section 8 housing.

The telephone number for the Elder Access Line is 402-827-5656 in Omaha and 1-800-527-7249 state-wide.

This service is available to Nebraskans age 60 and older regardless of income, race, or ethnicity.

Its hours of operation are 9 a.m. to noon and 1 to 3 p.m. Monday through Thursday, and 9 a.m. to noon on Friday.

Older adults needed for UNMC study on susceptibility to scams, fraud

Nearly 1 in 3 Americans have fallen victim to a scam, including 23% in the past year. During that time, 2.2 million reports of fraud have been made in the United States, with a collective reported loss of \$3.3 billion.

In the past decade, there has been a significant increase in solicitations targeting older adults. Elder fraud – in the form of solicitations via phone calls, emails, letters, computer pop ups, etc. – are impacting not only overall life quality but also the length of older adults' lives.

The most reported fraud may ask for donations, advertise services or products that aren't needed or don't exist, or ask for another type of assistance. The ultimate goal of these frauds and scams is to take advantage of vulnerable individuals.

Older adults are often vulnerable due to loneliness, a desire to help, or due to declines in judgment that ultimately put them at risk for suboptimal decision making.

The Division of Neuropsychology in the Department of Neurological Sciences at the University of Nebraska Medi-

cal Center is conducting a federally-funded research project on how changes in practical judgment and problem-solving skills may impact older adults in terms of susceptibility to scams and fraud.

The researchers are recruiting individuals ages 60 to 90, with or without cognitive impairment, to examine the role of cognition, brain structures, and genetic factors on susceptibility to scam and fraud victimization. The study involves one or two visits and doesn't require any follow-up visits.

Eligible participants will undergo a brain imaging study (MRI), cognitive testing, and genetic testing at no cost, with compensation for their time.

By identifying when and how changes in practical judgment occur, the researchers are hoping to help prevent victimization for this vulnerable population.

Interested individuals can contact Nadia Pare, Ph.D. (neuropsychologist) by calling 402-552-6094 or by emailing her at UNMCagingstudy@gmail.com.

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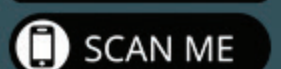
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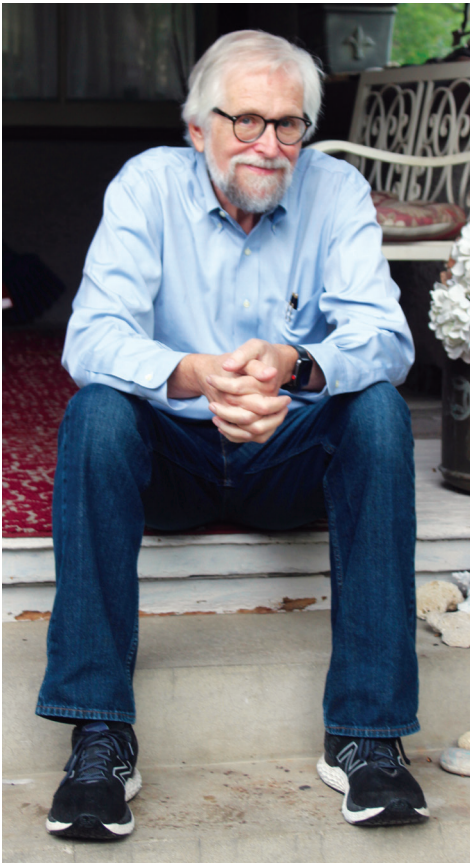
Bill Ganzel’s projects tell the stories of our times

By Leo Adam Biga
Contributing Writer

Nebraska creative Bill Ganzel has been using photography, video, and the written word to tell complex narrative stories since the 1970s. Much of his career played out at Nebraska Educational Television (Nebraska Public Media), where he produced public affairs coverage and documentary films. He also taught journalism at the University of Nebraska Lincoln. For the last 18 years he’s operated his own business, Ganzel Group Communications, developing multimedia content packages for clients on history and educational topics.

From his Lincoln, Neb. base Bill’s undertaken two ambitious independent projects requiring extensive travel and centering around the same big idea. Each draws on a vast photo archive of an American epoch. *Dust Bowl Descent* channels the Farm Security Administration’s (FSA) portraits of the Great Depression and draught that wreaked havoc across 1930s America, particularly in the Great Plains.

The FSA archive holds 175,000 images. *Sixties Survivors* revisits *Look* magazine’s chronicling of the tumultuous 1960s with its rolling crises of war, civil rights, counter-



Nebraska photojournalist and documentarian Bill Ganzel.

cultural ferment, and social-political unrest. *Look’s* ‘60s archive contains hundreds of thousands of images.

The bookend projects share the same basic approach of “honoring rich photo archives” that reside in history. To make all the time and legwork worthwhile, Ganzel said, “It’s got to be a strong archive,” and

the FSA and *Look* photo troves fit the bill. Leading image-makers of the day were the original photographers. His work echoes theirs.

As a young man, Ganzel discovered samples of the FSA photos courtesy of an influential book and exhibition, *The Family of Man*, by famed photographer and curator Edward Steichen.

“That impressed me like crazy,” Ganzel said. “There was a lot of really good humanistic photography. That interested me. That’s what I wanted to do.”

He said his initial impulse was to focus on the places in the photos before it dawned on him the settings were tied to people and their personal stories. “I thought, what would happen if I could get to these people?”

Look’s ‘60’s profiles resonated with Bill as they interpreted the decade he came of age.

