

# Mature Living

A VOICE NEWS SPECIAL SECTION



## Adams winemaker shares dream with friends & family

**By Gerry Baksys**

It took 30 years, but it was well worth the wait.

Russell and Karen Topp aged their dry red wine in an oak barrel last year, and the result is everything you would expect from the best winemaker in the world.

You immediately want to buy a bottle, but there's one problem, it's not for sale.

"A lot of people ask if they can buy the wine," Karen said, "but it's so fun to give away. It's a really special gift you can give somebody."

The truth is Russell and Karen started making their own wine in 2007 as a hobby, and have no plans to go into commercial production.

"It's really cost prohibitive to open your own winery," Russell said. "I've heard it can cost you up to \$1 million to get started."

"At that price, it would be more of a job than a hobby," Karen added. "Plus that's way more money than we will ever have."

**The dream**

Russell has wanted to make his own wine for the last three decades, but life, work and family kept him too busy until a fateful day approximately five years ago.

"I work for Nebraska Rural Water Association and was in Union trying to find a water leak," Russell recalled. "I ended up going to the town water operator's basement to listen to the water line, when he said, 'I gotta check on my wine.' So I started visiting with him about wine and it got me all enthused to

make my own. I finally decided this was the time to try it."

Why Russell wanted to make wine remains a mystery even he can't explain. Before 2007, he and Karen rarely drank wine, and when they did, they were often disappointed.

"But when we did buy a bottle, we'd open it and say, 'This stuff's terrible,' and end up throwing the rest of the bottle away. When we started making our own wine, we were able to make it how we like it and how our friends like it."

**The reality**

Karen and Russell did a lot of research before going into production.

"I bought a few books and read a lot on the internet," Russell said.

"When Russell does something, he does it right," Karen said. "He doesn't do anything halfway, or three-quarters of the way. He figures out how he wants to do it, researches it, then dives in and tweaks it from there. That's how he's so good at it."

And make no mistake, his wine is good, really really good.

"We enter it in the state fair every year," Russell said, "I've gotten the Nebraska Winemaker of the year the last two years, and three times total."

He's also received best of show ribbons from the state fair, and various accolades from the Nebraska Grape Growers and Wine Association; *and he's only been making wine since 2007.*

But make no mistake, Karen and Russell have done their fair share of



**Russell and Karen stand in front of the vines that grow outside their rural Adams home. Russell and Karen planted the vines, and started making their own wine, in 2007.**

Photos by Gerry Baksys/VOICE NEWS

work, and have suffered through the usual period of trial and error.

"That first year, we tried making wine from frozen juice concentrate," said Karen, shuddering with the memory. "It was awful. We ended up dumping that batch."

"Since wine is essentially juice," Russell said, "we learned the better the juice, the better the wine. Summer is harvest season for fruit, so once you get past summer, you're not going to get fresh fruit."

**The details**

Russell and Karen have made a variety of fruit wines, including:

pounds of fruit to make a five-gallon batch of wine. Finding and picking 20 pounds of wild plums would be a big time commitment, but Karen said there are other considerations when making non-grape, fruit wines.

"With other fruit," she said, "you have to make sure you get it ripe. If it's not ripe enough, the wine won't be any good. If it's too ripe, the wine will be earthy and has a different taste."

Plus, once you harvest the fruit, there's the added time commitment of pitting 20 pounds of cherries (Karen recommends from experience that you **don't** do this in your kitchen) or coring 20 pounds of apples.

"Grapes are the easiest to make into wine because God made grapes to make wine," Russell laughs. "I just add some yeast, and viola, it does the rest itself."

It's not quite that easy, of course, but Karen and Russell both believe that with the help of family and

friends, turning a bucket of grapes into a bottle of wine doesn't take a miracle.

**The process**

Russell and Karen have four rows of grape vines on their rural Adams property, but they buy the majority of their grapes from their friends Clayton and Stephenie Doeschot and Tim and Lisa Loeske, both of rural Panama.

Usually, Russell and Karen help with the grape harvest, a chore they managed to escape this year. Then they bring their buckets home and de-stem and crush them.

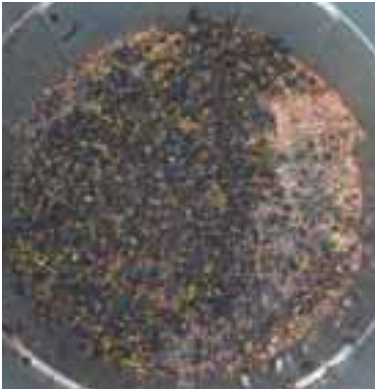
"We used to spend all morning in the vineyard picking grapes," Karen said. "Then we would go back to Russell's shed and spend the next four hours with friends and family picking the grapes off the stems by hand."

Last year, however, the Topp's

*continued on page 32*



**Russell and Karen work their grape destemmer-crusher machine. In 20 minutes, they can finish a job that previously took a room full of people four hours.**



**Grapes after they've been through the machine.**

mulberry, cherry, peach, plum, pear, apple and apricot.

