Jack

Files

4/16/75

Warren-

As far as I know, we've not had any suggestions from Pam Needham on this?

Is it important? yes

Shall I follow it up with her? yes

HCD

4/18/75
checked with Needham
asked her to follow up

EXECUTIVE
HO 53

THE WHITE HOUSE
WASHINGTON

HCD

4/15

Bill-

Did Pam Needham come up with any good ideas on this?

HCD

I haven't seen any yet.

February 24, 1975

MEMORANDUM FOR: PAMELA NEEDHAM

FROM: WILLIAM NICHOLSON

SUBJECT: Senior Citizen Month

We are planning the President's May calendar now and if you have any particularly interesting ideas on how the President could honor Senior Citizens other than issueing the usual proclamation, I would like to receive them.

Thank you.

EXECUTIVE
H053

May 2, 1975

Dear Mr. Hall:

President Ford is pleased to send warm greetings to all who will be gathered for the Fourth National Centenarian's Reunion at the First Church of the Nazarene on May 18, 1975.

Older Americans have contributed much to our Nation's proud heritage, and the President is confident that with their continued wise counsel we can indeed move forward in raising the quality of life for all our people. With the enclosed copy of his proclamation for Older Americans Month, the President sends his best wishes for a most enjoyable occasion.

Sincerely,

Eliska Hasek
Director
Office of Presidential Messages

Mr. Hadley Hall
President
Advisory Council
National Centenarian's Fellowship
2203 Dixie Highway
Louisville, Kentucky 40210

Enclosure: P's proclamation of Senior Citizens Month

EH:SLM:ms

May 18

Date: 4/24

TO: CLARA HYATT

Could you please prepare a reply for the appropriate White House Staff member's signature as follows:

(1) On President's behalf ✓

(2) Simple acknowledgment _____

(3) Polite regret _____

(4) Special Instructions _____

Enclose Proclamation

Eliska Hasek

17 encl
Message
May 1975
Dw

EH

National Centenarian's Fellowship

2203 DIXIE HIGHWAY • LOUISVILLE, KENTUCKY 40210
PHONE 502-778-4536

4-22-75

The Hon. Gerald Ford, President
The White House
Washington, D. C.

Dear President Ford:

It is time once again, for the National Convention of Centenarians which we have at our Church each year. The enclosed folder is our news-sheet for the Reunion this year.

Each year, one of our "Old Timer's" reads your Proclamation, proclaming the month of May as Senior Citizens Month. Your office is kind enough each year to send us a copy of the Proclamation. It would be wonderful to have just a word of greeting from you to these wonderful folks. Each year we establish a new record and make history in the only Centenarian Reunion, that we know of in our nation.

Thanks for your help and coperation, and may God give you good health, grace, strength and wisdom to lead our great nation .

Sincerely,
Hadley Hall
Hadley Hall, President
Advisory Council

WHITE HOUSE
MAIL ROOM

1975 APR 24 AM 9 58

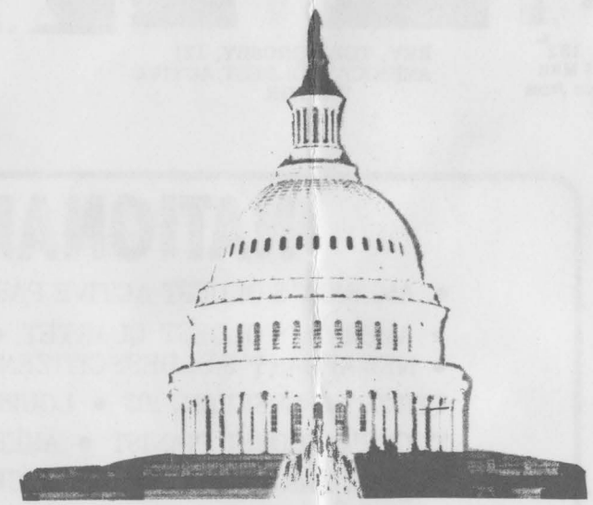
THE WHITE HOUSE

1975 APR 24 PM 1 29

PRESIDENTIAL
MESSAGE OFFICE

WELCOME TO THE
FOURTH

NATIONAL CENTENARIAN'S REUNION



SUNDAY, MAY 18, 1975

10 A.M. - 12 NOON

First Church of the Nazarene

2203 DIXIE HIGHWAY LOUISVILLE, KENTUCKY

First Church of the Nazarene

2203 DIXIE HIGHWAY LOUISVILLE, KENTUCKY

SUNDAY, MAY 18, 1975 – 10 A.M. - 12 NOON

CHARLIE SMITH, 132
* America's Oldest Man
Slides & taped message from last year's visit.

REV. TOBY CROSBY, 121
AMERICA'S OLDEST ACTIVE PASTOR

AMERICA'S OLDEST CHIOR- THE SINGING CENTENARIANS
103 to 132

AMERICA'S OLDEST QUARTET– THE CENTENARIANS
HARRY LEE HARRIS 104-CHARLES KERN 103
LOLA THREKELD GRUBBS 103- AMANDA ROSS 107

FRANK SMITH
106

NATIONAL CENTENARIAN'S REUNION

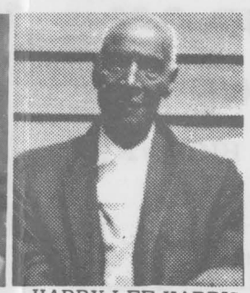
• AMERICA'S OLDEST ACTIVE PASTOR – Rev. Toby Crosby, pastor Church of Our Lord and Saviour, Palatka, Fla.
• AMERICA'S OLDEST QUARTET • LOUISVILLE'S OLDEST RESIDENT, 109 • KENTUCKY'S OLDEST CITIZEN 109
• NEW ALBANY'S OLDEST CITIZEN & SINGER • LOUISVILLE'S OLDEST WORKING MAN • JEFFERSONVILLE'S OLDEST CITIZEN & MUSICIAN, 103 • LOUISVILLE'S OLDEST FIDDLER, 103 • KENTUCKY'S OLDEST GARDNER, 106 • KENTUCKY'S OLDEST PIANIST • AMERICA'S OLDEST TRAVELER, 112 • AMERICA'S OLDEST FARMER, 101 • AMERICA'S OLDEST BANKER, 101 • SIXITY CENTENARIANS HAVE BEEN INVITED FROM ACROSS THE NATION TO PARTICIPATE •

WELCOME to the only NATIONAL CENTENARIAN'S REUNION

ALICE KING
101

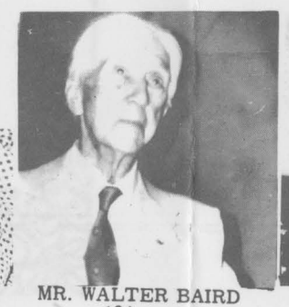
THOMAS DOWELL
101

ELIZABETH ELLIS
106



HARRY LEE HARRIS
104

MINNIE MILLER
108



MR. WALTER BAIRD
101

LOLA THREKELD GRUBBS
103

CHARLES KERN
103

MR, ALBIN ELERCHT
101

AMANDA ROSS
107

EXECUTIVE

H053
WES

May 2, 1975

Dear Miss Davis:

President Ford has asked me to thank you for writing to him about the special edition of the local paper which members of the Harrison County Council on Aging are preparing in recognition of Older Americans Month in May.

Older Americans have played a vital role in the growth and development of our Nation, and the President is confident that their collective experience and spirit of determination will continue to be of great value to future generations. With the enclosed copy of his proclamation for Older Americans Month, the President sends his best wishes.

Sincerely,

Eliska Hasek
Director
Office of Presidential Messages

Miss Bina S. Davis
Program Director
Harrison County Council
on Aging
Bethany, Missouri 64424

Enclosure: P's proclamation for Senior Citizens Month

EH:SLM:ms

Hold in Suspense
(May 1, '75)

Date: 3/21

TO: CLARA HYATT

Could you please prepare a reply for the appropriate White House Staff member's signature as follows:

(1) On President's behalf ✓

(2) Simple acknowledgment _____

(3) Polite regret _____

(4) Special Instructions _____

Pls enclose cy of Older American's ~~Dr. Citizens~~ proc -- when released.

Eliska Hasek

35 Msge

Harrison County Council On Aging

Services and Activities for Senior Citizens

Telephone 425-3220

Bethany, Missouri 64424

EH

Mr. Gerald L. Ford, President
United States of America
Washington, D.C. 20515

Dear Mr. President:

The Harrison County Council on Aging is planning for the third special edition of the local paper in recognition of Older American's Month, in May.

We thought, perhaps, you would like to send greetings to the senior citizens of this area through the special edition of the paper.

Senior citizens take the responsibility for selling the advertizing, preparing the copy, and taking the pictures which makes this edition possible--so it really is their edition.

We are sure they would be most grateful if you have time to send a short greeting.

Very truly yours,

Bina S. Davis
Bina S. Davis, Program Director
Harrison County Council on Aging

BSD:gw

Harrison County Council On Aging

Services and Activities for Senior Citizens

Telephone 425-2220

Bethany, Missouri 64424

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United States of America
Washington, D.C. 20515

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Very truly yours,

Bina S. Davis, Program Director
Harrison County Council on Aging

BSD:gw

cy

EXECUTIVE
H053
PR10

May 2, 1975

Dear Mr. Powell:

President Ford was pleased to receive your thoughtful letter advising him of the luncheon to be held on May 23 for your community's "Outstanding Senior Citizens." He has asked me to convey his warm greetings to all who will take part in this event -- with special regards to your guests of honor.

Older Americans have played a vital part in the growth and development of our Nation, and it is a source of deep satisfaction to the President that, with the help of fine people like you, their collective experience and spirit of determination will continue to be of great benefit to future generations. Along with the enclosed copy of his Older Americans Month, 1975, proclamation, President Ford sends you and your associates his best wishes for the success of your efforts.

Sincerely,

Eliska Hasek
Director
Office of Presidential Messages

Mr. Harry C. Powell, Jr.
President
Lehigh Acres Development Inc.
201 East Joel Boulevard
Lehigh Acres, Florida 33936

Enclosure - Release of 5/1/75, Older Americans Month

EH:SEV:em

B

85
MV

Moge

Lehigh Acres Development Inc.

201 East Joel Boulevard
LEHIGH ACRES, FLORIDA 33936

Telephone 369-2121

HARRY C. POWELL, JR.
President

EH

April 8, 1975

President Gerald Ford
The White House
Washington, D. C.

Dear President Ford:

Each year our community honors those "Outstanding Senior Citizens" who have played a vital part in the growth and development of our community.

We will be honoring them at a special luncheon to take place on Friday, May 23rd in Lehigh. In the past, your office has been most gracious in forwarding each of them a letter congratulating them on the special recognition they will be receiving, in conjuction with a proclamation issued in May each year recognizing older Americans in the United States.

This has been observed since January of 1961 and we would very much appreciate it if you might be able to forward a letter in care of me for each of the following citizens who will be recognized:

Mrs. Minnie Stransky
199 Archer

Mr. & Mrs. Carl Shipley
C/O Sunshine Villas

Mr. & Mrs. Henry Lepien
115 Alcala Avenue

Mr. & Mrs. John Hackett
821 Joel Boulevard

Captain & Mrs. Zitzewitz
1220 East 3rd Street

Reverend & Mrs. Lavern Merritt
900 Alcala Avenue

Mr. C. G. McProud
111 Hollywood Avenue

Mr. & Mrs. Victor Griffin
1605 Country Club Parkway

Mrs. Valeta Mays
107 South Maple

Sincerely,

Harry C Powell Jr.

Harry C. Powell, Jr.
President

HCP/ddh

WHITE HOUSE
MAIL ROOM

1975 APR 19 AM 10 58

EXECUTIVE
4053

May 2, 1975

Dear Mr. Schey:

Through the thoughtfulness of Mr. James T. Sykes, President Ford has learned that the Colonial Club of Sun Prairie will hold its sixth annual meeting on May 28. He is pleased to send warm greetings to all who will attend.

Older Americans have played a vital part in the growth and development of our Nation, and the President is confident that their collective experience and spirit of determination will continue to be of great benefit to future generations. He commends the members of the Colonial Club for their active interest in all aspects of our economic, social and political life and, with the enclosed proclamation, sends best wishes for the years ahead.

Sincerely,

Eliska Hasek
Director
Office of Presidential Messages

Mr. Emden Schey
President
The Colonial Club
Post Office Box 134
Sun Prairie, Wisconsin 53590

Enclosure

- rel of 5/1/75, Older Americans Month Proc.

EH:SEV:em

May 28

Man who is on Board of Aging for State of Wis. suggests President send message for 6th annual meeting of the Colonial Club, senior center, on May 28. On checking back-up he encloses, I see that writer is also on board of the Club which is headed by local realtor. See attached file on realtor who has written in on several complaints.

To CH for staff message obh encl. copy of Older Americans Proc. ✓ ? ck 4/18

for May 28 1975

State of Wisconsin \ BOARD ON AGING

1 WEST WILSON STREET
MADISON, WISCONSIN 53702
(608) 266-8861

LOREN J. CLOSE
EXECUTIVE SECRETARY

April 14, 1975

The Honorable Gerald Ford
P R E S I D E N T
The White House
Washington, D. C.