Just as his Methodist minister father did in World War II, Ganzel registered for the draft as a Conscientious Objector (CO) during perhaps the ‘60s’ seminal event, the Vietnam War. He participated in peace movement demonstrations and fixed his sights on a journalism and communication career. He also studied art.

Finding the humanistic documentary photography of the FSA

program expressed the empathy and curiosity he felt for others. Ganzel was determined to follow a similar approach in his own work, and ever since he’s made images with the intent of telling stories that illuminate and inspire.

Long aware of photography’s power for “conveying emotion,” he’s cognizant, too, of its ability to impart information about experiences and circumstances.

Having done art and journalistic photography, Ganzel prefers not to draw a distinction between them, saying, “Journalism done well is art.”

Though his father comes from a long line of Methodist ministers, Ganzel never seriously considered that calling. He excelled in journalism at Waverly High School and was set to attend his parents’ alma mater, Nebraska Wesleyan, when a chance meeting with then University of Nebraska Lincoln’s Dean of Journalism Neale Copple convinced Bill to attend UNL.

Ganzel laid the foundation for *Dust Bowl Descent* while still a college student. That’s when he first immersed himself in the FSA’s photo collection at the Library of Congress in Washington, DC. In

--Please turn to page 10.



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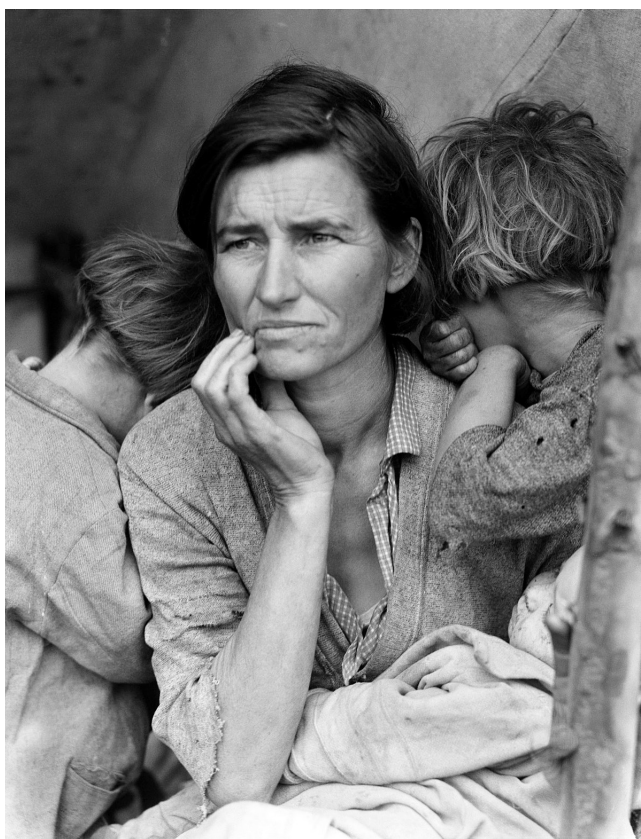
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‘Sixties Survivors’ includes narratives on Cavett, Sorensen



Dorothea Lange’s iconic 1936 image of Florence Thompson and her daughters.

--Continued from page 9.

late middle age he began doing the same with the *Look* photo archive housed there.

In between those projects he worked at NET, where he became a senior executive producer, eventually heading its interactive media division, leading early forays into streaming services.

While at NET Bill got the opportunity to produce a documentary that told a little-known chapter of the post-World War II era that his pacifist father Dwight Ganzel was a participant. As a Conscientious Objector during the war, the elder Ganzel and fellow Conscientious Objectors worked as orderlies in mental hospitals. Dwight was assigned to a facility in Cherokee, Iowa. After the war, he and other COs with agricultural backgrounds volunteered to serve as livestock handlers for shipments of cattle to war-torn Europe.

Starvation was a reality in certain war zones and Dwight twice became a cattle wrangler aboard a troop ship providing beef to Polish refugees. The manure the cows produced was too valuable as fertilizer to be thrown overboard, so the ship’s crew had to hold their noses from the stench.

To qualify to make those voyages, Dwight went through Merchant Marine training. He still proudly carries his Merchant Marine card today.

Decades later his son, Bill, along with an NET crew, accompanied Dwight to a reunion of these seagoing cowboys. Footage from the reunion was featured in the PBS-aired documentary that Bill produced called *A Matter of Conscience*.

For NET, Bill researched and wrote content for the Nebraska Studies project that explores various strands of this state’s history. His TV work honed Ganzel’s narrative storytelling skills, making him an expert in using words, images, and sounds.

When he lost his network job in a downsizing, Bill got his Ganzel Group Communications business off the ground.

Just as he found inspiration in the work of still photographers such as Robert Frank and Emmet Gowin, Bill studied the techniques of feature documentary filmmakers such as Frederick Wiseman and the Maysles Brothers, and later, Errol Morris and Ken Burns.

The high concept behind Ganzel’s book-end projects involved tracking down selected persons featured in those 1930s and 1960s archives. He recorded the



In 1979, Bill Ganzel took this photo of Florence Thompson and her daughters in Modesto, Calif.

memories of those earlier times and documented what their lives were like in the ensuing decades. He presented side-by-side the vintage content from the past with what he captured later. He used this then-and-now approach with both images and interviews.

Perhaps the most famous image from the FSA archive is the Dorothea Lange picture *Migrant Mother*. The poignant black and white portrait depicts a weary, worried young woman whose fretful right hand supports her face as two of her young children huddle against her, their worn, dirty clothes are telltale signs of struggle.