"Originally," Russell said, "I wanted to make wild plum wine, but I never got around to making that; it's too much work."

Russell said you need about 20

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# Hartmans take on Canadian adventure

Submitted by Connie Hartman

There is a big world out there and while we operated a "Grade A" dairy farm, our travel was limited. Retirement opened the door for us. This year our escape was to Nova Scotia, Canada. On a Friday, morning we climbed aboard a bus on our way to another world with 44 new friends.

The first couple of days covered some familiar territory. We traveled through Iowa, Illinois, Indiana and Michigan. We viewed corn and soybeans and never saw crops which we would trade. The first real stop was Niagara Falls, Canada. We were there on the last big vacation weekend of their season. The Canadian side of Niagara Falls is the real tourist center. The falls are majestic. The huge drop with gallons and gallons of water from the St. Lawrence River creates a huge roar and the water hitting the eroded rocks develops a

mist which in turn creates rainbows. We appreciated the rain ponchos provided as the Maid of the Mist neared the base of the falls.

Back on the States side of the border, we were in New York, Vermont, New Hampshire, and Maine,



The House of Green Gables, home setting of the book *Anne of Green Gables*, was one of many sites on the tour.

traveling through the Adirondack and the White Mountains. These mountains are full of trees and mountain streams all the way. The

Old Man of the Mountain in the White Mountains has suffered the same way as our Chimney Rock has, it has gotten shorter, and his nose has fallen off. Vermont has a beautiful Capitol with a gold dome and the maple syrup industry. Seeing how the sap is collected and how the syrup and sugar are produced was educational. Tasting the soft serve ice cream mad with the maple syrup was delightful.

St. John, New Brunswick, offered the Reversing Falls and the port for the ferry that took us to Digby. The ferry accommodated the bus, big trucks, cars plus the walk on passengers. The three hours on Fundy Bay saved an eight or ten hour trip by land. We lunched aboard the ship and then we were off to Halifax. The architecture is interesting as it spans from historical to modern. During WWI, a Canadian naval ship was heavily loaded with munitions bound for Europe. No one aboard knew the secret details of the cargo so a small fire aboard caused no concern. Tragically the ship blew up in the harbor and took half the city with it. The harbor was rendered useless and thousands of citizens were killed. The city rebuilt through the decades but retains the historical buildings that were spared. Halifax is home to five universities including a marine biology college which would become a part of our experience as we met students from there when we were whale watching. Like other Canadian cities, Halifax has public gardens of astounding beauty. Our guide pointed out that we were visiting a garden that had been visited by Queen Elizabeth II and later by Prince William and Kate. Where we try to layout plantings to conserve water, the gardeners there plant to allow rain to drain away from their flowers so as not to let the rains over water them. The lighthouse we visited in Halifax was the inspiration for Henry Wadsworth Longfellow's poem, "The Lighthouse." Light houses were numerous along the coastal waters. We lunched at Peggy's Cove, which is said to be the most photographed place in Canada. The light house and restaurant sit on huge rock formations that drop directly into the ocean. Tourists are repeatedly warned of the danger of slipping directly into the ocean.

The big day came! It was a trip to the Atlantic Ocean to go whale watching. Twenty of us piled into the small boat to go to sea. We learned from the college students



Merlin and Connie Hartman, of Douglas, pose aboard the Maid of the Mist ready to depart for the foot of the falls. Photos submitted

from Halifax about the pilot whales we were looking for. The girls were marine biology students spending their summer informing tourists and doing studies of the whales that would go back with them as they returned to their university. It was an exciting ride. The boat captain declared it a calm ocean. But to a land loving Nebraskan, having a four foot wave come over the rail and being doused by it did not constitute a calm ocean. The waves made picture taking a challenge as the boat rolled with each one. We saw much more than our photos document. We were fortunate to see a family, male, female and pup, but not fortunate enough to get a photo.

Another ferry ride took us to Prince Edward Island, the last to severe ties with Great Britain and become a province of Canada. Like Nova Scotia, Prince Edward Island is proud of their Scottish heritage. While on the ferry, we were entertained by a Keltic dancer and a Keltic fiddler. It was pointed out to us that Keltic is the Scottish spelling and Celtic is the Irish spelling. Tartans and kilts are found in both places. Hotel employees in Halifax wear kilts as their work uniform no matter what their ethnic background.

On Prince Edward Island, we visited the settings for the *Anne of Green Gables* works by L. M. Montgomery. Prince Edward Island also offered Cavendish National Park and the beautiful red beaches on the north side of the island that were being enjoyed as gulf stream waters provided water warm enough for swimming. The red beach and the clear blue ocean were truly beautiful.

Prince Edward Island has soil like Georgia. Their crop rotation includes soybeans, wheat and alfalfa, with their potatoes, cabbage and



The lighthouse at Halifax that inspired Henry Wadsworth Longfellow's poem, "The Lighthouse" was fun to visit.

broccoli. Seeing fields of 40 or 50 acres planted with potatoes or cabbage was eye catching. Their fishing villages of vividly colored houses made great photos. We were told they paint in the very strong colors because their climate washes out the whites and pastels and they would have to paint their homes every year or two.

