

The Hastings Senior Times™

A Weekly Publication for Seniors.

April 7, 2003 - Vol. 1 No. 2

P.O. Box 1361, Hastings, NE 68902

Hastings Area Support Groups Provide Information and Offer Hope

by Andrew Callahan, Editor

"We're talking about the serious stuff now," said the fellow to my right, breaking an awkward silence. The rest of us in the room sighed or chuckled with relief as the tension level was noticeably lowered by his comment. We were meeting in the Golden Friendship Center in Hastings at the meeting of the Caregivers Support Group.

The meeting was informal with everyone showing genuine concern and interest in the others present. The Caregivers Support Group is one of several support groups that meet in the Hastings area. Others include the Stroke of Luck Club (for stroke survivors and spouses), Parkinson's Support Group, Diabetes Support Group, Traumatic Brain Injury Support Group, and the Alzheimer's Support Group. (Some of the various support group meetings are listed each week in the Community Calendar of The Hastings Senior Times.)

Support groups allow members to share information with one another. Most have a leader or contact person that coordinates the program or information for a given meeting. Sharing of information, however, while important, is not the only purpose for support groups. Often a person or family faced with long-term medical problems or other serious hardship can feel they are alone, and that they have no one to talk to. Their family and friends often don't understand or don't want to talk about serious issues. Attending a support group can be a way of finding people in a similar situation who can empathize and share experiences to help avoid that feeling of being alone and isolated. Also, in a support group people share experiences and ideas that may be helpful to others.

Sometimes support groups allow people a safe place to vent frustrations and concerns without fear of unwanted consequences. The opportunity to interact with others, to share freely, and to be accepted gives hope to those who attend. Although the meeting may only be an hour or so long, once or twice a month, it can have very beneficial effects.

Not all meetings of all support groups stay "on topic." While the overall purpose of the group revolves around a central topic, sometimes other seemingly unrelated programs are held. At the recent Stroke of Luck Club meeting, for example, Professor Will Locke of Hastings College made a presentation commemorating the 200th anniversary of the Lewis and Clark Expedition. Also, at both recent meetings I attended there was significant time dedicated to just building relationships among those present, talking about families, friends, and travel.

Support groups are an excellent way to form friendships with others facing similar trials and to ask questions and receive information in a friendly, non-threatening environment. Adams County Senior Services in Hastings maintains a list of support groups and other services available to senior citizens in Hastings.

Correction

Last week's issue of **The Hastings Senior Times** incorrectly identified Brent Gollner in the caption of the photo of Brent and his wife Patty, owners of Keith's Pharmacies in Hastings.

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Community Calendar

*See Calendar Key below for abbreviations
(Telephone numbers are provided when possible.
Readers may wish to verify event time & location.)

- Daily – Shuffleboard 12:45 p.m. - **GFC**
 Thru Apr 17– Bird Mobile Display, **HM**
 Thru June 9 – Film - "Lewis & Clark: Great Journey West," **HM**
 Thru Sep 8 – Film - "Jane Goodall's Wild Chimpanzees," **HM**
 Thru June 2 – "Sun Spotting," Planetarium, **HM**
 Apr 8 – Blood Pressure Checks, 8:30-9:30 a.m., Imperial Mall, 3001 W 12th St. 462-6671
 Apr 8 – Jazz Festival Concert, French Chapel, **HC**, 8 p.m.
 Apr 8 – Multiple Sclerosis Support Group Meeting - **ML** - 7:30 pm - 463-5203 or 463-2867
 Apr. 9 – Tax Assistance - 12:30 - 2:30 pm - Appt. Req. **GFC**
 Apr 10 – Raptor Recovery Nebraska - **HM** 9:30 a.m. (reservations required)
 Apr 11 – Community Concert - "Hot Club USA", 7:30 p.m., Hastings High Auditorium, 461-7448
 Apr 11-13 – "Deathtrap" Fri & Sat 8 pm & Sun 2:30 pm, Hastings Community Theatre, Good Samaritan Village, 463-1500
 Apr 12 – Easter Ping Pong Ball Drop, 10 am, Downtown 462-4877
 Apr 12 – Star Gazing, 9 p.m., Sachtleben Observatory, 4725 S. Wabash Ave. Call for schedule changes 462-7378

- Apr 12-13 – CAS Productions Antique Show, 9 a.m.-5 p.m., Adams County Fairgrounds, 947 S. Baltimore. 308-987-2633
 Apr 13 – Fashion Show at Blue Moon Café, downtown Hastings, 6:00 pm (**HC** Art Student Senior Exhibition)
 Apr 14 – Elinor Barber: "Fakes, Facts and Phantasies," 8 p.m., Perkins Auditorium, **HC**
 Apr 14 – Senior Tea & Tour, 9 a.m., **HM** with refreshments, film, planetarium show and museum
 Apr 16 – BINGO - 1 p.m. - **GFC**
 Apr 17 – Special Program "Getting Ready for the Unknown" - speaker from Hastings Fire Department - **GFC** at 11:30 a.m. (reservations required)
 Apr 17 – Senior Expo, Imperial Mall, 3001 W 12th St. 462-6671.
 Apr 17 – Diabetes Education Support Group - 7:00 p.m. - **ML** - 461-5318
 Apr 21 – Mothers Against Drunk Drivers (MADD) Meeting. - 7 pm **ML** - 462-2762
 Apr 22 - "Reputable Health Sites on the World Wide Web" 4:30 p.m. - **ML** - 462-5113 (55-plus Program)

If you wish to have something placed on our Community Calendar, please mail it to: Calendar Coordinator, The Hastings Senior Times, PO Box 1361, Hastings, NE 68902-1361 at least three weeks prior to event. Or, send e-mail to: calendar@hastingstimes.com (no attachments to e-

Aging and Your Eyes

Did you know that many seniors have good eyesight into their 80's and beyond? Growing older does not always mean poor vision But age brings changes that can weaken eyes.

There are some easy things to try when these changes happen. You might add brighter lights in more places around the house--like at work counters, stairways, and favorite reading places. This may help you see better and can sometimes prevent accidents caused by weak eyesight.

While older people have more eye problems and eye diseases than younger people, you can prevent or correct many of them by:

- Seeing your doctor regularly to check for diseases.
- Having a complete eye exam with an eye specialist every 1 to 2 years. The eye doctor should test your vision, glasses, and eye muscles. You should also have a test for glaucoma.
- Taking extra care if you have diabetes or a family history of eye disease.

Information from the National Institute on Aging

Calendar Key

- GFC** = Golden Friendship Center 463-4439
HM = Hastings Museum 461-4629
HC = Hastings College 461-7448
ML = Mary Lanning Med Services Building

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