“The reality of Dorothea Lange’s *Migrant Mother* was that she (Florence Thompson) was desperate. The photograph captures that moment and that desperation, and the emotional caring of a mother for her family,” Ganzel said. “People could see themselves in that face. So, the photograph is truthful to me.”

Lange’s iconic photo was republished countless times, but Thompson was never identified by name. Feeling exploited, she went public with her displeasure.

Ganzel caught up with Florence in 1979 when she was living in Modesto, Calif. While her family purchased a suburban home for her, Thompson preferred to live in a mobile home.

“For me that’s symbolic. She literally had to have wheels under her so if hard times came again she could go back to what she knew – the employment of last resort, which was being a migrant farm worker,” Bill said.

An added benefit of a project like Ganzel’s is that it adds context to circumstances not known when the original photos were taken. Lange knew few details about Thompson’s migration from Oklahoma to California, such as the family sleeping under a bridge or being stranded between harvests after their vehicle broke down. She didn’t know Thompson and her family lived on the 50 cents a day she made waitressing and the cafe leftovers she took home.

Ganzel admired Florence’s resilience. “She didn’t weigh 100 pounds and yet she was dragging a cotton sack full of harvest that was over 100 pounds.”

Bill’s contemporary photograph of Thompson is now in the collection of the Museum of Modern Art in New York City.

“These are the God moments that happen when you put stuff out there,” Ganzel said.

“Photographs that become iconic images get kind of set in amber,” Bill said. “The subjects become symbols through the photographic art. We don’t realize these subjects have lives that went on. I want to really know what happened in their lives.”

In the case of *Dust Bowl Descent* subjects, many of whom did not survive, Bill said he set out to answer such questions as – How did they survive? What were the choices they made?

Having learned the perseverance it took to

navigate that challenging experience, Ganzel said he thinks about it now in terms of how they found ways to come back to life even in the most dire circumstances.

For *Dust Bowl Descent* he caught up with, interviewed, and photographed men and women forced by hard times to migrate from the Midwest to the west coast in search of new lives. The project took 10 years to complete. He first shared the work in an exhibition. Then the University of Nebraska Press published it as a book in 1984. He’s toured the project as a Humanities Nebraska presenter.

Ganzel recently released an interactive eBook version that incorporates many new images along with audio-visual interviews he recorded, thus giving the content added context and a second life he hopes finds a new audience.

The eBook is available in two different formats: As an iBook for Apple iPad and other devices at <https://books.apple.com/us/book/dust-bowl-descent/id1561684173?ls=1>.

And as a Kindle edition with Amazon’s reader app at [amazon.com/dp/B0927R8J47](https://www.amazon.com/dp/B0927R8J47).

“The voices carry even more emotional import when paired with the photographs,” he said. “I’ve got people in their own words remembering how devastated their farms were by the swarms of grasshoppers that ate up the crops. You hear the emotion in their memories. They’re crying.”

Besides new technologies that enable him to present readers an integrated media experience, Ganzel’s revisiting the material because of its resonance with today. “We are confronting the real prospect of a new Great Depression, and the personal histories of those who survived the last Great Depression can inform how we live through unprecedented times.”

Bill has enough material that he’s exploring making a feature length documentary.

Of the dozens of subjects Ganzel connected with for *Dust Bowl Descent*, only one declined to participate, not wanting to be reminded of the abject poverty then. Several individuals he reached for *Sixties Survivors* begged off, he said, unhappy with the way they were portrayed in *Look* magazine.

Ganzel feels extra urgency capturing the remaining *Sixties Survivors* on his list because they’re now older adults and some have died.

With *Sixties Survivors*, he explores how the rebellion, idealism, and chaos of that watershed decade influenced subjects’ subsequent lives.

A generation after first creating *Dust Bowl Descent*, Ganzel began applying the same high concept with *Sixties Survivors*, conducting interviews and photo shoots with people from all walks of life, including Nebraskans Dick Cavett, Ted Sorensen, John Trudell, and John Krejci.

Born in Lincoln, Sorensen was the son of Nebraska attorney general Christian Sorensen. The University of Nebraska graduate became then-Sen. John F. Kennedy’s chief legislative aide. After JFK was elected president, Sorensen served as special counsel, adviser, and primary speechwriter.

Ganzel and his wife, Nancy Travis, live in Sorensen’s boyhood house in Lincoln. The couple hosted Sorensen on a visit he made there several years ago.

Born in Omaha, Trudell was the spokesperson for the United Indians of All Tribes’ takeover of Alcatraz Island in 1969. In the 1970s he chaired the American Indian Movement.

Raised in Grand Island and Lincoln, Cavett attended Yale University before breaking into show business as a writer for Merv Griffin and

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Ganzel will forward materials to History Nebraska

--Continued from page 10.
Johnny Carson. He also did stand-up comedy before hosting his own ABC late night television talk show in the '60s.

The late John Krejci went to Alabama in 1965 as a young priest looking to bear witness to the civil rights movement. *Look* photographed marchers on their way from Selma to Montgomery. Earlier Krejci had stood his ground with protesters on the Edmund Pettus Bridge, harassed by cops. He later left the priesthood, married, and raised a family, spending the bulk of his years teaching and standing against wrongdoing.

Finding grant support for *Sixties Survivors* and *Dust Bowl Descent* was a struggle. But these time-intensive (spending at least two days with each subject), resource-dependent (Ganzel's raised \$90,000 for *Survivors*) labors of love are nothing less than the defining work and purpose of Bill's life.