Dear Mr. President:

The Colonial Club, a multi-purpose senior center in Sun Prairie, Wisconsin is holding its sixth annual meeting on the 28th of May.

The accomplishments of this exciting senior center--marked by its comprehensive services to older adults throughout Eastern Dane County--are well known in Wisconsin. The center has become an inspiration to other communities seeking to develop excellent programs for older people.

I know the older people of the Colonial Club would be proud to receive your congratulations on their tremendous achievements. Should you wish to send a letter, it should be addressed to Mr. Emden Schey, President, The Colonial Club, Post Office Box 134, Sun Prairie, Wisconsin, 53590.

The enclosed annual report of the center may be helpful in noting the outstanding program of these imaginative older people.

Very truly yours,

James T. Sykes

James T. Sykes

State of Wisconsin / BOARD ON AGING

1 WEST WILSON STREET
MADISON, WISCONSIN 53702
(608) 266-8861

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EXECUTIVE SECRETARY

April 14, 1975

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Very truly yours,

James T. Sykes

U.S. HOUSE OF REPRESENTATIVES
OFFICE OF THE MINORITY LEADER
WASHINGTON, D.C. 20515

OFFICIAL BUSINESS

Gerald R. Ford
M.C.

Supplement to: Sun Prairie Star-Countryman and The Advertiser Jan. 30, 1975; The Independent Jan. 31, 1975

- FIFTH ANNUAL REPORT -

THE COLONIAL CLUB

Service Brings Success

"Thank God I Have a Place to Go"

"Although I am handicapped, I've always felt that I have been accepted and not ignored."

"I don't know what I would have done if it hadn't been for the Colonial Club."

"The Colonial Club has become a very important part of my life."

These are some of the comments made recently at the center by people active in the programs of the Colonial Club. They are representative of the kinds of comments made often at the senior center.

Clearly, the Colonial Club fills a very important place in the lives of hundreds of older people living in the Sun Prairie area.

The daily average attendance, now over 100, reinforces the fact that the center meets peoples' needs.

The fact that more than 50 take lunch at the center each day indicates that a balanced meal, served in a pleasant setting, means more than calories and nutrition.

The number of people who have learned new skills, or have taught others new skills — in ceramics, chair caning, painting, pool, conducting a meeting, taking a pulse — is large and growing every day.

Increasing numbers of older people volunteer to do everything from putting out 1900 issues of the monthly newsletter to leading singing or delivering a meal to one who is ill. Most of the volunteers are themselves older people, helping one day and receiving help another.

The story of the Colonial Club is a story of change, or new programs, new faces, new services, new experiences. But the real story is found in the lives of older people.

For some the Colonial Club means help with meals, health or transportation. For others it's companionship and friendships. For all it means something to do, someplace to go, someone to be with.

Elderly Housing: It's Here!

For 67 senior citizens life has taken on new meaning. "Everything is new and wonderful," one delighted resident said. She went on "It's everything I expected and more."

The residents are talking about Colonial Acres, the elderly housing apartments which have been added to the Colonial Club site. The complex is nearing completion with seven units occupied and three to go. When all are completed, Colonial Acres will be "home" to about 100 older persons.

The housing program is the fulfillment of a dream and an end to the frustration of waiting for the federal government to act. The dream from the very first days of the Colonial Club has been for elderly housing near the center. The frustration has arisen out of the failure of several attempts locally to receive federal support for housing for the elderly.

The Wisconsin Cheeseman, then, decided that senior citizens had waited long enough. The decision to build the needed units was welcomed by the many older people who needed more appropriate housing.

"The morning coffees, the talking together during laundry time, the caring for one another during periods of illness or grief — all of this is what makes the Colonial Acres neighborhood the wonderful place it is."

"But it's being close to the Colonial Club that makes this such a nearly perfect community," another resident pointed out.

Certainly the people living in the apartments play an active role in most center activities, while in time of need it's the Colonial Club that can provide the services or counseling or the hot meal.

Such a sense of community — working and helping together — is what makes Colonial Acres "everything expected and more."

Seniors Direct Dynamic Program

Hardly a day passes that does not include a committee meeting of some kind. Three members can be found in one corner evaluating the food service while in another room seven members are planning next month's program. In the office five members are attempting to solve a thorny transportation problem.

Day in, day out, the Colonial Club is active with older people planning, scheming, evaluating, calling, writing, deciding on what the Colonial Club will do and how and when.

It's a dynamic process in which many have a say, although some prefer simply to attend. Others are at work on two or three committees. Assisting the committees plan and carry out the plans are staff members, each of whom is assigned to a committee.

At the heart of the process is the Advisory Council, the town meeting of the Colonial Club, where all new ideas are first discussed and all major program decisions made. Assisting the Council in its work are a number of standing committees reviewing the food service, transportation, community services, social concerns, and the greenhouse.

In addition, every special event requires the planning of a special committee — committees which meet for a specific purpose, report and disband.

The Board of Directors, elected by the members, assumes general policy responsibility and sets, raises and accounts for the budget. The Board publishes the annual report and calls the annual meeting.

Recently, three committees met together to discuss 1975 program needs and to "air" concerns about the present building, program and services. A lot of new ideas came out of those sessions — fuel for the committees to use in setting goals for the new year.

The Long-Range Planning Committee called in "experts" in the field to share their ideas about the future shape of programs for the elderly. Those sessions led to more discussion about present programs and about how the Colonial Club can better serve its geographic area.

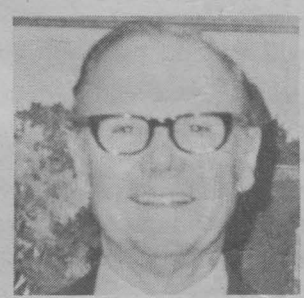
"There's always something going on at the Colonial Club where people come together to make things happen. It's the kind of organization in which any one who wants to can have his say and, after accepting committee responsibility, can help determine the future of the center." That's how one active member of the Advisory Council described this dynamic organization known throughout the state and nation and "one of the finest."

"With so many fine people working at it, how can we miss?" another asked. "We will continue to succeed because so many care and so many share in the Colonial Club in so many ways," Jim Sykes, project director, concluded.

The Community and the Colonial Club: APPRECIATION IS A TWO-WAY STREET

ORFAN

BLASER



CONRAD

"There is something for everyone."
"It's the best money spent in the community"
"I'd do just about anything to see it continue."

Three community leaders were talking about one senior center, Sun Prairie's Colonial Club.

In an effort to sample the community's attitude about the center, I talked with two members of the City Council and a leading businessman. Their views reflect a very positive feeling within the community toward "their" Colonial Club.

Commenting upon increased City Council support of the center, Alderwoman Jo Orfan said "It's the best money spent in the community. The City could not begin to put together the facility and services provided by the Colonial Club on its own.

"The majority of people we are serving stood by the community during their active productive years. It would be unjust if the City, as a muncipality, did not stand by them. We owe them a debt," she continued.

"The greatest need we all have is to be needed," Mrs. Orfan went on." Once an older person feels he is useless the battle is lost.

"The coordinated effort of a multi-purpose center brings people's lives into perspective. For example, the Foster Grandparents program I have read about. It used to be natural to be a grandparent after being a parent was no longer of prime importance. But with the all-too familiar patterns of mobility in today's world this has changed. To some children, I suppose, grandparents are a package at Christmas or a Thanksgiving dinner."

Louis Blaser, a leading member of the Council, views the function of the center in two ways : as a citizen of the community and as a potential user.

"The center is a significant part of the lives of many of our older citizens. It is used as a rallying point for fellowship, food, comfort and a place to make one's life more meaningful."

"Probably the greatest service, from the city's viewpoint, is the borderline cases: those people whose finances or health are on the edge. The services provided by and through the center delay the time when an individual may have to give up his or her home or leave the community."

Alderman Blaser noted that those who can afford services at the center pay for them through their contributions. "There is something for everyone," Mr. Blaser added.

Joe Conrad, a long-time supporter of community activities, is enthusiastic in his support of the Colonial Club. "I would do just about anything to see it continue," he stated emphatically.

Mr. Conrad sees the influence of the center in the participants who change their outlook from the down and drab to a positive attitude. **"Anyone can benefit from planned activities, but for people who sometimes suffer from a 'nobody cares' syndrome the lift is noticible.**

"The free transportation service enables some people to get to doctors, shop for bargains or just be more independent," Conrad observes. "I see elderly people shopping at the store who were often neglected. Now many are taking a renewed interest in life," said Mr. Conrad.

Members: *"Be of Use to the Community"*

There's a strange rumor in town that you have to be old to go to the j Colonial Club. If "young" Jack Kennedy were alive today, he would be able to attend center activities. There are many very important participants in the Colonial Club who are just over 55, the age limit. I talked with some of these "younger" older people and began to realize how broad a range of ages are present at the center.

Bernie Webb and his wife, Helen, reside at Colonial Acres. Helen wasn't home from her job as a department supervisor at Gimbels, but I soon was talking to Bernie about his many activities.

Bernie serves as Chairman of the Community Services Committee, on the Advisory Council, the Welcoming Committee and was recently appointed by Governor Lucey to an important state committee.

One of Bernie's volunteer activities is to visit shut-ins and handicapped persons some of whom "resent the world." Bernie, with the persuasiveness of the former politician that he is, tells them to "come on, be of use to the community. You can do what you want;" he'll say, "sit here and be isolated, drop out of existence or go on as though nothing has happened."

Bernie should know. He is blind.

Seven years ago at the age of 55 Bernie was looking forward to several more years as city assessor and building inspector in a northern Wisconsin city. Then he discovered he had glaucoma and, in less than three years, he was totally blind. "My friends, daughters and wife were afraid I wouldn't accept it," Bernie recalls. But he has.

"How did you get to Sun Prairie," I wondered. When Helen had the opportunity to work in Madison, their daughter found them an apartment on Main Street. Mrs. Broome, the ever-present welcoming lady, turned their names in to the center. Soon a Colonial Club staff person was at their door.

"You're not one to be sitting around," the outreach worker said. "We can use you down at the center."

Bernie would be the first to admit he didn't arrive at his new world alone. "The companionship of the people at the Colonial Club provides invaluable support. From the beginning I was accepted the way I am and not ignored," he added. From then on Bernie could be Bernie.

One recent very cold and blustery day a knock at the back door brought me face to face with a comfortable-looking meter man with a well-traveled smile. Carroll Evans, a vigorous sixtyish, works about eight or nine days a month. This leaves him time to help plan Colonial Club tours, or, when he and his wife, Roshara have a mind to, travel a bit on their own.

"Carroll has a lot of ideas and a good grasp of what needs to be done when it comes to tours," Katherine Sturtz, center director, said. "Having traveled a great deal, both of the Evans have contributed a lot to our tour planning," she added.

At first Roshara Evans began to fill in for her husband when he had a committee meeting at the center which he could not make. "Soon I found myself Chairman of the Program Committee," she noted. She found herself involved in much the same way so many have at the center.

Mrs. Evans feels there are so many activities at the center "you can pick and choose as you're inclined." She also believes the center is a very important source of stimulation to people like her father who now resides in a nursing home.

"Roshara combines both fresh ideas and a deep concern for older people in a wonderful manner," emphasizes Mrs. Sturtz.

One of many community projects members participate in is the Colonial Club-sponsored Boy Scout Troop.

Barbara Bir, one of many volunteers, has written the articles for this page. She has interviewed older people, written articles, and served as a volunteer driver from time to time for the center. The Colonial Club is indebted to Barbara and a hundred other dedicated volunteers.

COLONIAL CLUB SERVES AS HUB FOR SENIORS

MORE FUN THAN KID FUN

"I hope that place is still there when I grow old. It's more fun than kid fun." That outburst of feeling came from a tousled-haired, freckled-faced nine year old.

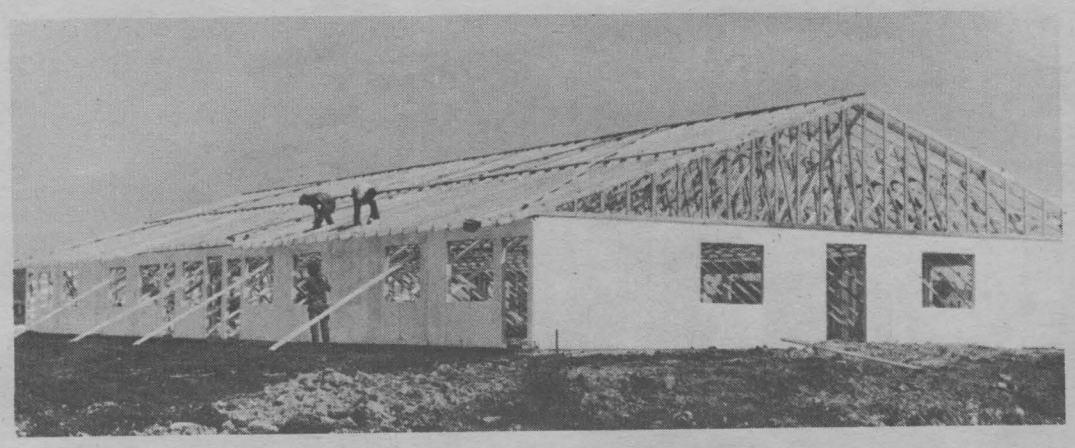
The practice session with the Kitchen Band was "neat." The "swinging" band-members had let the boys try out the various instruments and the two groups weren't ready to end the rehearsal yet.