Crossing the New Confederate Bridge from Borden, Prince Edward Island put us in Cape Tormentine, New Brunswick, and on the beautiful drive along the St. Lawrence River to Quebec City, Quebec.

Quebec City has a history going back past our Revolution. We toured the city and saw the Citadel and the Plains of Abraham of the 1700s. We saw architecture of the 1700, 1800s and more. Quebec City's park was adorned by cannons rather than war memorials and flowers like in the other provinces that we visited.

Our scenic drive continued on to Mississauga, Ontario, back through Michigan, Indiana, Illinois, Iowa and home.

It was apparent that some provinces consider themselves Scottish Canadians, some are French Canadians while others are happy being Canadians. Canada is trying to unite by teaching all school students both English and French. It seems to have worked better in some provinces than others. Quebec apparently has not embraced it yet. But, when we walked into Burger King and said number one, we did get a Whopper.

Stops at the border crossings ranged from staying on the bus while the officer walked down the bus aisle to see if we resembled our passport pictures (and I hope not) to getting off the bus and filing through the building to have our passports validated by the computer. During one stop, they walked a dog through the bus while we were inside. At another stop, our line was delayed as four or five officers walked a man in handcuffs past us.

We got back home with all 44 of us. Goodbyes were said as the group departed for homes in Iowa, South Dakota, Kansas and a variety of Nebraska communities.

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# Southlake Village celebrates two years by giving back, providing world class care and having a lot of fun

**Submitted by Southlake Village Rehabilitation and Care Center**

The Southlake Village Rehabilitation and Care Center family celebrated their two year anniversary on Friday, July 12, 2013. On July 9, Southlake Village celebrated by host-

great cause. By the end of the night, over \$300 was raised for donation to the Alzheimer's Association.

Southlake Village is grateful for the support of Lincoln and the surrounding communities, and looks forward to continuing to be a pillar of excellent care in the health care community.

Our doors opened on July 12, 2011, with a mission of Dignity in Life and a goal of providing the citizens of Lincoln and the surrounding communities with a state-of-the-art facility where they could rehabilitate or live while receiving world class care and service.

Southlake Village achieves this through its multidisciplinary approach using nursing, life enrichment, dining, social services and spiritual care to care for the whole person: body, mind and spirit. The memories and experiences as we touch the lives of those we

serve are amazing. Jennifer Wolf-Wubbels, Public Relations Coordinator, recalls the joy on Fred's face when

two very well-known Husker players walked through the door of his room, gave him a firm hand shake and the opportunity to talk Husker football.

Melissa James, OT, states she is most proud when she is able to help patients like Clarinda recover from a stroke. Clarinda who "arrived at Southlake Village unable to walk, needing two people to assist her, is now able to take steps with very minimal assistance and is well on her way to being independent."

"Hugging our rehab patients as they walk out the door of Southlake Village to return to their homes more independent and healthy makes my heart happy," declares Guest Relation staff member, Angie Kreikemeier.

Sandra Robertson, LPN states she is so proud when she is able to care for an individual who has chronic medical problems such as a "long term diabetic ulcer that has given the patient problems for years and while they are at Southlake we are able to heal the ulcer and help the individual return home."

Gayle Resh, MA, CTRS and Life Enrichment Coordinator comments, "It's not about just finding activities to keep people busy – it's providing quality recreation opportunities so those receiving care experience cognitive, social and emotional well-being. Past patients come back to visit and take part in social and musical events – that indicates the quality of our programming." As the years come and go, the Southlake Village team will continue to provide those we serve with dignity, respect and world class care.

To learn more about the Alzheimer's Association and how you can take part in the Walk to End Alzheimer's or the Stars are Out Gala visit [www.alz.org](http://www.alz.org)



**Mark Taylor Feit, Development Director Alzheimer's Association, Great Plains Chapter, sits in the dunk tank during the July Jubilee on July 9.**

Photo submitted

ing the July Jubilee complete with a barbeque dinner, dunk tank, snow cones, cotton candy and music by Billy Bacon and the Sty Boys (Dave Robel and Marty Steinhausen). With over 350 people in attendance, a fun time was had by all. One of the highlights of the evening was Mark Taylor Feit of the Alzheimer's Association being dunked in the dunk tank as a fundraiser for the September 15, 2013, Walk to End Alzheimer's at Holmes Lake Park. Feit, along with Southlake Village's Culinary Services Manager Barb Larkins, Payroll Coordinator Kristin Buntmeyer and Administrator Aimee Middleton, took turns getting soaked for the

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## An empty nest offers room to grow

**Submitted by Chuck Severin, Farm Bureau Financial Services**

Different stages of life bring about different priorities and opportunities. Becoming an empty nester is no exception. You've spent years focusing on the day-to-day responsibilities of raising your family and preparing for the future. Now that the future has arrived, you may want to reevaluate your goals and look forward to what lies ahead.