His humanitarian themes are a natural outgrowth of what his parents modeled for him and his three younger sisters. He not only saw his father minister to people's souls, he witnessed his educator mother serve special needs children.

"The social justice thing comes directly from Dad and Mom. It comes from their commitment," he said. "As I've gotten older and life events have happened, I've found a deeper sense of spirituality, so now I think of my work as trying to tell the stories of God's children."

Following his instincts, Bill's projects give face and voice to history that, absent such personal stakes, can otherwise seem dry. "History only matters if it affects the lives of individual people," he said. "People's lives illuminate something about the larger historical trends."

A strength of the FSA program, he said, was an abiding appreciation for the medium of photography to move viewers and to even catalyze social change.

"One of the things that made the FSA different from every other government organization that did photographs was that (Rexford) Tugwell, who ran the FSA, hired Roy Stryker, an economist who knew the power of photographs."

Having Stryker in charge, Ganzel said, resulted in the photo documentary program being called the historic unit rather than the propaganda or publicity unit, thereby signaling its serious focus.

"Stryker hired great photographers and challenged them. His goal was to do an encyclopedic photo history of the Great Depression. He had enough photographers and enough of a budget to send them all over the country for eight years."

Just as Ganzel retraced some of those FSA photographers' paths for *Dust Bowl Descent*, he retraces the steps of *Look* photographers for *Sixties Survivors*.

Look was the main competitor to the nation's leading large-format picture magazine, *Life*.

"For me, *Look* magazine was a lot better than *Life*," said Ganzel.

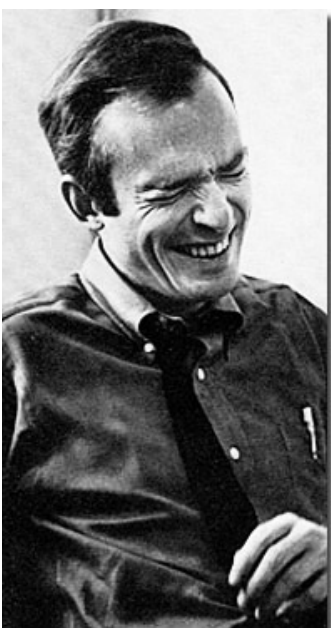
While *Life* published weekly, *Look* published every other week, which meant it could go into more depth with issues.

"Their coverage helped me make sense of the tumult going on in the '60s," Ganzel said.

Bill said another way *Dust Bowl Descent* and *Sixties Survivors* projects parallel and speak to each other, is the '30s and the '60s were pivotal decades that changed everything that came after them.

"My parents went through the '30s and their main thing was physical survival. They wanted to make sure when they got to be child-rearing age in the late '40s, '50s, and '60s they made everything affluent for us."

Growing up, Ganzel and his siblings heard stories of how rough life was for their folks dur-



Joe Baker's *Look* magazine photo of Nebraskan Dick Cavett (left) and Bill's 2011 image of Cavett on the roof of Cavett's Central Park West apartment in New York City are part of Ganzel's *Sixties Survivors* which chronicles American life in the 1960s.

ing the Great Depression, never quite believing them.

The Great Depression was influenced by the economic collapse of the 1929 stock market crash and the decades-long draught and dust bowl. The hardships were centered in the Great Plains, whose states reported the nation's lowest per capita income at one point.

The draught rendered crop fields bare and bone dry. Prairie winds kicked up dust storms that blacked out the sky and buried homes in drifts of dirt and sand. Many rural families lost their farms, forcing them to pack their few possessions and head for greener pastures in California.

Bill's *Dust Bowl Descent* research helped inform an NET documentary he produced on the 1980s farm crisis titled *After the Last Harvest*. One of the documentary's main subjects was a legacy farmer who after selling his operation, became an auctioneer and helped sell his neighbors' failed farms.

"That was powerful for me," Ganzel said.

The echoes of the '30s were directly felt by the Ganzel and the Baby Boom generation. The consumerism, conservatism, and conformity that took hold then as Depression-era parents provided for their families were the very things young people coming of age in the '60s rebelled against.

The 1960s featured the threat of nuclear annihilation due to the Cold War with the Soviet Union and the Cuban Missile Crisis in 1962. The assassinations of Civil Rights activist Medgar Evers (1963), John F. Kennedy (1963), Malcolm X (1965), Dr. Martin Luther King (1968), and Robert Kennedy (1968) added to the unease.

Meanwhile, the escalation of the Vietnam War made an already unpopular conflict untenable for the U.S.A. as American casualties mounted and returning combat veterans dealt with Post Traumatic Stress Disorders, Agent Orange, and a divided nation.

Protests by students, veterans, and the general public followed. Ganzel was among the dissenters. He articulated his discontent in a letter to the editor published in the *Lincoln Journal-Star* newspaper.

With so much at stake and under question, Ganzel said was no surprise drugs became attractive in the late '60s as a way to alter your consciousness or escape. He recently caught up with some *Sixties Survivors* who were key players in San Francisco's Haight-Ashbury District.

"The culture wars we're battling right now came directly out of the '60s," he said.

Ganzel profiles *Sixties Survivors* who represent different facets of that decade including activists, artists, social workers, educators, attorneys, and

entertainers.

Bill, a *Sixties Survivor* himself, is still a humanist. He's weathered divorce, downsizing, addiction, and, earlier this year, open heart surgery. He enjoys time with his children and grandkids.