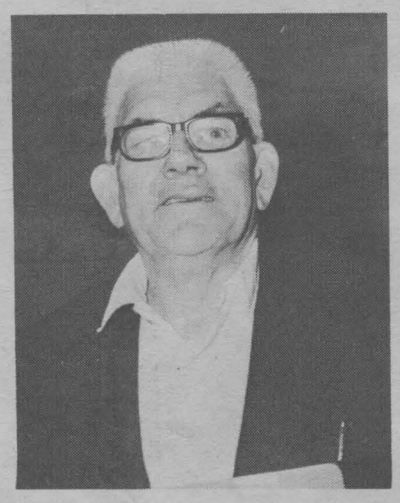
But I finally persuaded my charges, a covey of Cub Scouts, that we had better be getting home. After all, I had told their parents that we only would be at the Colonial Club for 45 minutes and here it was 90 minutes and still they did not want to leave!

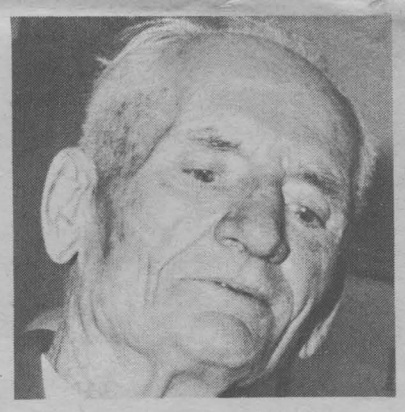
To quote from Kahlil Gibran's **The Prophet** "And is not time even as love is, undivided and spaceless? But if in your thought you must measure time into seasons, let each season encircle all the other seasons, and let today embrace the past with remembrance and the future with longing."

Barbara Bir

COLONIAL CLUB RES







HEALTH: A NATIONAL PROBLEM

"I can't afford to become ill." That comment, heard recently at the center, reflects a national disgrace too tragic to be funny.

The cost of hospitalization for an older person, both in dollars and in the loss of that vital sense of independence, is a national calamity. Older people, still slightly under 10% of the population, pay an average of twice as much for health care as the younger generations.

For many, hospitalization means not rehabilitation and restoration to health, but the beginning of a decline that leads finally to the nursing home where maintaining life seems to be the only goal.

Ill health, loss of independence, the loss of the will to live are part of a chain. A great deal can be done to break that chain that binds so many of our elderly people.

Preventive health screening. Improved nutrition. Programs and services which enhance life and make living worth the effort for people. All of these are possible, but seldom available to older people in most communities.

BUT AT THE COLONIAL CLUB: a recently established health screening clinic provides our participants — their doctors — with valuable information about their health.

From blood pressure to foot care, eye and ear testing and diabetes — all of these are checked regularly at the Colonial Club through the cooperation of the Dane County nurses, local doctors and a lot of volunteers.

There's a lot more that is being done. Regular sessions on various elements of health care are scheduled. Persons with appointments for treatment are provided the transportation. Helping people eat right and enjoy their visits to the center are vital parts of the good health story in Sun Prairie.

Even those living fairly confined lives in nursing homes are brought to the center, or on other days they are visited in their rooms by Colonial members. That's a form of therapy as important as medicine, and a preventative treatment vital to their well being.

HOUSING: A NATIONAL PROBLEM

Finding housing for older people is a severe problem in this nation. At a time when the home becomes too large and too costly to maintain, the older person seems to have no alternative.

Property taxes have risen sharply. The cost of simple maintenance projects has gone out of sight. And the incomes of older people have been cut in half at retirement.

Unfortunately, as older people become unable to maintain their homes, there is no place to go. The cost of apartments is high — where available. The thought of moving into strange new surroundings creates tension. And, in America, most of the older person's children have scattered throughout the nation.

Efforts by the Congress to develop programs and allocations for elderly housing have been frustrated by the administration which cut off funds for elderly housing. Recently, extremely high interest rates has shut off new construction, affecting not only the elderly but also families in need of housing.

BUT AT THE COLONIAL CLUB:

Something is being done.

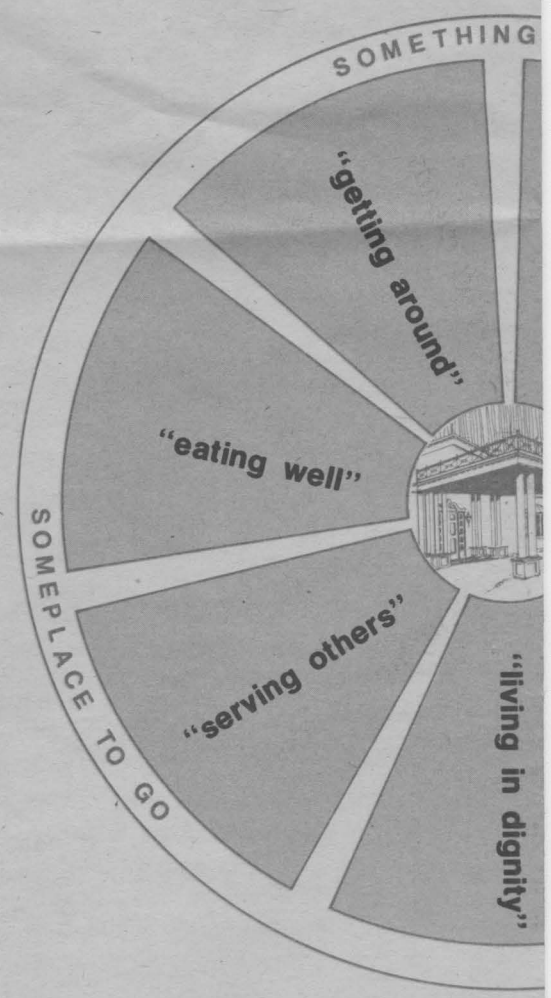
Staff of the Colonial Club assists older people find housing appropriate to their needs. The development of Colonial Acres is a direct response to the established need among older people for housing alternatives.

The elderly want convenient apartments, designed with their special needs in mind. They want warm, maintenance free living.

They want to be near people with similar problems and opportunities. They love the companionship of those of about similar age — to share joys of their children and grandchildren with others.

And when personal needs arise, they want that sense of security which comes from knowing someone nearby cares.

To bring together the best of all situations, housing near a center such as the Colonial Club is nearly ideal.



PONDS TO PEOPLE

TRANSPORTATION: A NATIONAL PROBLEM

"You can't get there from here," is more than a comic answer. For thousands of older people, that's a fact of life. The combination of declining income and increasing physical limitations forces older people to stay at home, to give up driving the car, and to become dependent upon someone else for transportation.

Transportation for people living in rural areas is even more a problem. Services which are terribly important to older people, such as grocery shopping or doctors' appointments, become unavailable due to the lack of transportation.

The myth that older people prefer to stay at home is based on the fact that older people have no choice but to stay at home — at the very time in their lives when they need to be out and about, traveling to services and centers, visiting and being visited.

For the elderly poor the problem is greater. The results on the well-being of the older adult is very apparent. Isolation results, then loneliness, and finally that feeling of being completely left out. The elderly deserve more than this.

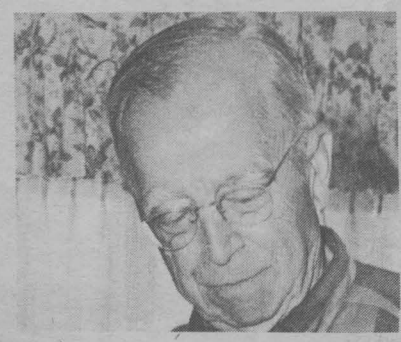
BUT AT THE COLONIAL CLUB: the problem of transportation is no less a problem, but at least there are those who are working to solve it.

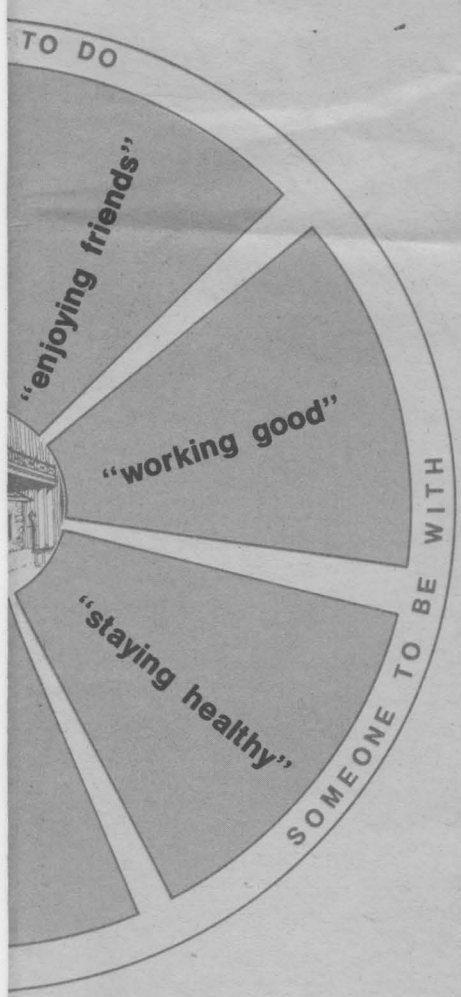
Dane County provided funds for the center to lease a van — a van which travels from the outlying areas to the center.

Through a grant from the federal government, the leased van was purchased last year giving the center a vehicle of its own, one that was driven more than 21,000 miles last year.

All year Marilyn Tobin has accepted calls and found volunteers to provide the essential rides. Fortunately, a number of participants in the Colonial Club are still able to drive and share their vehicles with others.

Even here, with a system that works, the problem needs careful study for better solutions. A newly created transportation committee has begun work on finding long term solutions to the problem.





NUTRITION: A NATIONAL PROBLEM

"Does it have to be?" asks one person over seventy "that meal time becomes the loneliest time of the day?" It's the typical older person who faces retirement years alone, fixing a meal for one, eating in silence, and often existing on tea and toast.

Nationally, the Congress has created a program which attempts to respond to three problems all older people seem to face sooner or later — the high cost of food, the difficulty in preparing a nutritious meal, and the unhappiness of eating alone.

Researchers have shown the positive relationship between nutrition and health. The illnesses of old age are often directly attributable to the poor diet of earlier years. In a nation where the "basic four" are always available, even if sometimes at rather high costs, it is unconscionable that older people — or younger people — should have to face illness with its pain and suffering due to poor nutrition.

BUT AT THE COLONIAL CLUB:

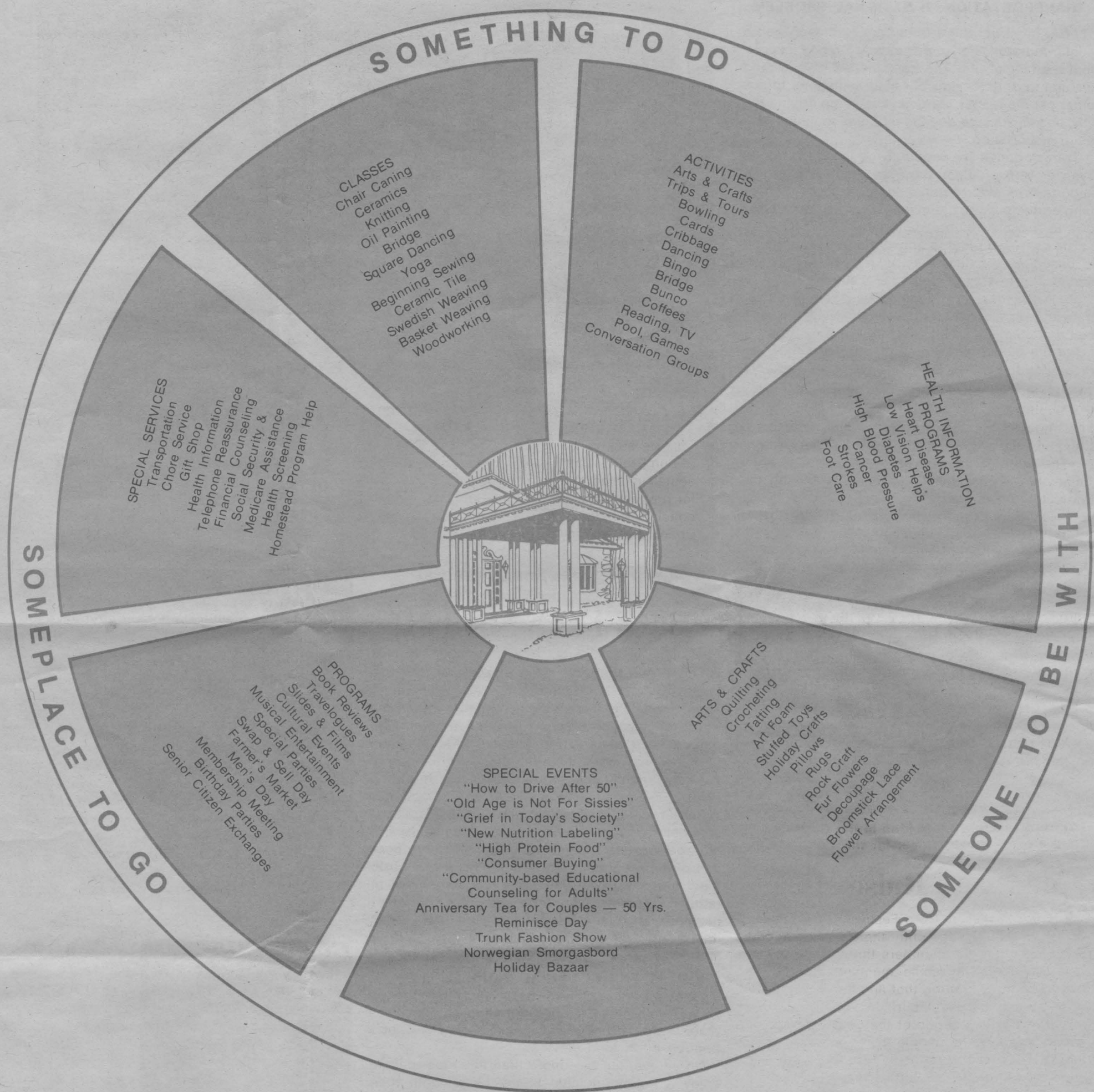
"We're very lucky to have such good food, served so well in such a dignified setting," one diner said recently about the Colonial Club's popular noon food service.