At this point in your life, you probably have some additional disposable income that you can put toward your retirement. While you've likely been accumulating funds for the future, this may be the best time to redefine your vision for retirement and ensure that the strategies you have in place will help you accumulate enough funds to retire comfortably when you're ready.

Take a look at boosting your retirement earnings:

Contributions to a 401(k) are pre-tax, which allows you to lower your taxable income. Plus, your employer may match a portion of your contribution, adding to your retirement fund at no cost to you. Taxes are paid when you withdraw the money in retirement, when you may be in a lower tax bracket.

People over age 50 can contribute "catch-up" amounts to IRAs – Roth and Traditional. In fact, the federal government allows individuals age 50 and

above to contribute up to \$6,000 per fiscal year to an IRA. Plus, IRAs offer certain tax advantages, including federal income-tax deductions and tax-deferred growth.

The thrills and responsibilities of parenthood have been your top priority. Now it's time to pursue your dreams and ambitions. Evaluating your situation based on current and future needs can help you enjoy your empty nest with confidence and security.

Talk with your Farm Bureau agent and other advisers to make certain your retirement earnings will serve you well throughout the coming years.

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# Jurgens active in church and community, enjoy travel

By April D. Refior

Ernest and Janice Jurgens, better known as Ernie and Jan, have lived in the Cortland, Filley, Adams area all of their lives. And, the Jurgens are still an active part of the community. Ernie drives a school bus for Freeman Public Schools, and he and Jan both volunteer at GoldCrest Retirement Center.

ball game in Pickrell, and celebrated their 53rd wedding anniversary last week. "We dated several years and got married on September 4, 1960, at Christ Lutheran Church, in rural Pickrell," Jan said. "We moved to a farm southwest of Adams, and lived there for about 45 years. Then, we moved to an acreage near Adams for about five years, before moving

nual country music concert featuring Tex and Mary Schuntz for the past 12 years.

## Staying busy is key

Besides being active in the church, the Jurgens have a variety of activities that keep

*"I would say our passions are attending church and the activities involved in the church. Also, giving away love, time, talents and financially helping unselfishly, you reap many times over."*

*— Janice and Ernest Jurgens*



Jan and Ernie Jurgens were married on September 4, 1960.

Jan, 73, was born to Ehme and Grace Wallman on December 7, 1939, and grew up in Cortland. Ernie, 76, was born to PJ and Tena Jurgens on November 22, 1936, and grew up in Filley. "I graduated from Cortland High School in 1957, and Ernie in 1954," said Jan. "After the kids were all in school, I attended Southeast Community College in Lincoln, and acquired an associate degree in Human Services, specializing in Nursing Home Administration."

The Jurgens first met at a soft-

to one of the townhouses at Gold Crest Retirement Center. We love it here!"

Five children and 13 grandchildren were born to the Jurgens. Donna and Bruce Kostal live in Papillion and have two daughters, Kara and Whitney; Randy and Angela Jurgens live in Lincoln have three children, Tyson, Abby and Hannah; Bob and Teresa Jurgens are in Topeka, Kansas, and have two children, Ashley and Cameron; Myron and Sarah Jurgens live near Hickman with their three children, Jady, Carson and Cooper; and Darin lives in Adams and has

three children, Chelsea, Alyssa and Noah.

Ernie and Jan are members of Zion Lutheran Church in rural Pickrell. That's the church where Ernie was baptized and confirmed, and the couple has gone to Sunday school there for 50 plus years. Ernie is presently the treasurer of the Men in Mission, and has been on the church council in the past. Jan is a past member of the ladies choir, altar guild and Sunday school teacher. She is now involved in the Mission Circle.

The Jurgens have been past park board members, and on both the 125<sup>th</sup> and 135<sup>th</sup> anniversary celebration committees. They help with the annual benefit soup supper and entertainment night every February, and have been involved with the an-

them busy.

For the past five years, Ernie has been driving the bus for Freeman Public Schools. Before he became a bus driver, he was a farmer and worked in construction. "He still likes to work on projects in his shop," added Jan. "He is currently working on restoring a Ferguson - 30 tractor."

Ernie is also a member of a golf league at the Tecumseh golf course, and enjoys playing golf during Adams Days. He is planning on going to the Ashland Camp Carol Joy Holling Camp Classic golf tournament at the Iron Horse golf course this year, along with his son, Bob, son-in-law, Bruce, and nephew, Phil.

Jan worked at Lakeview Rest Home for 18 years in various positions. "From there, I went to Madonna Rehab Hospital as a Unit Secretary, retiring in 2007," said Jan. "I also cleaned houses on the side for 10 years. After retiring from Madonna, I started working for GoldCrest Child Care for six years, and retired July of this year."

Both Ernie and Jan continue to be very active. They both enjoy volunteering at GoldCrest, helping out with the fall benefit and various other events. Ernie delivers meals one week each month. "With so many of the grandkids playing ball, we keep busy going to games," Jan said. "We try to get to some of the college games closest to us, and most of the home high school games."