Ultimately, his big idea projects are about preserving the legacy of formative eras and the experiences of persons who lived them.

"One of the values of photography is that it can slice out a chunk of time and it can exist in perpetuity," he said.

Just as the FSA and *Look* archives captured moments in the subjects' lives, Ganzel's projects add to the collective documentation of these personal stories and history.

To help ensure his work lives on for future scholars and journalists, Ganzel has pledged his *Dust Bowl Descent* materials to History Nebraska (Nebraska State Historical Society).

The pandemic halted progress on *Sixties Survivors*, which currently exists as a website at sixtiessurvivors.org. He plans to develop the project into an eBook and documentary. He's exploring the possibility of archiving the project at the Library of Congress.

Ganzel has another history-based photo archive project in mind. He's remaining mum about it until it's more of a sure thing. Besides, he still has more survivors to track down.

For more information on Ganzel's work, visit ganzelgroup.com



Ganzel plans to turn *Sixties Survivors* into an eBook and a documentary.

A variety of factors contribute to changes in sleeping patterns

Changes in sleep patterns are common among older adults, regardless of whether or not they have dementia. As an older adult, there's a good chance you'll experience a change in the quality of sleep or the number of hours you sleep.

Sleep is a vital part of life and plays a huge role in maintaining overall health. Whenever a person experiences changes in sleep patterns, they should find out what's causing them and whether they pose health risks. Although sleep has tremendous benefits for mental and physical health, too much of it can cause problems.

People suffering from dementia tend to spend too much time sleeping, especially if they're in the later stages of dementia. This disease makes the brain weaker over time, which is why even simple tasks can be exhausting. It's important to learn how dementia affects sleep patterns.

The very nature of dementia is the primary cause of changes in sleep patterns among patients who suffer from this disease. Nevertheless, there are other factors that can contribute to sleep problems as well. For instance, an older adult is likely to be taking strong pharmaceuticals for other health problems. Some medications can have a huge impact on sleep patterns, which is why it's important to research the side effects of every drug taken.

A common problem dementia patients experience is spending too much time sleeping during the day. There are several reasons why this issue may occur. The most common reasons include either damage to brain cells or changes in sleep patterns caused by dementia. Other factors that can contribute to excessive daytime sleeping include mental health conditions like depression, sedating pharmaceuticals, and not getting enough sleep at night.

According to recent research published in *Seminars in Neurology*, around 70% of patients with dementia experience some form of sleep problems. The most common problem is insomnia, which can make it difficult for patients to fall asleep at night. If you're unable to sleep during the night, you'll spend an excessive amount of time making up for it during the day. In some cases, insomnia isn't directly caused by dementia, it's a side effect of certain medications.

Another common issue in people with dementia is sundown syndrome, often referred to as late-day confusion. Patients in the latter stages of this disease often experience this problem. It usually occurs in the late afternoon or early evening and is characterized by increased anxiety, confusion, and aggression. Unfortunately, scientists still haven't figured out exactly what causes this behavior.

People who suffer from dementia are also more likely to develop breathing disorders like sleep apnea. Other problems common among patients who suffer from this disease include restless legs syndrome and Rapid Eye Movement behavior disorder.

Many health experts think we might never come up with a single cure for dementia because it's caused by a number of different diseases. Scientists are trying to come up with ways to treat the diseases that cause dementia. In the meantime, what can be done today involves slowing the spread of dementia.

If you allow dementia to alter your sleep patterns, it will make your condition worse. It's important to remember disrupted sleep can lead to cognitive decline and problems with both short and long-term memory. In case you or a loved one are experiencing changes in sleeping habits, getting in touch with a doctor as soon as possible is recommended.

Get familiar with other factors that contribute to altered sleep patterns. For instance, if you limit your exposure to sunlight, it will have a negative effect on your sleep cycle. Drinking too much alcohol or caffeine, especially before going to bed, will also

wreak havoc on your sleeping habits. Other factors include chronic pain, a poor sleeping environment, and unhealthy eating habits.

There are some things individuals with dementia can do to improve their sleep patterns and overall health. However, before making any changes, it's important to find out exactly how sleep patterns have changed. Monitor the quality of sleep and the duration of sleep cycles by using a sleep tracker. This is a device that gives valuable insight into sleeping habits and can also monitor heart rate while sleeping.

Provide your healthcare provider with the insight you get from using a sleep tracker. Although your physician will give you helpful advice on how to improve sleep, implement some changes yourself. For instance, if you always preferred falling asleep to music, continue doing that. You can also change your sleep environment so it's more comfortable.

One of the biggest challenges a patient with dementia can face when trying to improve sleep is the temptation of sleeping in later. Although this may seem like a good idea at the moment, understand it'll do more harm than good in the long run. If you allow yourself to sleep in often, dementia will progress at a faster rate.

An important factor that can have a negative impact on sleep is the lack of physical activity. It's common for some older adults to sit at home all day and watch TV. Take part in physical activity during the day, even if it's just a short walk. Engaging in physical activity will give your body a reason to rest.

Establish a strict sleep schedule to ensure your sleep patterns don't get altered. That means going to and getting out of bed at the same time each day.

(Safer Senior Care provided this information.)

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For more information, please call 402- 444-6529.

Fremont Friendship Center

You're invited to visit the Fremont Friendship Center, 1730 W. 16th St. (Christensen Field). The facility is open Monday through Thursday from 9 a.m. to 3 p.m. and Friday from 9 a.m. to 12:30 p.m.