On an average day, more than fifty older people enjoy a delightful meal at the center with their usual group, or sometimes with a new acquaintance.

Because of careful planning, anyone who eats lunch at the center can be assured of a balanced meal, one that usually meets more than half of daily nutritional requirements. "Since my wife died," one man said, "I've relied on about three different foods." That older man now is a daily participant in the Colonial Club's program — and he stays around for cards, information, a project or two and for the fellowship that is always present at the center.

Food at the Colonial Club comes in different forms — both for mind and body — but always well prepared, well served and well appreciated.

1974: A YEAR OF ACTIVITIES AND GROWTH



MORE SPACE NEEDED

Recently two days of discussion were devoted to the future of the center. During those discussions with members, townspeople, and experts in the field of aging, problems of inadequate space were raised again and again.

"We've ample kitchen space, and a lovely lounge," one member said, "but you can't turn around in the shop."

"The worst problem is to find a quiet place for staff to talk with Colonial Club member," a staff person said.

"We have craft items spread all around the center," another pointed out. "The shop is so full of ceramics and upholstery horses, there's no room to work."

"What we need is a room especially for men," one gentleman said, "and I don't mean another men's room."

"What's needed," one summarized, "is more space — for offices, dancing, meetings, crafts and a multi-purpose area for shuffleboard, banquets, lectures and other community events." Who would have believed that the Colonial Club would outgrow its facility so soon?

COLONIAL CLUB THANKS CONTRIBUTORS, VOLUNTEERS, MEMBERS

Volunteers Worth Is $52,000 to Colonial Club

"What's a volunteer worth?" That question raised by a Board member led the staff to analyze the value of volunteers to the Colonial Club. Careful study has led to the conclusion that last year our volunteers saved us $52,000 — costs that we could not have met by any stretch of the imagination.

We have volunteers who work more than 20 hours a week, year round. Others may offer a service as seldom as once a month. But when their services are added together, the total value of volunteers — the amount it would take to hire their work to be done — exceeds our total budget.

The center has "employed" a number of people whose salaries are paid by the Labor Department under a variety of programs. These include people working under "Operation Mainstream," the Neighborhood Youth Corps, and Vocational Rehabilitation.

Graduate students provide an important service, helping us as they gain valuable experience.

The seniors themselves serve one another in many ways from delivering meals to driving their cars for others.

"No one works too hard, because all do their part," Helen Dabel, Community Services Director, said.

Volunteer drivers represent hundreds of hours of time spent meeting transportation needs.

Corn totes are a great idea at the Corn Festival and a great money-raiser for the Colonial Club.

Members Raise Money

In August, it's the Corn Festival and the sale of "corn totes." Each month there's a card party. Every so often, the members throw a special dinner. Day after day some members are at work building this or knitting that and the Colonial Club benefits from all the labor.

A tradition has begun at the center based on a sound idea that the people themselves can create the ideas and produce results from their cooperative efforts at fund raising.

At the Colonial Club the money raised goes for the special equipment, the tools needed for other projects, the unusual event requiring money for which there has been no budget allocation.

The members give so much each year, whether they are involved in a fund-raising event or whether they give of themselves so that others may benefit from the services of the center.

It takes all three — financial support from contributors and government, volunteers giving of their time and cars to help in a hundred ways, and the members themselves doing for themselves and for others. That's the wonderful way that it is at the Colonial Club. Were we to lose any part of our support base, we'd soon tumble like a two legged stool.

I give and devise to the Colonial Club, Inc. of Sun Prairie, Wisconsin, a non-profit service center for older adults, the sum of $ _____ (or property, securities, real estate, insurance policies, etc.) to be used as determined by the Board of Directors of the Colonial Club.

BEQUESTS SOUGHT

In 1974 the Colonial Club Board received notice of two bequests for the center. Although modest, the bequests represent a start toward a goal which has been set by the Long-Range Planning Committee for the center to become less dependent upon annual contributions.

The Colonial Club is an ideal association to which bequests can be made. Its purpose is simply to serve older people. It has established a strong organization capable of achieving its goals. It is responsive to the community it serves. It depends upon the leadership of the older people.

In short, it is a successful, dynamic, growing organization with sound goals and a record of achievement. To move ahead, it will need, in addition to the annual contributions of members, the financial support of many people, including the City and Dane County.

However, the Colonial Club realizes that economic conditions change, political leadership changes, and organizations dependent upon gifts and grants may find themselves without adequate support during difficult times.

The future stability of the Colonial Club and its ability to continue a vital program for older people will rest upon the bequests it receives.

The President of the Board, Emden Schey, has pointed out that the strength of the center is in the large number of people who share in providing the cash needed each year. But, he states, "The long-term success of the Colonial Club will be guaranteed only if the center is able to use the earnings from bequests for programs."

Some people are already making changes in their wills to include the center. Insurance policies can be donated as well as property or cash. The Colonial Club Board is authorized to receive gifts of all kinds. Above is a typical form of bequest, one that can be used by potential contributors. The center invites inquires.

United Way Increases Outreach Support

In increasing its support of the Colonial Club program, the United Way complimented the center for its management, its utilization of volunteers, its broad base of financial support and the success of its program.

The Colonial Club Board was informed that the United Way of Dane County would increase its support of the center's outreach program for 1975.

With United Way funds the Colonial Club has hired four persons to go door to door within Sun Prairie and the outlying townships to find and serve older persons.

Located in Marshall, DeForest, Deerfield, Cottage Grove and Sun Prairie the outreach staff contacts people by phone and visits to explain programs to which they are entitled such as the Homestead Property Tax refund and Supplemental Security Income. They invite older people to take lunch at the center or to become involved in local programs for the elderly.

Directing the community services effort is a committee of the Advisory Council headed by Bernie Webb and staffed by Community Services Director, Helen Dabel.

Contributors Respond

Each year the number of contributors to the center has increased. That's good news to the Colonial Club Board which recognizes the strength of the center is in the fact that many people add their shoulders to the wheel when it comes to annual support.

The financial base of the center is sound because "we have achieved a balance between contributions from members, friends and the business community and support from local and county government," Emden Schey said.

"We're very pleased with the United Way allocation which enables us to fund our outreach program," the Board President went on. "If we could receive allocations from each of the surrounding townships, we would be able to reach every older person in our service area," Mr. Schey added.

The Colonial Club is especially delighted with the level of support from the members. Continuing its policy not to charge for activities or membership, the Board has found that support from among members continues to increase because **more** people give **more** each year.

PEOPLE MAKE IT ALL HAPPEN

The Executive Committee, comprised of the leaders of the Council, determines the agenda for the monthly meetings and provide interim direction to staff on matters of concern to the program. Serving in this role are

Willard Bradley
Helen Langer
Audrey Hildebrandt
Clarence Otto

The Advisory Council provides leadership for the center. Meeting once a month, the Council reviews the program, sets priorities, names special committees to study particular problems and directs staff in the day to day operation of the center. Members of the Council are

Leo Finger
Willard Bradley
Helen Langer
Bernard Webb
Kathryn Main
Harry Grausnick
Fred Huefner
Eleanor Huefner
James "Doc" Weigen
Robert Firary
Frieda Long
Myrtle Whipple
Rosemary Sharpee
Margaret McGonigle
Joe Hanley
George Riley
Adella Kvalo
John Conley
Roshara Evans
William Sunday
Doris Kroncke
Audrey Hildebrandt

Elected by the members, the **Board of Directors** retains over-all responsibility for the Colonial Club. The seven member Board sets the budget, hires staff, determines policy, establishes committees, enters into agreements, publishes the annual report and meeting for the Association. The Board meets about quarterly and as often as necessary to make certain the center operates effectively, meets its obligations and conducts a useful program consistent with the members' needs. Members of the Board include the following

Emden Schey
Clarence Otto
Isabel Bauman
Garvin Cremer
Ed Haberman
Ted Chase
Margaret Tuschen

Food Service is now one of the best run, most useful programs the center conducts. General direction is set by the food service committee which reviews menus, practices, the qualifications of staff members and, with the assistance of staff, makes certain that every day the food service remains of highest quality in every respect. The committee includes

Doris Kroncke
Ginny Weiss
Mary Phillips
Adella Kvalo
Adella Harland
John Mossholder
Elva Dick
Marie Schey

Tours have become a big part of the Colonial Club's program now reaching across the seas and into the deep South. The Tour Committee sets policy, decides on "where, when and with whom," and submits reports to the Board and members on its far-reaching program. The Tour Committee includes

Isabel Baumann
Carroll Evans
Roshara Evans
Dortha Rannetsberger
Alpha Devenish
Lillian Buchner

The dedication, time and effort given by the committee members is the only way a dynamic action program can be carried on by the Colonial Club. But this proves to be a two-way street because by their involvement, committee members find new challenges, new interests, new friends, and new ideas. They stay alert. It is exciting to see the various committees at work. The Directors recognize and appreciate the contributions made by those involved in carrying on a daily program of people caring about people.

Isabel Baumann
Secretary
Board of Directors

Long-Range Planning Committee has been charged with looking ahead to lay plans for tomorrow and to move the center toward a viable, effective future. The members include

Louis Blaser
Willard Bradley
Anita Burr
Robert Devenish
Margaret Tuschen
Margaret Thomas
Fran Leonard
Bart Klotzbach

The Community Services Committee assumes primary responsibility for the outreach program of the center and its broad range of services to people in their homes and in institutions. This active group of concerned members sets the goals for the Colonial Club's expanding and appreciated services to people throughout the area. The members include

Bernard Webb
Sibylle Mitchell
Adella Kvalo
Margaret McGonigle
Audrey Hildebrandt
Mark Krebs
Marie Frodel
Katherine Seltzner
Coletta Retzlaff

The Program Committee has a major job each month determining the calendar of events for the center and making certain all of the hundreds of details are carried out. Not only must this group determine the kinds of programs the people want, but they must also be constantly on the alert to better ways of doing what we already program and discovering new and interesting programs which will add to the pleasure of the people who attend the center. This committee includes

Lillian Buchner
Eleanor Huefner
Nita Meyer
Helen Wahl
Helen Habermann
Dorothy Gerber
Carroll Evans
Roshara Evans
Charles Orvis
Harold Niederer

Property Management is an ongoing concern, but with the effective work of our custodian and the fact that we have a relatively new building, modifications in the facility have been few. However, standing ready to assist the Board in matters pertaining to the center's facility are

Willard Bradley
Irvin Meyer

The Staff

Every center requires the services of a staff dedicated to the goals and responsible to the members. The Colonial Club benefits from the combination of professional staff, volunteers and those whose services are paid for by other funding agencies.

Administration
* James Sykes, Project Director
Katherine Sturtz, Center Director
Helen Dabel, Community Services Director
* Alpha Devenish, Controller

Food Service
Shirley Kreger, Director
Frieda Shimniok, Assistant
** Adella Kvalo, Coordinator

Building Service
Harold Gerber, Custodian
Dorothy Gerber, Assistant
Genevieve Bagley, Assistant

Secretaries
Carol Clancey, Tours
** Dorothy Adams

Student Aides
** Laurie Halverson
** Debbie Schroeder

Outreach
Charlotte Waymire, Sun Prairie
Linda Moe, DeForest area
Helen Langer, Marshall area
Genevieve Peacock, Deerfield/Cottage Grove

Chore Service
** Don Schultz
** Jayette Schultz
Bob Wake
Mike Crawford

Drivers
** Bill Sunday
* John Conley
* Marilyn Tobin, Coordinator

Graduate Assistants
* Jane Munger
* Elizabeth Stone
* Wendy Loftus

* denotes volunteer
** funded by other sources

The Welcomers play an important role in helping newcomers feel welcome and at home at the Colonial Club. They also reach out to find people new to the community or those who have not yet found their way to the center. The Welcomers include

Bernard Webb
Adella Kvalo
Helen Haberman
Katherine Seltzner
George Riley
Myrtle Whipple
Marge Baumgart
Charlott Waymire

The transportation services of the Colonial Club are under general review at this time with attention being given to both present and future needs. **The Transportation Committee** will include representatives from other committees and from the outlying communities.