Jan and Ernie Jurgens stand in front of their town house at GoldCrest in Adams. The Jurgens enjoy their many activities from driving the Freeman bus to helping out at Pickrell Zion Lutheran Church and volunteering at GoldCrest.

April D. Refior/VOICE NEWS

Jan enjoys reading, playing the keyboard and attending Red Hat Society meetings. She also gets together with two of her high school friends every other month to visit and have lunch.

"We belong to several domino groups and play cards with friends and neighbors," Jan added. "We also enjoy going to country music concerts in Wahoo and Hastings, and others that come up."

## Travel, travel, travel

The Jurgens also have a time share and enjoy going on vacations. They used to have a motor home, but sold it two years ago. Vacations have included the California coast, a fishing trip to Oklahoma with their neighbors, and several family trips to Branson, Missouri, around Christmas time.

"Right before school last year, my granddaughter asked if we could take one more trip to Branson before school started, so we did," said Jan. "We got to our rooms and just sat down to plan the next day, and the fire alarms went off. Out the door we went. It turned out to be a false alarm. The firemen seemed quite jittery, the night before there was a condo just a block down from where we were that burned to the ground."

"The next morning Teresa, Ashley and I went shopping, and Bob, Cameron and Ernie went their way. What we did not know was they have a weekend every year right before school starts that you do not have to pay sales tax on your purchases. People were body to body in the stores, and parking and traffic were a nightmare. I decided to just sit down on a bench outside and stay put, but they were all full, one gentleman called out to me 'Ma'am, you get over here and I will get up and you can have my seat.' I sat there until Ashley and Teresa showed up with packages. At least they had luck and got through the crowd. I did get a hug and thank you for taking them to Branson. It was worth it."

For the last 15 years, the Jurgens have made a trip to Arkansas in the fall to the craft shows in Bentonville and the surrounding towns. During the two and half days of craft shows, the Jurgens enjoy spending time with their friends Byron and Sue Pierce, who live in Arkansas. The men go off on their own while Jan and Sue have brunch and visit the craft fairs.

"Several times, my daughter and daughters-in-law would go along," said Jan. "They had a great time also. One year I gave them the amount of money I would spend on Christmas gifts for them. I told them if they saw something they would like for Christmas to buy it, but I would take it home and wrap it and they had to wait until Christmas to get it. They had fun with that."

## Memories of the grandchildren

One of the moments with the grandchildren that sticks out the most for Jan was the Barbie doll Christmas incident.

"One Christmas, I decided to get the five oldest granddaughters Barbie dolls," Jan said. "Well, I didn't know one of them did NOT

continued on page 29



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continued from page 28

## Jurgens faith and family

like Barbies. She opened her gift and immediately started crying, I asked her what was wrong, she just kept crying. Her mom says she does not like Barbie, her father will explain.

"He knew she didn't like Barbies, and she was misbehaving and it was getting close to Christmas and he said, 'You better be good or Santa might bring you a Barbie.' Well who gave her a Barbie? Me," Jan continued. "My heart went out to her, and I put her on my lap and said, 'I tell you what, you can leave this Barbie here and others can play with it when they come. I will give you some money and your daddy can take you to the store to get something else. Grandma didn't know you didn't like Barbies.' Then she was okay.

"On our 50th anniversary, the kids made a video for us and the grandkids all said something to us on it. She said, "Happy anniversary grandma and grandpa, I still love you even though you tried to give me a Barbie for Christmas," said Jan.

Another precious grandchild moment is when Jan decided to make embroidered pillow case sets for each of the grandchildren for

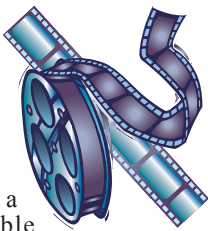
graduation. "One day one of the younger granddaughters said, 'Grandma, will I get one too?' I said, 'I hope so.' She said, 'Well it's an awful, awful long time before I graduate, and what if you're not around anymore to make mine, or any of the grandkids younger than me?' I said, "Well then, I guess I better make them all now and they will be all done and ready for you. I will put your names on them and tell your parents where they are.' She said, 'AWE-SOME! Thank you, Grandma. I love you.' The pillow cases are all done and in the cedar chest."



This Scrabble board was given to Jan and Ernie one year for Christmas. It was made by one of their granddaughters, and includes the names of all the children and grandchildren.

## Free showing of "Quartet," best independent film award winner

Area seniors are invited to see the movie, "Quartet," about inhabitants of Beecham House for retired musicians as they prepare for their annual benefit concert. The movie, scheduled for 1:30 p.m., on Wednesday, September 18, assembles a group of lovable performers in a palatial residence for aged artists and entangles them in delightful comic and dramatic situations. Free transportation can be provided to the movie and then home if you eat at any Aging Partners Senior Center. Seniors are encouraged to call their centers to reserve a lunch and then join in Lincoln for this fun movie. To reserve a seat for the free movie, call 402-441-7158. Sponsors for the movie are Bridge to Better Living, Care Consultants for the Aging and High Plains Alzheimer's.