A meal is served weekdays @ 11:30 a.m. Reservations, which are due by noon the business day prior to the meal the participant wishes to enjoy, can be made by calling 402-727-2815. A \$4 contribution is suggested for the meal.

This month's activities will include:

- **Oct. 6:** Movie Wednesday and Marv's marvelous popcorn @ 9:30 a.m.
- **Oct. 7:** Presentation, *Medicare Made Clear* @ 10 a.m.
- **Oct. 13:** Music by Kim Eames @ 10 a.m.
- **Oct. 14:** Presentation, *Un-retire Yourself* @ 10 a.m.
- **Oct. 20:** Music by The Links @ 10:30 a.m.
- **Oct. 21:** Presentation, *How to Fill Out Forms with Property Tax* @ 10 a.m.
- **Oct. 26:** Board meeting @ 1:30 p.m.
- **Oct. 27:** Music by Jerry Stingley @ 10:30 a.m.
- **Oct. 28:** Potluck dinner, costume contest (\$10 to the winner), and karaoke @ 5:30 p.m. The doors open at 5 p.m. Please bring a main dish and a side dish.

The 43rd annual Parks & Recreation Craft Show is scheduled for Dec. 4 from 9 a.m. to 3 p.m. in the main arena at Christensen Field. Register by calling 402-727-2630.

For meal reservations and more information, please call Laurie at 402-727-2815.

Please see the ad on page 3

New Horizons Club adds new members

\$50

Shirley Carpenter
Howard Roberts

\$10

Marie Bohls
Marcia Carlson
Richard Bock

\$5

Kathleen Koons
Agatha Ortmeier

Reflects donations through 9/24/21.

Suggestions for making the holiday season enjoyable for persons adapting to vision loss

The holiday season might seem far way, but Thanksgiving and Christmas will soon be here. For your loved ones new to vision loss, their first holiday season might bring on feelings of stress and anxiety. However, with a few tips and adaptations, anyone with vision loss can enjoy the holidays.

Here are some things to consider:

• **Finding the right gift.** Start by considering your loved one's interests and hobbies. Remember they're still the same person; they just do things differently. If they love card games, search for large print or Braille card decks. You can also find many other adapted games. For cooking, look for large print or Braille measuring cups and spoons. For the low vision reader in your life, introduce them to some apps or devices that can make reading easier. Gift a Bookshare or Audible subscription. Purchase a

Hug-a-Bears

Hug-a-Bears, a project that creates stuffed Teddy bears for children and persons with Alzheimer's is looking for someone to lead its group of volunteers and for a place to assemble the bears.

Started locally in 1996 by the Telephone Pioneers General Assembly, Hug-a-Bears has made and donated nearly 52,000 bears locally during the last 25 years.

For more information, please contact Joe Bonaiuto at 402-333-6101 or Steve Dawkins at 402-319-3602.

211 Network

The 211 telephone network has been established in parts of Nebraska to give consumers a single source for information about community and human services.

By dialing 211, consumers can access information about human needs resources like food banks, shelters, rent, utility assistance, physical and mental health resources, support for older Americans and persons with a disability, volunteer opportunities, and donations.

The 211 network is open 24 hours a day, seven days a week. The information is also available online at ne211.org.

lead lamp to improve lighting in their favorite reading spot.

• **Ask how you can help.** Don't assume you know what your loved one needs. Ask what assistance, if any, you can offer. Listen to their response.

• **Devise an organization system.** If your loved one wants to host the next holiday meal, they might need a listening ear to adapt their cooking, cleaning, and other preparation tasks.

Find some Braille or large print labels for different kitchen items. Help them set up a storage system for their kitchen. For example, maybe they want soups in one place and canned veggies in another. Or maybe they need assistance with remembering what they have on hand, so they know what to purchase.

• **Ask about transportation.** Especially if your loved one used to drive, they might have some anxiety about how they'll travel to the next family function. If you'll attend the same event, let them know you're going and ask if they need a ride. Respect their independence if they decline your offer.

Outlook Enrichment is here to help anyone adjusting to vision loss. Call 531-365-5051 with any questions.

Senior Health and Fitness Day

The National Senior Health and Fitness Day (NSHF) is scheduled for Wednesday, Oct. 27. As part of the celebration, the Visiting Nurse Association (VNA) and Healing Motion Physical Therapy are hosting a free event on Tuesday, Oct. 26 from 9 to 11 a.m. at the VNA building, 12565 W. Center Rd.

Local healthcare related businesses will provide information to participants on how to become healthier and live a more active lifestyle.

The Healing Motion Physical Therapy clinic, located inside the VNA building, will provide the space for NSHF.

COVID-19 precautions – including having every participant and vendor wear a mask – will be taken during the event.

For more information, please log online to fitnessday.com.



Metro Women's Club

The Metro Women's Club is hosting its annual fundraiser, silent auction, and luncheon on Tuesday, Oct. 12 at Arbor Hall, 14040 Arbor St.

The doors open and the social/bidding begin at 10:30 a.m. The luncheon – featuring pork tenderloin for \$18 – will be served at noon.

Reservations, which are due by noon on Oct. 5, can be made by calling Lori Briggs at 402-658-0625.

For more information about the luncheon or joining the Metro Women's Club, please call Virginia at 402-319-1121.

Do you need transportation to and from your medical appointments?

Check with your
insurance provider
to see if
non-emergency
medical transportation is
covered under your plan.