This committee, like most center committees, is comprised of the volunteers who do the work, people who receive the services and members who carry general responsibility for the center's program. The members selected so far include

Clarence Otto
Fred Huetner
Orland Heydon
John Conley

The Social Issues Committee has reviewed pending legislation affecting older adults, undertaken a forum at which candidates for office have appeared, and "watchdogged" the local, state, and national trends to make certain our members are informed and alert to possible action. The members include

Ray Busse
William Sunday
Alvin Knapton
Willard Bradley

EXECUTIVE
H053

May 2, 1975

Dear Mrs. Seidel:

President Ford was pleased to receive your thoughtful letter advising him that the members of the West Glendale Chapter #1886 of the American Association of Retired Persons will pay tribute to your community's centenarians at your May meeting. He has asked me to convey his warm greetings to all who will take part in this event -- with special regards to your guests of honor.

Older Americans have played a vital part in the growth and development of our Nation, and it is a source of deep satisfaction to the President that, with the help of fine people like you, their collective experience and spirit of determination will continue to be of great benefit to future generations. Along with the enclosed copy of his Older Americans Month, 1975, proclamation, President Ford sends you and your associates his best wishes for the success of your efforts.

Sincerely,

Eliska Hasek
Director
Office of Presidential Messages

Mrs. Alice H. Seidel
Program/Publicity Chairman
West Glendale Chapter #1886
American Association of Retired
Persons
1233 Viola Avenue
Glendale, California 91202

Enclosure: rel of 5/1/75, Older Americans Month proc

EH:SEV:rg

WEST GLENDALE CHAPTER #1886

of the AMERICAN ASSOCIATION OF RETIRED PERSONS, Inc.

April 19, 1975.

His Excellency
The President of the United States
Washington, District of Columbia 20500

My dear Mr. President:

In recognition of National "Older Americans" month in May, Glendale, California Chapter #1886 of the American Association of Retired Persons is planning to invite to its May meeting on Monday, May 12th, as many Glendale centenarians as possible, probably ten or twelve, introduce them to our membership and present them with orchid corsages and boutonnieres.

Glendale, California has a population of approximately 130,000 with 20,000 of those residents senior citizens. It is also a Republican "stronghold."

Our West Glendale Chapter #1886 of American Association of Retired Persons has a membership of almost 800 and another A A R P chapter in Glendale has a membership of approximately 1100.

We would very much appreciate it, Mr. President, if you would send a letter of greetings to Glendale Chapter #1886 of the American Association of Retired Persons, in recognition of "Older Americans" month, in my care, to be read at our Chapter meeting on May 12th.

Thank you.

Respectfully yours,
Alice H. Seidel

(Mrs. Alice H. Seidel)
Program/Publicity Chairman
West Glendale Chapter #1886,
American Association of
Retired Persons

1233 Viola Avenue
Glendale, California 91202

Phone: Area 213 242-8360

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of the AMERICAN ASSOCIATION OF RETIRED PERSONS, Inc.

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Washington, District of Columbia 20500

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Alice H. Seidel

(Mrs. Alice H. Seidel)
Program/Publicity Chairman
West Glendale Chapter #1886,
American Association of
Retired Persons

1233 Viola Avenue
Glendale, California 91202

Phone: Area 213 242-8360

EXECUTIVE OT
H053
LC/Wyandotte Co.

OG

May 6, 1975

Dear Larry:

I was delighted to hear that you will be participating in the Senior Citizens Day observance that has become such a great tradition in Wyandotte County.

As we approach our national Bicentennial, it is important to take special notice of older Americans. They have made and are making significant contributions to our nation. It is fitting that we not lose sight of the continuing contributions this generation can make nor of our commitment as a society to meet their needs.

I hope that you will take this opportunity to express both my concern and my good wishes to the older Americans who will be honored on this occasion.

Sincerely,

JERRY FORD

Honorable Larry Winn, Jr.
House of Representatives
Washington, D.C. 20515

Sent by WH Car.

GRF:Hasek:ck
cc: D.E.Downton/R.Nessen/M.Friedersdorf(ncb)/E.Hasek/CF
EVENT: MAY 15, 1975
Requested by Cong. Winn.

10

TO: SD
ON 5/6 AT 12:40 pm

70 Re. Senior Citizens Day observance in Wyandotte County

PRESIDENTIAL MESSAGE

Date: May 5, 1975

MESSAGE: Senior Citizens Day, Wyandotte County, Kan.

Due Date: MAY 15, 1975

Drafted by: Eliska Hasek

Requested by: Cong. Larry Winn

5/15

EH: Cong. Larry Winn reqs msg be sent to him to read at annual Senior Citizens Day celebrati in his home district on May 15TH.

FYI: Nothing on grp/origl writer;of course, the att'd WH file on Winn.

send C C of proc &

(1) Want me to tell N Brazelton that since Congressman attndg, you'll prepare brief ltr to him? YES____/NO____

(2) Then file in suspense f/you to draft closer to the event._____ (copy of proclamation att'd FYI)

sar 5/1

May 15

EH: Per Nancy Brazelton, Cong. Winn is attending this event, I told her you said you would prepare msg to him....if so.

(1) Want to file in suspense along w/att'd cy of proc f. Older Americans f/you to draft closer to the event? YES✓/NO___

sar 5/2

FOR IMMEDIATE RELEASE MAY 1, 1975

Office of the White House Press Secretary

THE WHITE HOUSE

OLDER AMERICANS MONTH, 1975

- - - - - - -

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

There is increasing awareness throughout America of the growing national resource represented by our older citizens. Their collective knowledge, experience, and energy can contribute significantly to raising the quality of life for all Americans.

As we approach our national Bicentennial, it is important to take special notice of older Americans. They have made and are making significant contributions to our Nation. It is fitting that we not lose sight of the continuing contributions this generation can make nor of our commitment as a society to meet their needs.

The first White House Conference on Aging in 1961 produced a Senior Citizens Charter of Rights and Obligations. The second White House Conference on Aging, held in 1971, broadened that recognition and deepened our commitment to providing opportunities to our older citizens for maintenance of income and health and for self-realization and continuing usefulness. It is appropriate to update the Charter in the light of growing knowledge and recognition of the needs and abilities of our older citizens. People of all ages should join in the development of a Declaration of Rights and Obligations of Older Persons so that it can be proclaimed as part of our Bicentennial celebration.

NOW, THEREFORE, I, GERALD R. FORD, President of the United States of America, do hereby designate the month of May 1975 as Older Americans Month. I urge everyone to participate in the efforts to achieve the goal of proclaiming a new Declaration of Rights and Obligations for Older Persons, which can become a rallying point for our Nation during the Bicentennial year of 1976 and a guide to action during the years ahead.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of May in the year of our Lord nineteen hundred seventy-five, and of the Independence of the United States of America the one hundred ninety-ninth.

GERALD R. FORD

# # # #

GENERAL
ME4

April 29, 1975

Dear Larry:

Thank you for your recent letter in which you request a message from the President, which you might read, to the senior citizens in Wyandotte County, Kansas, who are being honored on May 15th.

I was pleased to pass along this request for consideration and will be in touch with you as soon as a decision has been made.

With kindest regards.

Sincerely,

Max L. Friedersdorf
Assistant to the President

Honorable Larry Winn, Jr.
House of Representatives
Washington, D. C. 20515

MLF:ncb
bcc: Eliska Hasek w/incoming for action ---- dispatched to EH

LARRY WINN, JR.
KANSAS

COMMITTEES:
SCIENCE AND TECHNOLOGY
SUBCOMMITTEES:
SPACE SCIENCE AND APPLICATIONS
ENERGY RESEARCH, DEVELOPMENT AND DEMONSTRATION
ENVIRONMENT AND THE ATMOSPHERE

FOREIGN AFFAIRS
SUBCOMMITTEES:
INTERNATIONAL POLITICAL AND MILITARY AFFAIRS
INVESTIGATIONS

TASK FORCE ON
ANTITRUST AND MONOPOLY PROBLEMS

Congress of the United States
House of Representatives
Washington, D.C. 20515

WASHINGTON OFFICE:
ROOM 2430
RAYBURN HOUSE OFFICE BUILDING
CODE 202-225-2865

DISTRICT OFFICE:
RICHARD L. BOND
ADMINISTRATIVE ASSISTANT
204 FEDERAL BUILDING
KANSAS CITY, KANSAS 66101
TELEPHONE: MAYFAIR 1-0832

April 23, 1975

Mr. Max Friedersdorf
Assistant to the President
The White House
Washington, D. C.

Dear Max:

I am enclosing a letter which I received from Eva Lane, and Fay H. Williams, senior citizens and constituents of mine.

The ladies serve as chairman and secretary for Senior Citizens Day, which has become an annual event for the older residents of Wyandotte County Kansas.

I would appreciate the President directing a letter to the group which I might read to them on May 15th. This is an all day event with luncheon served around noon. Any type of greeting which would congratulate the group for their efforts in building a stronger America, and making the needs of their peers known to those in public life, as well as sharing with each other their experiences and contributions to a better way of life.

Your cooperation in this matter will be appreciated.

Most sincerely,

Larry

Larry Winn, Jr.
Member of Congress

LW:nan

APR 17 1975

APR 14 1975

Have Dick attend.

COMMITTEE FOR SENIOR CITIZENS
MONTH OF MAY, WYANDOTTE COUNTY
Ms. Fay Williams, Secretary
1742 South 40th #311
Kansas City, Kansas 66106

April 3, 1975

Congressman Larry Winn, Jr.
812 North 7th Street
Kansas City, Kansas 66101

To The Honorable Larry Winn:

May is Senior Citizens Month and in line with the festivities planned by the Senior Citizens of Wyandotte County is the Annual Parade down Minnesota Avenue and the Annual Senior Citizens Day event held at the Armory.

We would appreciate it if you would take time from your busy schedule to be with us at both events. The parade will be April 26 at 1:00 p.m, and we ask that you be at the starting point, 18th and Minnesota, at 12:30 p.m. Senior Citizens Day will be held May 15 at the Armory, 17th and Ridge, and we request that you make an appearance sometime during the day.

Please let us know if we can look forward to your participation. Thank you.

Very truly yours,

Eva Lane
Eva Lane, Chairman 342-9037

Fay H. Williams
Fay Williams, Secretary 432-6856

Letter congratulating Senior Citizen Day - Wyan Co.

rc

EXECUTIVE (2)

H053
WES

May 8, 1975

Dear Mr. Davis:

Thank you for your letter to President Ford concerning the next issue of the Nebraska Commission on Aging's magazine, The Older Nebraskan's Voice. The President appreciates your interest in writing, and he asked me to send you the enclosed copy of the Older Americans Month proclamation. It comes with his kind regards to you and your associates.

Sincerely,

Eliska Hasek
Director
Office of Presidential Messages

Mr. Joel C. Davis
Public Information Officer
State of Nebraska
Commission on Aging
State House Station 94784
Lincoln, Nebraska 68509

Enclosure

: rel of 5/1/75, Older Americans Month, 1975, proc

EH:SEV:kir

10

Date: 5/1

TO: CLARA HYATT

Could you please prepare a reply for my signature as follows:

(1) On President's behalf ✓

(2) Simple acknowledgment

(3) Polite regret

(4) Special Instructions

enclose "Older Americans" week/ ~~and~~ month Proclamation, if released.

Eliska Hasek / ck

Due: May 15

PIO official of Nebraska Commission on Aging asks questions of President for their monthly magazine, "The Older Nebraskan's Voice," by May 15 for printing. See questions - want to send to Cavanaugh (Pam) for handling_____? Or just send to CH to send staff reply enclosing copy of Older Americans Month Proc. if released in time ✓? It's already been released I think. E.

ck 4/30

Message 5/15/75

State House Station 94784
Lincoln, Nebraska 68509
Joseph A. Gaida
Executive Director

State of Nebraska

Commission on Aging

The Honorable Gerald Ford
United States President
U.S. Capitol Building
Washington, D.C. 20515

April 23, 1975

Dear Mr. President:

EH

The growing national awareness of the needs, rights and potential of older people has been accompanied by a growing preoccupation with semantics. Certainly the terminology we use in referring to any group of people can reveal our prejudices and bias toward that group. What we say may not be exactly what we mean. The question becomes, quite simply, how do you say "old"?

Other minority groups have found that reeducation, and an accompanying scrutiny of phraseology, can facilitate the development of group pride and a heightened group consciousness. It is more than mere trifling with semantics. Like the blacks, chicanos and native americans; people over sixty occupy a unique position in our society . . . a position that is defined, in part, by the names and terms we assign to them.