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# BRAIN MATTERS :

## A Brain Health Fair at SCC September 24

A free health fair for area seniors will be held Tuesday, September 24, from 8:30 a.m. to 1 p.m., at the Southeast Community College Continuing Education Center, 301 South 68th Street Place, in Lincoln. No registration fee is required to attend this event.

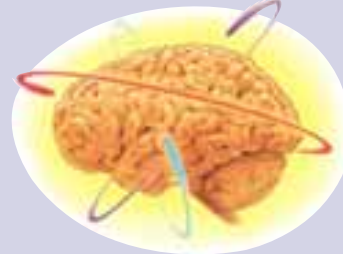
Seniors are invited to hear invited speakers as they shed light on areas such as how environmental and genetic factors impact the brain and cognition as people age, how health factors such as hypertension and

diabetes contribute to brain aging and cognitive decline, and what role stress plays in cognitive decline.

Throughout the event, a Drop In Vendor Fair and Demonstration room will give attendees an additional opportunity to talk with people working in a variety of related fields that can challenge and sharpen mental function.

### Featured presentations and speakers:

**9 a.m.** "Keeping Our Brains Healthy," Richard (Dick) Dienstbier, PhD



**10 a.m.** "Nourish Your Noggin: Eat a Brain Healthy Diet," Alice Henneman, MS, RD and UNL Extension in Lancaster County

**11 a.m.** "Brain Training 101: Use It or You Lose It," Wes Sime, PhD

**Noon** "Changes, Challenges and Chuckles," Sharon Cheney, RN, MA

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## Borcher receives service plaque

Carolyn Borchers, of Sterling, received a plaque from the Sterling Rescue Squad for her 33 years of service at a retirement picnic held recently. The plaque is presented by Captain Marlin Ebbers.

Photos submitted



Sterling Rescue members at the picnic honoring Borchers included, back row: David Shea, Chris Malone, Wayne Hansen, Josh Sterkel, Dean Borchers. Front row: Marlin Ebbers, Mary Erickson, Stan Borchers, Beth Hansen, Karen Zuhlke, Carolyn Borchers.

# THINKING ABOUT HEALTH

## The Government sequester hits home - at meal time

Eleventh in a series on health care

By Trudy Lieberman,

**Rural Health News Service**  
Little by little, the mandatory federal budget cuts Congress authorized—formally called the sequester—are beginning to pinch across most all government programs. One program that will clearly feel the impact affects home-delivered meals for the country's oldest and most vulnerable people.

These are the invisible hungry that don't have a loud voice in Washington. They are too frail or too proud to stand on the streets and beg, but they depend on money from Congress as well as state and local governments to fund meals that are delivered to their doors usually once a day five days a week. In some parts of the country they are on waiting lists—sometimes for as long as a year—for a meal because local programs are short on

funds to provide them, and the number of people needing food continues to rise.

According to the Meals-on-Wheels Association, a group representing senior nutrition programs across the country, about five million seniors over age 65—11 percent of the senior population—faced the threat of hunger in 2005. Today almost 15 percent do.

"Between 2001 and 2010 we have seen a 78 percent growth in the number of seniors facing hunger," says Enid Borden, founder and president of the National Foundation to End Senior Hunger.

The Center for Effective Government, a Washington-based watchdog group, estimates that the sequester will result in a \$10



Trudy Lieberman, Rural Health News

## Grief education and support class offered free of charge in Beatrice

If you are dealing with the loneliness or stress of losing a loved one, there is support available through the Grief Education and Support Class offered by Beatrice Community Hospital Hospice.

This six-week video/discussion program is a time to learn about the grief you may be experiencing as well as a time to remember and share memories of your loved one.

Classes will be held from 5 p.m. - 7 p.m. weekly, beginning Septem-

ber 24. The classes will be held in the Conference Center at the new hospital on North Highway 77. For easiest access, use the Conference Center/Rehab Center entrance.

The classes will be facilitated by registered nurse Kay Wiens.

The classes are free and open to the public, but pre-registration is requested. To pre-register, for more information, or if you have a disability and require accommodations, please call 402-223-2366.

## Add an Important Item to Your Back-to-school List.

For parents, back-to-school season means it's time to stock up on school supplies. But it can also be a good time to think about how to save for your child's future education.

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million cut in home delivered meals authorized under the Older Americans Act. How those cuts trickle down to local programs and affect seniors varies from state to state. In the end a specific program decision to cut services depends on what other funding sources are available and what other obligations the program must meet.

In Nebraska, the federal Area Agencies on Aging had been bracing for sequester cuts, but Rod Horsley, executive director of the South Central Nebraska Area Agency on Aging in Kearney, told me that left-over funds from previous years will prevent the sequester cuts at least for this year.

Some parts of the country will see reduced services very soon. In New Haven, Connecticut, for example, Kathy Pontin who directs the meal program, say she must cut her budget by five to six percent to comply with the sequester. That means 5,500 fewer meals served next year. She knows her waiting list will begin growing again, but she says you can't call someone and say "Guess what! You're not going to get a meal any more."