Helen Harman, wife of legendary UNMC scientist, turns 100

By Tom O'Connor,
UNMC Strategic Communications (retired)

As Helen Harman celebrated her 100th birthday recently, there could be little doubt her late husband, Dr. Denham Harman, was smiling from above and telling others, “I told you so.” Nominated six times for the Nobel Prize, Denham Harman, M.D., Ph.D., was a legendary researcher who served on the University of Nebraska Medical Center faculty for 52 years (1958 to 2010).

Known as the “Father of the Free Radical Theory of Aging”, Dr. Harman died in 2014 at age 98. His theory suggested aging is caused by free radicals, atoms, or molecules we produce ourselves or which come from radiation in the air.

At first, the theory was scoffed at by the scientific community. But, over time, it gained acceptance. He also proposed you can slow the aging process by taking antioxidant vitamins such as E, C, and beta carotene. The antioxidants limit the damage produced by free radicals.

Helen Harman’s entry into the Century Club pretty much

Millard Senior Center

You’re invited to visit the Millard Senior Center at Montclair, 2304 S. 135th Ave., this month for the following:

- **Mondays:** Tai Chi with a live instructor @ 9:30 a.m.
- **Fridays:** Tai Chi with a video instructor at 9:30 a.m.
- **Oct. 1:** Bring in treats to share.
- **Oct. 4:** Book Club @ 1 p.m. will discuss *Paper Wife*.
- **Oct. 13:** Board meeting at 9:30 a.m.

Bring your concerns and questions to Tamara or any board meeting.

- **Oct. 13:** African dress making @ 9 a.m. Connie will make a presentation about Haiti where the dresses will be sent.

- **Oct. 14:** Dominoes @ 12:30 p.m. Mahjongg @ 1 p.m.

- **Oct. 15:** Fall festival lunch served by ENOA. The cost is \$4.

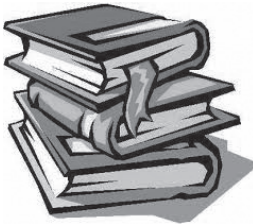
- **Oct. 18:** THEOS (Together Helping Each Other Socially) @ 12:30 p.m. Call Mary at 402-393-3052 for more information on THEOS. Call 402-546-1270 by Friday, Oct. 15 for noon lunch reservations.

- **Oct. 25:** Book Club @ 1 p.m. will discuss *This Tender Land* by William Kent Kreuger.

- **Oct. 29:** Dress up for a Spooktacular day featuring bingo.

The center will be closed on Columbus Day.

For more information, please call 402-546-1270.



seals the deal – Denham really did know what he was doing.

“We always took our vitamins,” said Helen, who has been living the past several years at an assisted living facility in northwest Omaha. “Each day, Denham would have a bunch of pill bottles in front of us. He would say, ‘One for you. One for me. One for you. Two for me.’ We’d go through this routine about every meal.”

Helen is doing remarkably well. Although her hearing isn’t the best, her mind is sharp as a tack. A voracious reader, she watches only a little TV (mostly Fox News). One of her latest books is *The Vanishing Man* by Charles Finch.

She has excellent penmanship and still does needlepoint. Helen is working on a pillow cover featuring several penguin images. It’s for her grandson who was enamored with penguins when he was a small boy.

Helen can walk on her own but uses the assistance of a walker to provide better balance.

A native of Fresno, Calif., Helen has a remarkable story of her own. Helen was born on Aug. 23, 1921. She was the daughter of Emil and Cora Mae Cronbach. Emil was a department store executive, while Cora Mae was a homemaker. Helen had one brother, Lee, who was five years older.

She graduated from Fresno High School at age 16 and went to the University of California at Berkeley with a double major in journalism/political science. She purposely focused her writing on government and politics, so she “wouldn’t be stuck writing for the women’s pages.”

Denham asked Helen for a date following an exchange dinner at UCB between his fraternity and Helen’s soror-



Dr. Denham Harman



Helen Harman celebrated her 100th birthday recently with three of her children (from left): Doug, Robin, and Mark.

ity. Three years later, when Denham finished his Ph.D., the Harmans tied the knot.

Their marriage produced four children – three boys (Doug, David, and Mark) and one girl (Robin).

As Helen joked, “I finally got my girl, but I sure had to work for her.”

An OB/GYN physician, Dr. Mark Harman served on the UNMC faculty for several years.

Helen’s journalism career began in high school when she was a reporter for the *Fresno Bee*. She wrote for the *Daily Cal*, the student newspaper at UCB, then worked for two other California newspapers – the *Paso Robles Press* and the *Modesto Bee*.

Among her highlights – interviewing Eleanor Roosevelt for her high school newspaper when she came to the San Joaquin Valley as part of an agricultural study; and meeting John Kennedy in the course of interviewing his father, Ambassador Joseph Kennedy, who came to California to meet with his son, who was a student at Stanford University.

“Joseph pulled John out of Stanford and made him return to the East Coast to groom him to run for president,” Helen said.

After marrying Denham, Helen was a dynamo in the public relations field, working for nearly three years for the San Francisco Chapter of the American Red Cross.

“There were four daily newspapers in San Francisco at the time,” she said. “My goal was to score at least one story in each newspaper every day. I would do so by writing different leads for the same story to give each newspaper a different angle.”

Helen’s public relations talents followed her to Omaha when the Harmans moved here in 1958. She was actively involved in promoting the Omaha Symphony’s concert series, the youth orchestra, its pops program, and other initiatives.