We intend to confront this phenomena in an upcoming issue of The Older Nebraskan's Voice, the monthly magazine of the Commission on Aging. We would like to print your thoughts on this matter. What phrase or term do you feel best communicates the attitude society should develop toward its older citizens? Or, if you prefer, are there any euphemisms or bromides you would like to see stricken from the national vocabulary?

Be assured that your thoughts will be printed intact and unaltered by capricious editing. While a short paragraph or two is ideal for our purposes, feel free to explore the idea to your own satisfaction. To meet our printing date, we need your response by May 15, 1975. If possible, we would like to include your photograph with your statement. I have enclosed a copy of The Older Nebraskan's Voice for your information. I hope you can find time to make your ideas known. If you have any questions, please contact me. Thank you for your time.

Sincerely,

Joel Davis

Joel C. Davis
Public Information Officer

JCD:in

WHITE HOUSE
MAIL ROOM

1975 APR 28 PM 3 04

The Older Nebraskan's Voice

the nebraska commission on aging

published by the

nebraska
commission
on
aging

JOSEPH GAIDA
executive director

DON RUSSELL
commission chairman

JOEL DAVIS
information specialist

Mark Gordon, Mary Beth Grange
Co-editors

This magazine is a public information service of the Nebraska Commission on Aging. Its mailing list includes Nebraska's congressional members, state senators and persons concerned with aging, as well as older Nebraskans. Free subscription is available on request from the Nebraska Commission on Aging.

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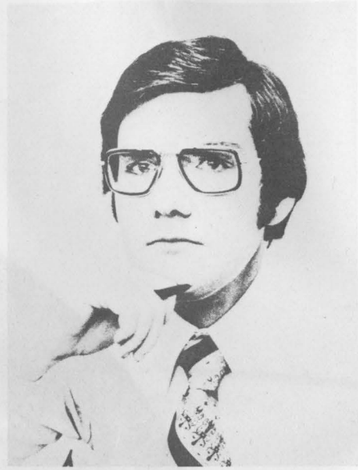
recycled paper

directions



notes from the executive director

As the ever increasing complexity of our modern world tends to overwhelm us, we often are forced by the limits of our abilities to simplify life and its facts. We specialize in a career, for example, and develop our interests within self and societally defined perameters. It is not surprising, therefore, that we, out of necessity to communicate, also tend to simplify concepts.

Once simplified, they are labeled for use over and over again as the handle by which we grasp the entire concept. . .not its' individual components. Sociologists define these conventional formalities and usually oversimplified sets of concepts, opinions, and beliefs as stereotypes. It is tempting to emphasize the stereotypes because they are a very convenient tool allowing us to save time. Often, it is a too convenient trap.

Stereotypes can at times dehumanize the individual and remove those concerned with meeting the individual's needs from the realism of their situations. Because of this, the Commission on Aging feels that we must reaffirm the individuality and personal dignity of our older citizens.

One way of reminding us of our basic concerns is through the documentary photo essay. Often times such a montage of meaningful images can communicate the complex nature of the **individual** while assisting us to clarify within a positive light the concept as a whole.

The photo essay in this issue of the **Older Nebraskan's Voice,** "Aunt Alice," is just such an intensely personal perspective of the life of an elderly person.

Over the years, I have found it very interesting how society views the multiplicity of meanings of words, people and actions. For example, for the printer a stereotype is a metal plate utilized in the printing process. I hope that through that printing process, we may effectively reform our stereotypes of the older citizen.

J. A. Gaida

Resignation Announcement at Commission Meeting

Joesph A. Gaida, Executive Director of the Nebraska Commission on Aging, announced his resignation from that position, effective July 1, 1975. The announcement was made at the Friday, March 7th public meeting of the Commission.

In his five-year association with the Commission, Gaida has served in several capacities, including Director of Research, Planning and Evaluation, prior to his appointment as Executive Director.

Gaida will be returning to a brief interlude of full-time study at the University of Nebraska to complete his doctoral dissertation in Adult and Continuing Education. "Then," he joked, "I'll be at the end of the employment line."

Gaida noted that in his five years with the Commission "much has been accomplished for the benefit of the elderly population of the state" and attributed this progress to "the guidance of an informed and dedicated Commission and the hard work of an extremely committed staff."

Prior to joining the Nebraska Commission on Aging, the 29 year-old Minnesota native helped develop programs for the aged in his home state while working with the Minnesota Governor's Citizen Council on Aging.

The Commission is currently searching for a qualified individual to fill the Executive Director vacancy. Minimum qualifications for the job include a Masters degree in Gerontology, Public Administration, Business Administration or Education. In addition to the education requirement, applicants should have two years in state or area aging programs.

Gaida indicated that limited substitution of the required graduate education and practical experience maybe considered in some instances by the Commission on a year-for-year basis.

The Nebraska Commission on Aging is an Affirmative Action Employer and interested, qualified parties should direct their inquiries to Ms. Irene Niemeyer, Nebraska Commission on Aging, State House Station 94784, Lincoln, Nebraska 68509.

Governor J. James Exon and American Association of Retired Persons (AARP) President Douglas O. Woodruff discuss contemporary issues facing older citizens while AARP State Director Clarence Lahowetz looks on. President Woodruff has been meeting with state governors throughout the country to insure each state is serving its senior population. Woodruff complimented Nebraska's "many innovative programs" and indicated the AARP would be ready to help older Nebraskans in any way possible.

Area Agencies explain plans at public hearings

The Nebraska Commission on Aging and the six Area Agencies on Aging sponsored public hearings during March to solicit public input and suggestions concerning state and area plans for the coming year.

"The hearings offer a unique opportunity to learn how effectively we've been administering the programs, simply by listening to ideas, comments and criticisms from the very people that these programs serve," said Dr. Heather Hofstetter, Director of Research, Planning and Evaluation for the Commission.

In addition to feedback on current programs, the public hearings provided older Nebraskans with the opportunity to suggest ideas for possible new programs. Participants also reviewed the proposed objectives for next year's state and area plans.

Although it is likely that the hearings will have been completed by the time our readers receive this issue of **The Older Nebraskan's Voice,** there is still time for your opinions to be heard. If you have concerns or suggestions on how Nebraska's elderly can be better served, please contact your Area Agency on Aging or communicate to us directly.

The address of the Nebraska Commission on Aging is State House Station 94784, Lincoln, Ne. 68509.

Food Stamps and the elderly: a complex problem

by Mary Beth Grange

The picture is complex. As the years slip by, the elderly person may find that his income just won't stretch to meet his few bills and expenses. Money is tight and inflation has already depleted his meager income. Food is a fluctuating expense, so the elderly person cuts down on groceries until he is literally living on a diet of tea and toast—a diet that can produce a form of malnutrition that outwardly resembles senility.

Food stamps appear to be one solution. But here the picture grows even more complicated. A proud older person who values his independence is often extremely hesitant to accept help from the government. Even though he has paid taxes all his life and is deserving of aid, this is a hard concession for him to make.

According to a national report by the Select Committee on Nutrition and Human Needs, by last September at least 20 million persons eligible for food stamps were not receiving them. Thirty-eight per cent of those eligible were actually receiving food stamps assistance.

Additionally, the complexities of applying and being certified for food stamps make many eligible older people fear that they won't qualify because of a hidden clause in the complicated regulations. . .so they don't bother applying.

Theoretically, the program makes sense. By exchanging cash for a larger monetary amount of food stamps, the elderly person is not only able to buy more groceries, but is forced to spend that allotment on food and not other bills. Persuading older people to buy an adequate food supply is often a difficult task.

"Well, I've got a lot of doctor bills to pay," said one older woman, "so I try to save a little money by eating less." Too often older people on a tight budget believe that they don't need the same balanced nutrition as younger people, so they skimp on groceries to balance their budget. This sort of faulty logic results in inadequate diet and eventually, even higher medical costs.

"Food stamps can really help," said Ann Hopkins, a caseworker at Lincoln-Lancaster Commission on Aging. "They help people to have enough to eat and help them spend the money on food," she said. "Old people are so concerned that they won't have enough money.

Getting older people to admit they are short of funds is one of the problems faced by the food stamp and welfare officials. To ask the government for help is painful for a proud older person.

According to Delayne Peck, another caseworker at the Lincoln-Lancaster office, "The conception older people have of welfare grew out of the Depression. The stigma still exists and we have to break that down," he said.

Russ Wallace, director of the state food stamp program, says he's aware of this and tries to avoid linking the food stamp program with welfare. "Still, the fact is that the welfare department does the work and certification. We've tried to avoid the connotation if possible."

Marvin Wilson, a research analyst with the state, said older people should not hesitate to accept help. "These people paid taxes in their working years," he said. "Older people have paid taxes, students (on food stamps) have not."

Rising unemployment and inflationary prices have put many citizens into a financial bind, not just the elderly. This economic crunch is reflected in an increase in food stamp applicants at the Lancaster County Welfare Office. Since Jan. 1, those who want to apply for food stamps and those who must be recertified must make an appointment—usually a month in advance. This means long lines and more "red tape"—both factors that weary and discourage many seniors.

According to Don Williamson, assistant director in charge of food stamps, an intake worker visits with those who must return for an appointment and gives them a list of certification documents, such as rent receipts and wage stubs, to bring when they return.

This wait can pose major problems for the elderly. Many don't come to the office until they really need the help, not realizing the delays involved in obtaining food stamps.

"Case after case, people are really desperate," said Ms. Hopkins. "If they have to wait for an appointment, this is a serious situation."

Those applicants who are in desperate need of help may fill out a general assistance application and get a small food order. In order to get more help, they must be investigated—which means another trip to the welfare office. This emergency office has also been crowded in recent weeks, Williamson said.

Ms. Hopkins expressed concern that applicants are not being directed to the emergency office. "People are not all that aggressive," she said. Sensitive to the least bit of discouragement, people leave before they get help, she said.

The fear of the "hidden clause" or "fine print" that could disqualify an applicant is not always groundless. When an elderly person finally sees a caseworker, they have no guarantee that they will be certified for food stamps.

Federal regulations governing certification are strict and complicated. Many older people find them difficult to understand and compliance often poses problems. Burial insurance is one example, according to Ms. Hopkins. Older people want the protection because they are afraid their funeral expenses will be a burden on their families. The cash value of the policy, combined with other savings, can often exceed the $1,500 resource limit of the regulations.

"One of the difficulties is that it's hard for us to say who would be eligible," Ms. Hopkins said. "A lot of people don't want to take the risk. They don't understand why one person gets them and others don't."

"We don't know how many who are eligible are not getting food stamps," Williamson said. He blamed hidden reasons for people's failure to qualify. "On the surface they look poor and are living on a substandard level. Whatever meets the eye is not the exact thing."

The elderly person living on tea and toast may not be able to understand this. Still, in general, elderly people get better treatment in that there is less suspicion about their motives," Ms. Hopkins said. "There is more of a feeling that they deserve the help."

When an elderly person is certified for stamps, his difficulties may not be over. Transportation to distribution offices pose a problem for many. Most distribution centers are located in welfare offices.

Sales centers in Omaha include banks, loan companies and credit unions—places closer to where the buying public lives. Although the Lancaster County office sells at four different locations one day a month, Williamson said he anticipates testing a system similar to Omaha's in the next few months.

Under the Senior Handibus program, rides are available to selling points. In Sarpy County, Homemaker program workers can be authorized to purchase stamps for their clients. In some states, the stamps are mailed to recipients.

Changes in denominations of the stamp dollars went into effect March 1. The new $1, $5 and $10 coupons replace the old 50 cent, $2 and $5 ones. The new denominations are unpopular with some older people who are hesitant to carry large amounts of cash or food stamps. Purse snatchings and daylight robberies justify their fears. Often older people prefer to shop a couple of times a week, not only because they enjoy shopping, but because it is often impossible for them to carry more than a small quantity of groceries home. With the new stamps, they will be forced to carry and spend larger amounts, even though change slips may be issued by the stores.

"We anticipate resistance and maybe even dropout," Williamson said. "Older people have always resisted large denominations. They want to buy their groceries in small amounts."

A recent government proposal to increase the price of food stamps brought angry response throughout the country. It was argued that the food stamp program is serving a real and urgent human need and should not be cut back. Yet, many authorities believe faults and complexities in the design of the program inhibit its effectiveness in serving many of those who need it most—the older poor.

News from area agencies

The Young Women's Christian Association (YWCA) Y-teens in Beatrice have made the elderly their special project for the summer. The Y-teens, high school girls aged 14-18, will aid older people in the Beatrice area by performing general chores and errands throughout the summer.

The project developed when Mrs. Don Kelley, chairman of the Y-teens board, became curious about the senior handibus program. She had seen her older neighbors using the service and came into the Blue Rivers Area Agency on Aging office to learn more about the programs available to the elderly and to ask what the Y-teens could do to help.

"They came in and asked what they could do," said Acting Director Fred Holtz, "we told them and they jumped on it."