Nebraska is hardly out of the proverbial woods, though. Horsley explained Nebraska programs might face funding shortfalls next year. Rural Nebraska counties have lost population according to the 2010 Census, and the federal funding allocation for the meal programs is based on the number of people age 60 and older. As that population goes down, so do funds, which means other sources like local and state governments or community fund raising must fill in the gaps. "It's not a beautiful picture by any means," Horsley said.

Some programs offer a private pay option that allows families to buy meals when no government-funded slots are available. Program directors say fewer and fewer people are able to pay privately as families find it hard to come up with the money to pay for meals for their loved ones.

It's not uncommon for a person to begin paying privately, but stop when funds run low. When they stop the meals, they usually don't say they can't pay for them. Most elders don't like to admit they have no money for food.

Home-delivered meals financed under the Older Americans Act are free to anyone over age 60 and who demonstrates a need for the program (often determined by assessment forms and point scores). But recipients often make voluntary contributions toward the meals. Those, too, are going down.

The Center for Effective Government argues that cutting funds for food, which is so basic to the health of the elderly, may be pennywise and pound-foolish. Cutting funds for meals-on-wheels will end up costing the government some \$479 million over the next seven months in nursing home costs paid by Medicaid. Malnutrition is a major reason for costly hospital and nursing home admissions and readmissions.

"We're cutting the very basic needs of human beings at a time when we're trying to cut health care costs," says Christie Hinrichs, president of Tabitha Health Care Services, a meal provider in Lincoln.

It isn't just some bloated bureaucracy that gets hurt by the sequester. Those affected may well include real people in your own communities and your own families."

# Caring for Carol Anne

**Eric Crump, LPN, Vice President of Business Development for Angmar Medical Holdings, Inc.**

**Submitted by Angel Care Home Health**  
I never really knew Carol Anne. She was one of those people from my hometown that I knew “of,” but never actually met. I know she had worked for our area district school system office. I had also seen her at the county hospital in her capacity as the volunteer coordinator. She was single and without children. Her immaculate dresses and social parties were legendary in our small town.

I never saw her for many years until I accepted a position as a floor nurse at Ebenezer Senior Living Facility. She was now the resident of room 201. She was energetic, talkative, friendly, and confused. After about two weeks, she had settled in a routine of following my medication cart down my hall during the

short choppy motions with her hands and sometimes smiled or grunted. As facility supervisor I also did resident wound care. I began each day by bathing Carol Anne and applying protective creams. She was always the first one dressed on the weekends and positioned by the unit one nurse’s station.

As a special treat for the men at Ebenezer, I set up a “barbershop” at the nurses’ station. The CNAs would bring in all the men for their “appointments” and I would give them a hot lather shave complete with a hot towel and aftershave. Before each man was positioned, I would always turn to Carol Anne for a consult and a smile. She would really try her hardest to communicate during that time.

Another reoccurring activity was Saturday afternoon reading time. I would have all wheel chair and bed bound residents brought into the parlor room and I read a chapter or



**Eric Crump, LPN, Vice President of Business Development for Angmar Medical Holdings, Inc. Photo submitted**

accent for the queen. Each time Carol Anne would either smile or squeeze my hand.

After ten months of working every weekend, I got the opportunity to move our family to Hilton Head, SC, and manage a startup non-skilled home aide agency. I was ready for the challenge and this role defined my later career.

My good friend Carolyn from Ebenezer called me in October of that year to tell me Carol Anne had passed away due to complications from Pneumonia.

I never really knew Carol Anne...

**About the Author:** Eric Crump, LPN, is Vice President of Business Development for Angmar Medical Holdings, Inc., one of the largest home health agency networks in the country, which includes Angels Care Home Health in Lincoln. For more information about Angels Care’s Alzheimer’s Disease Management Program and how we can serve your home care needs, please call 402-328-0048 or visit [www.angelscarehealth.com](http://www.angelscarehealth.com).

morning med pass. She discussed each resident as I prepared their medications. Her running conversation was always the same; she could help me until “her mother picked her up and took her home”.

After almost a year of “working alongside of Carol Anne,” my wife was promoted to a position that caused our family to move about 90 miles away. I left Ebenezer and worked for a nonprofit skilled nursing facility in Thomasville, NC. After eight months, Ebenezer called with an offer to work a Baylor weekend shift of two twelve hour Saturdays and Sundays as a weekend nurse supervisor. I jumped at the chance.

Carol Anne was now non-verbal and in a Geri-chair. She made

## Tips on staying healthy as you age

(NAPSA) - There’s good news for individuals who are concerned about their health and fitness. There are simple steps to help them maintain a healthier lifestyle.

Experts say as you age, it’s important to stick with healthy eating habits and get regular physical activity. That’s because staying at a healthy weight may lower your risk for type 2 diabetes, heart disease and some cancers. Regular physical activity may help ward off depression and keep bones and muscles healthy.

### Get the fuel you need

- Eat more fruits, vegetables, whole grains and lean meats. Eat less white bread, rice and pasta made from refined grains. Avoid foods with added sugars or solid fats like shortening and butter.