She was active in several UNMC and community organizations including the medical auxiliary, the faculty wives’ group, the Henry Doorly Zoo Guild, the Art Guild, and Planned Parenthood.

The Harmans were married for 71 years. After Denham’s death seven years ago, Helen gave no thought to moving. She remembers fondly her first impressions of Omaha, and they remain today.

“We lived near Memorial Park. It was made to order. We loved that neighborhood. One older couple, whose grandchildren lived away, ‘adopted’ our children and even hid Easter eggs for them. They were spectacular.

“Within a day or two after moving there, I remember neighbors would stop by to introduce themselves and even drop off a cake or a main dish.”

Happy birthday Helen.

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402-557-6860



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and Alzheimer's Care**
402-557-6860

Oct. 15 through Dec. 7

Medicare Open Enrollment appointments are available

Medicare's Open Enrollment Period, which runs Oct. 15 through Dec. 7, allows participants to review their Medicare Part D coverage or Medicare Advantage plan. This review may allow participants to save money on their prescription drug costs in 2022.

Trained counselors from Volunteers Assisting Seniors (VAS) are available to help participants review plans and coverage.

Subject to change, plan reviews are being offered in person on the dates, times, and the locations listed below.

To minimize exposure to COVID-19, there will be fewer counselors and participants at these events. All counselors and participants will be required to wear a mask during the in-person reviews.

Plan reviews over the telephone will be available daily. Limited evening and weekend phone appointments will also be offered.

To schedule an appointment or for more information, please call VAS at 402-444-6617.

Here's the schedule for the in-person appointments:

Friday, Oct. 15
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Tuesday, Oct. 19
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

Thursday, Oct. 21
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Friday, Oct. 22
10 a.m. to 1 p.m.
SE Community College
537 Main St.
Plattsmouth

Monday, Oct. 25
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Tuesday, Oct. 26
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

Thursday, Oct. 28
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Tuesday, Nov. 2
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

Wednesday, Nov. 3
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

Thursday, Nov. 4
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Monday, Nov. 8
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Tuesday, Nov. 9
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

Thursday, Nov. 11
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Tuesday, Nov. 16
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

Wednesday, Nov. 17
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

Thursday, Nov. 18
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Monday, Nov. 22
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Tuesday, Nov. 23
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

Tuesday, Nov. 30
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

Wednesday, Dec. 1
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

Thursday, Dec. 2
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Monday, Dec. 6
9 a.m. to 1:30 p.m.
VAS
1941 S. 42nd St. #312

Tuesday, Dec. 7
9 a.m. to 1:30 p.m.
Doane University
Omaha campus
4020 S. 147th St. #100

**Please call
402-444-6617
for an appointment.**

Omaha Fire Department

The Omaha Fire Department's Public Education and Affairs Department will install free smoke and/or carbon monoxide detectors inside the residences of area homeowners.

To have a free smoke and/or carbon monoxide detector installed inside your home, send your name, address, and telephone number to:

**Omaha Fire Department
Smoke/Carbon
Monoxide Requests
1516 Jackson St.
Omaha, Neb. 68102**

For more information, please call 402-444-3560.



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Take a tour of the ‘Smithsonian of Sarpy County’ in Bellevue

Named after fur trader and ferry operator Peter A. Sarpy who settled in an area just south of Omaha in the 1840s, Sarpy County is the smallest of Nebraska’s 93 counties land-wise. Despite measuring only 248 square miles, Sarpy is Nebraska’s third largest county by population, however, trailing only Douglas and Lancaster counties.



Tours of this Union Pacific caboose which sits adjacent to the museum are available.

At one time home to the Otoe, Omaha, and Pawnee tribes of Native Americans, the addition of Offutt Air Force Base and the Martin Bomber Plant made Sarpy County an important American hub during WWII and beyond.

Individuals, groups, and students interested in learning more about Sarpy County’s rich history are encouraged to visit the 6,000 square-foot Sarpy County Museum, 2402 Clay St. in Bellevue. The museum is open Tuesday through Saturday from 10 a.m. to 4 p.m. While admission is free, a \$2 donation is suggested.

“We call it the ‘Smithsonian of Sarpy County,’” said Ben Justman, who has been the museum’s executive director since 2010. “Sarpy County is the birthplace of Nebraska. We have a very deep, wide history.”

The population of Sarpy County – home to Bellevue, Papillion, LaVista, Gretna, Springfield, and Offutt Air Force Base – is near 193,000 and may reach 300,000 by 2050, according to Justman. He attributed Sarpy’s unprecedented growth to its vibrant communities, connection to Offutt, proximity to Interstate 80, and the outstanding quality of life it offers.

“There are a lot of places people

can settle. They choose to live here,” he added.

Among the exhibits at the Sarpy County Museum – which hosts 10,000 visitors annually – is a 1937 scale model replica of Fort Crook (now Offutt), a coin collection from 1857, and a Square Grand Piano that belonged to Fenner Ferguson, Nebraska’s first Supreme Court Justice.

Adjacent to the site is a Burlington Railroad depot believed to be Nebraska’s oldest railroad depot, and a Union Pacific Railroad caboose the museum purchased in 2014 from the city of Springfield for \$18. Tours of the depot, the caboose, and a nearby 1830s log cabin are available by calling 402-292-1880.



The museum’s exhibits include Army uniforms from WWII.

For more information on volunteer opportunities and museum memberships, please call 402-292-1880.

Information about Justman’s book *Sarpy County: A History* published by The History Press and Arcadia Publishing, is available online at historypress.net or arcadiapublishing.com.



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