Holtz, the Blue River area Handyman supervisor, is "wearing three hats" since the resignation of Forrest Chapman, former director of the Blue Rivers Area Agency on Aging. Chapman resigned to take a position with the State of Nebraska Department of Revenue in Lincoln.

Holtz said the Blue Rivers agency is "wheelin' and dealin', the senior handibus has reached the saturation point—it's the best thing the government ever came up with."

Fred Lockwood, Scotts Bluff County Commissioner, was elected chairman of the Western Nebraska Area Agency on Aging at the agency's annual meeting. Lockwood succeeds William Nichol, who is now serving as 48th district senator in the Unicameral.

Kenneth Schmidt, Sheridan County Commissioner, was elected as vice chairman and Mrs. Elaine Sandridge, Deputy County Clerk of Kimball County was elected secretary to the board. The three will be joining Executive Director Rena Mackrell for terms of one year on the executive committee of the agency.

Currently the Western Nebraska Area Agency on Aging has been conducting a series of information and referral workshops throughout the western Nebraska region. According to Director Rena Mackrell, the "symposium style" sessions have been "really productive, with a large turnout of volunteers and a smattering of human services representatives."

Mackrell also indicated that county advisory councils for Box Butte, Cheyenne, Dawes, Kimball, Morrill, Scotts Bluff and Sheridan Counties are meeting regularly on a bi-monthly basis. The councils assess and review programs for the elderly and make recommendations which are passed on to the Western Nebraska Advisory Council and the Western Nebraska Area Agency on Aging Commission. The council meetings are open to the public and interested individuals are encouraged to attend and express their ideas and judgments about the programs.

CETA, the Comprehensive Employment Training Act, has proved valuable to Wes McCord, Director of the South Central Area Agency on Aging. Under the CETA program McCord was able to provide needed staffing to continue the Kearney Meals on Wheels program and meet one of his area plan objectives, "to develop funding from a source other than federal."

The CETA program "authorizes funds to hire unemployed people to fill needed jobs in the community," said Robert G. White, Manpower Specialist with the Nebraska Department of Labor. "Basically, it's a means of taking peop'e out of the unemployment lines and food lines and putting them back to work."

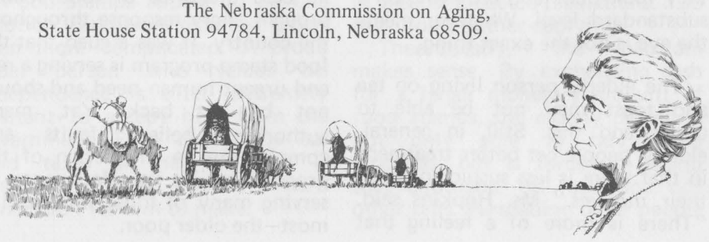
White indicated that the unemployed, "people who haven't worked for a month or more, particularly those who have no unemployment benefits" and "the under-employed person who picks up a part-time odd job here and there while he's searching for full-time work" represents the kind of individual CETA hopes to place. McCord added that special consideration is given to the severely disabled, welfare recipients, veterans and former manpower trainees.

While there is limited funding for CETA programs, White noted that "any town, city, government agency of non-profit organization with a personnel need but no money for salary can make an application for funds to the State Department of Labor."

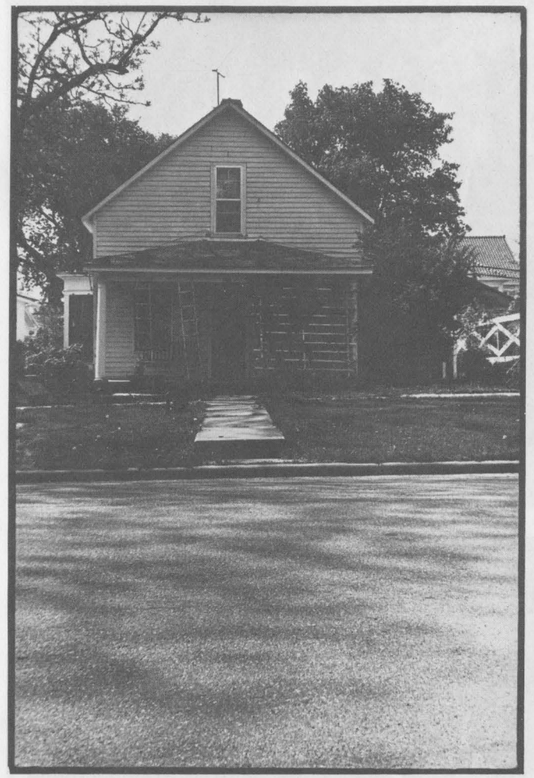
The Lincoln-Lancaster Commission on Aging is now sharing its offices at 411 South 13th with the Lancaster County Retired Senior Volunteer Program (RSVP). The RSVP offices, formerly located in the YWCA building at 1432 M, have retained the telephone number, 475-7648.

The Older Nebraskan's Voice is a monthly forum of issues and features of importance to senior citizens. It's free for the asking. If you would like to be included on our mailing list, simply contact:

The Nebraska Commission on Aging,
State House Station 94784, Lincoln, Nebraska 68509.



Aunt Alice

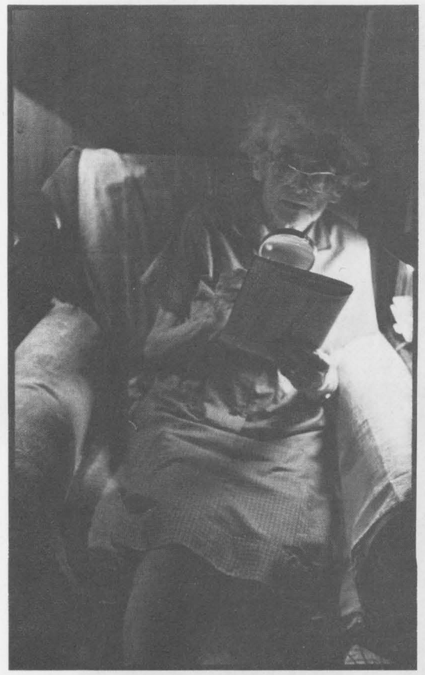


Photographs by Sue Smith

...I telephoned the photographer to tell her that "Aunt Alice" had arrived safely.

"Look," I said, "I love the pictures. They make me feel good, but what shall I say about them?" I didn't want to print pictures without words. It made me nervous. I needed something special to say.

"There's nothing special about Alice," she said. "She is just a woman who is living her life, like all of us--only somebody was there to photograph her..."

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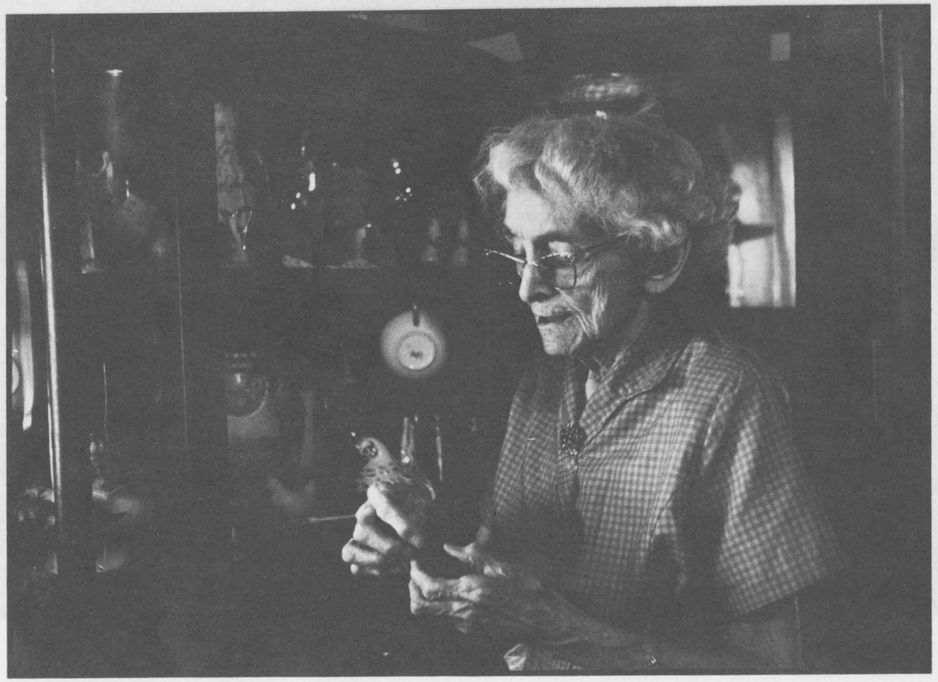

Antiques: Junk or *Junque?*

by Mark Gordon—

Moving to a smaller home or an apartment?

Cleaning out the basement or attic?

Just tired of having all that old "junk" around the house?

Better take a second look before sending those boxes of junk to the local dump. Antique dealers agree that what often gets tossed out as worthless may actually be very valuable and in demand by collectors.

Jewelry, watches, postcards, clocks—in fact "just about anything" might be valuable, according to Joyce Petkosek, proprietor of Beauty and Beast Antiques, Omaha.

For example, an older woman may have had a piece of jewelry around for years and think of it as nothing very special. Yet such old jewelry, Mrs. Petkosek said, is frequently worth many times the price that was paid for it fifty years ago.

The number and variety of goods which people collect has greatly increased in recent years according to Wayne Carpenter, owner of the Country Store antique shop in Lincoln. Carpenter said anything an older person has had for his or her entire married life could be a "collectable".

If an older person has toys left from childhood that are still in good condition, they will almost certainly be collectables, Carpenter said.

Collectables, he explained, are not true antiques because they are less than a hundred years old, but instead they include anything that people are actively collecting or which increases in value as time passes.

Typical collectables are turn-of-the-century toys and household items, depression era glassware, cast iron banks and Kewpie dolls to name just a few.

But, this doesn't mean a person should never throw anything away.

Larry Kassebaum, owner of Triple A Antiques, Beatrice, said people often think they own items that are more valuable than they really are. For example, he said many people are convinced Mason food jars are extremely valuable. While some old jars are in great demand by collectors, the more common types, which of course is what most people have, are worth little if anything, according to Kassebaum.

Sentimental value does not always mean monetary value, Kassebaum added.

And, he said often what is thrown away—old cigar tins, food cans, magazines, postcards—are more valuable than what is saved.

"I get calls from people wanting to know how much two hundred year old electric iron is worth. I'll tell them it couldn't be that old, that there's no such thing as a two hundred year old electric iron and they'll say it's got to be that old, because Grandma had it and she is 98. Well just because an older person owns something that doesn't make it old. Not everything a person has is given to them the day they're born."

The problem, then, is how to separate the worthless from the valuable. How to know what to save and what to throw away.

The most reliable method, all the antique dealers agreed, is to have a professional appraiser estimate the value of items. In small communities, many antique shop owners moonlight by working as appraisers, while in larger cities there may be enough demand that a person can work only as an appraiser.

If one is considering hiring an appraiser, check with the local Chamber of Commerce or Better Business Bureau to make sure the appraiser is legitimate. If possible, ask for the names of previous customers and check with them. In some areas there are professional organizations for antique dealers and appraisers, ask these organizations about the reputation of the person you're considering. Don't be pressured into selling anything until you've had time to think it over and consult some outside sources.

Hiring an appraiser may be the most reliable way to determine the value of your antiques and collectables, but it can also be costly, according to Harriet Sterner. Mrs. Sterner and her husband, Cyrild, operate the Heritage House antique shop in Lincoln. Unless a person has many items that are to be appraised and knows that some of them are valuable, it's often not worth the money to hire an appraiser, she said.

A person can get a rough idea of values by visiting local antique shops and shows, she said. Such visits will also give a person the chance to see what sorts of things people are collecting.

Mrs. Petkosek of Beauty and the Beast, indicated that most antique shop owners will give a verbal appraisal free if the person brings the antique into the store. She added, she and her husband receive $25.00 an hour when they go to a person's home to appraise goods.

The local library is a good place to find out about antiques, according to Carpenter of the Country Store. He said as more people have become interested in collecting, many good books have been written on nearly every type of collectable and antique. These include not only reference books, but guides to prices as well.

However, several of the antique dealers contacted warned that price guides provide at the best only a rough estimate of what an item sells for at the time the guide book is printed. Prices change from time to time and from area to area, so the pricing guides should not be used as a person's only source of information.

Many people are rediscovering the beauty and value of old objects. This rediscovery adds new meaning to the tired old cliche "one man's trash is another man's treasure." It could pay to give your trashcan a second look.

Assessment information sought

The Commission on Aging needs your help.

We're trying to determine the effect of special property tax assessments and increases in public utility rates upon the budgets of older Nebraskans. Unfortunately, very little information is currently available on either of these subjects, so we'd like to hear from you.

Special property tax assessments are those fees levied when public works improvements are made adjacent to a homeowner's property. These public works improvements can take the form of street repairs and paving, sewer improvements, or the addition of sidewalks to a neighborhood.

The Nebraska Commission on Aging has been asked by several communities to research the impact of such liabilities upon the elderly. If you have experienced any undue financial burden from either public utility rate increases or special property tax assessments, we'd like to hear from you. The Nebraska Commission on Aging would especially like to know of any elderly people who have suffered because of these increased costs.