- Choose high-fiber foods, like whole-grain breads and cereals, and vegetables with deep color, such as kale and sweet potatoes.

- Stay hydrated: drink Tea, water, low-fat milk and other unsweetened drinks.

### Enjoy movement and physical activity

- Make physical activity part of your daily life. Take short walks throughout your day.

- Raise and lower arms and legs to strengthen your muscles. You can do this while seated.

- If you live in an assisted living or retirement facility, ask if the fitness center offers a free health checkup and fitness program.

### Be good to yourself

- Get enough sleep.
- Join a walking group or other social group.
- Stay in touch with family and friends.

two of Roald Dahl’s book The BFG. I would use a booming giant’s voice for the BFG and a really bad British



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## Cancer survivors share tips

(NAPSA) - Tips for cancer patients from other cancer patients and caregivers.

1. Communicate needs, expectations and limitations ahead of time. Warn loved ones about any change in appearance. “Let them know that you are okay with it and they will be, too,” said Carol Notermann, an ovarian cancer survivor.

2. Join an online cancer community, such as WhatNext.com, where you can connect with others on a similar journey. “Connecting with someone who shares your specific

diagnosis makes a huge difference,” said Carol Haines, colon cancer survivor.

3. Ask for help with real tasks. “You will feel relieved, they will feel needed and quality time will be spent together,” said Makiko Fliss, a breast cancer survivor.

4. If you cannot make it to certain festivities, go via video chat, Skype or FaceTime. “Video chat allows you to see and hear everyone from the comfort of your home,” said Greg Pierce, a three-time cancer survivor.



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# Rural Adams wine keeps winning state awards



Russell demonstrates his juicer, where the grapes are pressed to release the remainder of their juice. Gerry Baksys/VOICE NEWS

invested in a de-stemming/crushing machine, and what took a shed full of people four hours to accomplish, takes the two of them 20 minutes.

What comes next depends on whether Russell and Karen are making a red or white wine.

"With white grapes," Russell said, "you pick those, crush and de-stem them and press them right away; so you only ferment the juice."

"With red grapes, you pick,

then crush and de-stem them, and ferment the grapes with the skin still on for two or three days, then you press the grapes to get the juice. That's where you get the color of the wine; the deep red color is from the grape's skin."

Once pressed, the juice sits in large containers for months, while yeast is added to convert the natural sugar into alcohol.

All wines go through this process, Russell said, and thus all wines are initially dry wines.

"Then right before you bottle the wine you can back-sweeten it," he said. "You make a simple syrup (two cups of sugar to one cup of water brought to a boil) and add that to taste. For some of our sweeter wines, we might use three cups of syrup in a five gallon batch."

Usually, Russell and Karen said they do their bottling in the winter months.

"The wine can sit all fall and clear (let the sediment settle)," Russell said, "and in December through February, that's when we bottle."

Last year, Russell said they made about eight gallons of Edelweiss wine from their own vines, which roughly translates to 36

harvest grapes," Karen said, "and that day is usually really hot and humid and miserable. But they enjoy helping out and the benefits. And our sons (Ben, of Lincoln, and Jon, of Firth) know if they want wine, they have to help."

"We really enjoy doing the rest of it," she continued. "It gives us something to do together in the winter. We turn the stereo on and off we go with our bottling. Of course, you always hope there's a little left over



Russell and Karen have no plans to make wine commercially, but they still have a cool-looking sign.

when you're done so you can sample."



Russell and Karen show off some of the many ribbons and medals their wine has one at the Nebraska State Fair, and from the Nebraska Grape Growers and Wine Association.

bottles. This year, they bought 12 buckets of St. Croix grapes, and expect to turn that into 30-35 gallons of wine.

"Five gallons usually turns into two cases of wine, or 24-25 bottles," Russell said.

## A good hobby

While wine making can be labor intensive, there's nothing Russell and Karen would change about the process; at least, not since they bought the de-stemmer/crusher machine.

"Your friends come out to help

## The history of making wine

Some say it was the Greeks. Some claim it was the Egyptians. Biblical scriptures declare Noah as being the creator of the first wine. Personally Dionysus, son of Zeus, gets our vote.

Whoever and whenever, wine drinkers are galactically grateful. This liquid panacea ("remedy for all ills") makes men invincible, women beautiful, and the world soooo much nicer.

Wine in the true definition of the word means fermented grape juice, however generally almost any fermented vegetable product could be referred to as "wine." Consider for example blackberries, strawberries, any-kind-of-berries, dandelion flowers, barley, figs, apricots, apples and elder-flowers. Even honey, which is a by-product of flowers, ferments to become mead. I hear they can even make ice wine now although it must be a challenge getting the ice to ferment.

The art of making wine seems to have been developed in the Mediterranean area. Other regions and countries have since acquired and refined the art and some countries, which shall remain unnamed, claim to have developed the art of winemaking to perfection (France). In any case, the more grapes they grow, the more wine they make and the happier we are.

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~ Robert Louis Stevenson



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