Meet your Commissioners

Jociell Bull

Jociell Bull has been Director and Coordinator of Activities at the Wayne Senior Citizens Center since July, 1969. The center offers educational and recreational programs for the senior citizens of Wayne, and Mrs. Bull explained that her job is to "keep everything going."

"We have our 'meals on wheels' program and when volunteers can't make it, you know who delivers the food," she laughed.

A native of Nocona, Texas, she attended Draughons Business College, Wichita Falls, Texas, before her marriage to Eldon Bull in 1948. The Bulls have lived on a farm in Wayne County since 1948. They have one daughter, one son and one grandson.

Ruth Blankenship

Ruth C. Blankenship is Director of Diversional Activities at the Douglas County Hospital in Omaha, a job which gives her the responsibility for all recreational activities involving both patients and staff members of the hospital. She was a delegate to the White House Conference on Aging in 1971. Shortly after attending that conference, she instituted an advisory committee of senior citizens, which recommends changes and additions to existing policies at the hospital.

Although born in Iowa, Mrs. Blankenship has lived in Nebraska most of her life. She was raised in Gretna and moved to Omaha in 1932. She and her husband have seven children.

Information—Nutrition

Methods of preparing food can be just as important to good nutrition as the quality and variety of foods a person eats. Nutritious meals only begin with the selection of foods. Care must be taken when preparing foods so that as many nutrients are retained as possible.

Some methods to keep from losing nutrients, according to the U.S. Department of Agriculture, include:

—Use a sharp blade when trimming, cutting or shredding fresh vegetables or fruits. Vitamin losses occur when tissues are bruised.

—Keep leafy green vegetables refrigerated until served. Vegetables keep their nutrients best if kept in moistureproof plastic wrappers or bags or else in a crisper.

—Cover and refrigerate diced or grated vegetables and fruits until they are served. This will minimize loss of vitamins. Cook vegetables only until tender. If vegetables are boiled, use as little water as possible, and be sure the pan has a tight-fitting lid.

—Cook vegetables just before serving. Holding foods at warm temperatures causes loss in food value.

—Boil or bake potatoes in the skins sometimes. Cooking potatoes in their skins conserves nutrients.

—Save excess liquid from canned or cooked vegetables and use in soups or gravy. Some of the nutrients in canned vegetables end up in the canning liquid.

—Use meat drippings (remove the fat if you desire) in gravy or pour over meat. Meat drippings contain some vitamins and nutrients from the meat.

—Prepare cooked enriched rice, macaroni, spaghetti and noodles without rinsing or using excessive amount of water. Rinsing and using excess water wastes those nutrients that dissolve in water.

Welfare agreement

An agreement between the Nebraska Commission on Aging and the Nebraska Department of Public Welfare has been reached promoting the maximization of their services.

The agreement concerns those people receiving welfare payments who are also taking advantage of the programs offered under the Older Americans Act sponsored by the Commission on Aging.

For example, payment for those welfare clients who are eating meals at Commission sponsored sites now may be provided by the Welfare Department.

Meet your staff

John Robbins

Walk into John Robbins' office at the Commission on Aging and you'll see samples of just a few of his hobbies. A handmade lamp, wooden vases and jugs, and model train display give the visitor a sample of some of his interests.

Outside of his work as Coordinator of Programs and Services at the Commission, John is remodeling his basement, building cabinets and following bluegrass and folk music. "Two years from now I'll be interested in something else," he said.

John came to the Commission three years ago. He has worked in programs for the aged since 1969. After graduating from Kearney State College, he taught high school for six years.

Now he is in charge of the division which coordinates the development and funding of all programs and services.

John and his wife Bonnie have two children.

the nebraska commission on aging
state house station 94784
lincoln, nebraska 68509

BULK RATE
U. S. POSTAGE
PAID
Omaha, Nebr.
Permit No. 301

(1)

EXECUTIVE

ND18/C026

H053

May 21, 1975

Dear Commander Byers:

Thank you so much for your letter of May 15 about the SS MAYAGUEZ. We are grateful that the vessel and its entire crew have been rescued, and we can take pride in our military men whose valor and sacrifice made this mission a success. By their actions, America has demonstrated its resolve to protect its shipping against hostile and illegal acts wherever they occur.

I also want to take this opportunity to let you know of my appreciation for your letter of May 13 concerning the Older Americans Month proclamation. We must not lose sight of the contributions senior citizens have made and are making to our Nation, and we must also remember our commitment as a society to help meet their needs.

You have my gratitude and warm regards.

Sincerely,

Mr. Benjamin H. Byers
National Commander
Veterans of World War I
of the U.S.A., Inc.
916 Prince Street
Alexandria, Virginia 22314

GRF:JEB:RLE:blh

re Mayaguez & Older Americans Month Proclamation

EXECUTIVE
I/1975/ST30/m
H053

cy

May 21, 1975

Dear Mr. Jordan:

On behalf of the President, I wish to acknowledge and to thank you for your letter of May 14 inviting him to attend the Senior May Fair, in honor of Older Americans Month, on May 27th at McAfee, New Jersey.

While the President was pleased to receive this cordial invitation and would be happy to participate in honoring these Senior Citizens who have made outstanding contributions to their communities over the years, he will not be able to join you due to an unusually heavy schedule on the 27th, the day before he departs for his European trip. The President would like you to know he appreciates your thoughtfulness for him and he sends his very best wishes to you.

Sincerely,

William W. Nicholson
Deputy Director
Scheduling Office

Mr. Penni Jordan
Sussex County Office on Aging
16 Church Street
Newton, New Jersey 07860

kt

sent

2 cys Nancy Gemmell

14

Bu

EXECUTIVE
H053
WE5

June 2, 1975

Dear Miss Dial:

President Ford was pleased to learn about the special luncheon to be held in honor of the Sterling Community's senior citizens, and he asked me to extend his congratulations and warm gfeetings to all who will be gathered on this occasion.

Older Americans have contributed much to our Nation's proud heritage, and the President is confident that, with their continued counsel, we can move forward in raising the quality of life for all our people. With the enclosed prodlamation for Senior Citizens Month, 1975, the President sends his best wishes for a most enjoyable luncheon.

Sincerely,

Eliska Hasek
Director
Office of Presidential Messages

Miss Lillie B. Dial
Post Office Box 667
Pineville, North Carolina 28134

Enclosure: P's proclamation for Senior Citizens Month, 1975

EH:SLM:jem

Date: 5/29

TO: CLARA HYATT

Could you please prepare a reply for my signature as follows:

(1) On President's behalf ✓

(2) Simple acknowledgment

(3) Polite regret

(4) Special Instructions

Enclose Older Americans Week/Month? Proc.

Eliska Hasek/CK

6

Message
6-7-75

slm

E2

P.O. Box 667
Pineville, N.C. 28134
May 26, 1975

President Gerald Ford
President of the United States
The White House
Washington, D.C.

Dear Sir:

The Sterling Community's Senior Citizens of Pineville, North Carolina are being honored with a luncheon on Saturday June 7, 1975. As organizer and chairman of the affair, I am asking if you will kindly send us some form of expression to be read to them during the luncheon. It will mean so much to them to hear from you.

Yours truly,
Lillie B. Dial

THE WHITE HOUSE

1975 MAY 29 PM 12 43

PRESIDENTIAL
MESSAGE OFFICE

(12)+

EXECUTIVE
ME 3
HO 53
WE 5
WE 9
FG 23
PR 8-1
FG 23-9-1
NASH, BERNARD

July 23, 1975

Earlier this year, I issued a proclamation designating May as Older Americans Month. In it I called for an updating of the Senior Citizens Charter of Rights and Obligations which was adopted by the first White House Conference on Aging in 1961. I urged Americans of all ages to join in the development of a new Declaration of Rights and Obligations of Older Persons to be proclaimed as a part of our national Bicentennial celebration.

I am delighted to learn that the National Retired Teachers Association and the National Association of Secondary School Principals, in cooperation with the National Honor Society and the National Association of Student Councils, are organizing a series of Youth Conferences on Older Americans at the community level to involve young people in the process of making recommendations relative to the rights and obligations of older Americans.

I know that the recommendations received from these conferences will contribute greatly to the development of a significant new declaration. The concentration by young Americans on issues related to the development of such a declaration will, I am convinced, also ensure increasing support for action programs in both the private and public sectors to replace despair with hope in the lives of older Americans.

I look forward to receiving a report on the results of these sessions.

Youth Conferences on older Americans

TO DR. MARRS FOR DISPATCH

TO: Dr. Marrs for dispatch
ON 7/23 AT 11:00 AM

GRF:Hasek:jmc
cc: D.E. Downton/R. Nessen/T. Marrs/E. Hasek/CF
DUE: ASAP
Requested by the National Retired Teachers Assn. and the National Assn. of Secondary School Principals

Enclosures filed in 3532
Oversize Attachments #

7507230000

EXECUTIVE

(2)

H053

IN 1975/5T53/LH

September 13, 1975

Dear Mrs. Murriel
and Mrs. McCathen:

Thank you, on behalf of the President, for your letter of September 4 inviting him to attend the Senior Citizens Banquet to be held on Friday, September 19, in Dallas, North Carolina.

While the President was pleased to receive this cordial invitation and would like very much to be able to come to Dallas on the 19th, he will not be able to plan to join you due to previous commitments. He would like you to have the enclosed remarks made on the occasion of Senior Citizens Month together with his warm good wishes for a successful banquet.

Sincerely,

William W. Nicholson
Deputy Director
Scheduling Office

Mrs. Mary L. Murriel
Mrs. Kay McCathen
Gaston Community Action, Inc.
426 South Spargo Street
Dallas, North Carolina 28034

Enclosure - 5/1/75 Pres. Proclamation, Older Americans Month 1975.

WWN:em

bcc: two for Nancy Gemmell

sent

9/11/75

Mary,

Since they ask for a few words of encouragement for this Senior Citizens Banquet, please just express President's best wishes with TD and enclose the attached Older Americans Month Proclamation. Thank you.

Eliska

Eliska Hasek

9/10/75

Eliska -

Can a message be sent here as requested?

Thanks.

Mary

M. Rawlins

18 Invitation / Phsq
Sept. 19

Gaston COMMUNITY ACTION, Inc.

426 SOUTH SPARGO STREET
DALLAS, NORTH CAROLINA 28034

HOWARD A. BLOUNT
Executive Director

September 4, 1975

President Gerald Ford
President of the United States
Washington, DC 20500

Dear President Ford:

The Senior Citizens Advisory Council for the Senior Citizens Program of Gaston Community Action, Inc. cordially invites you to a Senior Citizens Banquet which will be held on Friday, September 19, 1975 at 7:00 p.m. at Gaston Community Action, Inc., 426 South Spargo Street, Dallas, North Carolina.

In case you are not able to attend we are asking that you send a few words of encouragement to our Senior Citizens to be read to them during our banquet. Just knowing that you care and are concerned will mean so much to them.

May we hear from you soon.

Yours truly,

Mrs. Mary L. Murriel

Mrs. Mary L. Murriel
Chairman-Advisory Council

Mrs. Kay McCathen

Mrs. Kay McCathen
Senior Citizens Director

Gaston COMMUNITY ACTION, Inc.
426 SOUTH SPARGO STREET
DALLAS, NORTH CAROLINA 28034

HOWARD A. MCCAUSEY
EXECUTIVE DIRECTOR

September 4, 1975

President Gerald Ford
President of the United States
Washington, DC 20500

Dear President Ford:

The Senior Citizens Advisory Council for the Senior Citizens Program of Gaston Community Action, Inc. cordially invites you to a Senior Citizens Banquet which will be held on Friday, September 19, 1975 at 7:00 p.m. at Gaston Community Action, Inc., 426 South Spargo Street, Dallas, North Carolina.

In case you are not able to attend we are asking that you send a few words of encouragement to our Senior Citizens to be read to them during our banquet. Just knowing that you care and are concerned will mean so much to them.

May we hear from you soon.

Yours truly,

Mrs. Mary L. Murriel
Chairman-Advisory Council

Mrs. Ray McCathon
Senior Citizens Director

EXECUTIVE

ME1
H053

November 18, 1975

Dear Mr. Williams:

President Ford was interested to learn about the many activities of the People's Action Coalition and Trust and, in particular, your Mr. and Ms. Senior Citizen Gary Pageant.

In his Older Americans Month proclamation, the President asked that, as we approach our national Bicentennial, special notice be taken of our senior citizens -- recognizing and deepening our commitment to provide opportunities to them for maintenance of income and health and for self-realization and continuing usefulness. The President commends you and your associates for your outstanding response to that call, and he sends you his best wishes for every success in your worthwhile endeavors.

Sincerely,

Eliska Hasek
Director
Office of Presidential Messages

Mr. Vernon A. Williams
President
PACT
Post Office Box M427
Gary, Indiana 46401

Enclosures - 2 letters to Mr. Senior Citizen of Gary and Ms. Senior Citizen of Gary plus two color photo No. 1's.

EH:SEV:em

AIRMAIL - SPECIAL DELIVERY