

LivingWell

Spring 2024 • Volume 20 • Issue 2

A publication of
**AGING
PARTNERS**

Feedback Needed to Make Lincoln More Age-Friendly for Older Adults

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Hearing Loss and the Tools to Hear Again

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Through the Neighborhood Extra publication, Dennis Buckley became a partner in sharing the positive and impactful news of Lincoln.

Buckley a Partner of Lincoln's Good

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Director's Corner

Our cover feature highlights the life of someone I've known throughout my 27-year career here in Lincoln and one of my favorite people, Dennis Buckley.


Dennis is someone who needs no introduction to Lincolniters and is a great example of someone who has never hesitated when the opportunity has arisen to "give back" to others; to give back to his community.

He was one of the members of a nonprofit board who hired me back in 1997. If you ask anyone you know in Lincoln – especially in the not-for-profit world – who Dennis Buckley

is, they'll smile. Dennis was not only an outstanding professional in his journalism career, but he's also just a great person who cares about our community and wants to shine the light on all that is "Lincoln Good."

Community is important to Dennis. As you can see by reading our cover feature, he has served on many local boards. Recently, he served on the Seniors Foundation Board, which supports Aging Partners. He's a humble individual who once said, "I get recognized and honored for simply doing my job." But it's the way Dennis did his job that

makes us all grateful for the experiences we've had and the memories we've shared.

This cover feature is a great tribute to Dennis and reflects our appreciation for his heart-felt service to the community. 



Randall S. Jones

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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

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Buckley a Partner of Lincoln's Good

For nearly 30 years, Dennis Buckley has been at the heart of all things good in Lincoln, Nebraska. A career in journalism spurred his interest and ultimately led him to the opportunity to tell positive stories in the capital city community.

It all started in high school for Buckley, when he picked up an afternoon job at a local paper in Harlan, Iowa, working for Leo Mores and sons, Steve and Alan.

"[They] introduced me to strong community journalism with their award-winning newspapers in Harlan," he said.

From there, he attended Iowa State University and returned to the newspaper doing sports reporting for several years before becoming news editor from 1979-88.

He arrived in Lincoln with the help of Scott Stewart at The Sun/Capital Times. He worked for the community newspaper and served as editor until April 1990 when he joined the Lincoln Journal Star to create a community news section, now known as the Neighborhood Extra. The publication took off in 1993 when it went from quadrants to citywide each week.

"We were able to establish a consistent identity," Buckley said. "When it started, I was chasing the news but after a while, the news was chasing me."

Buckley highlighted volunteer groups, neighborhood associations, service clubs, youth sports and other positive community news. He also published a weekly educator profile

and a Student of the Week in a partnership with the Lincoln Sunrise Optimist Club.

"I often said, 'If you're interested in us, we ought to be interested in you,'" he said.

Spending his evenings on the phone calling neighborhood associations and other club presidents to find news leads, Buckley felt like he worked for the community as much as he worked for the newspaper.

"It was a tremendous life, it still is — just to be connected with folks at the pulse of the community," he said. "What a blessing it was to write positive stories in the news industry."

John Mabry, who worked with Buckley at the Lincoln Journal Star, commended Buckley's desire to tell heartwarming stories.

"Dennis did a wonderful job with the Neighborhood Extra, and it was so important to him to highlight the good news in the community," he said. "I know Dennis put in a lot of hours to share those great stories."

Through Buckley's dedication to highlight the positive, he unintentionally became a champion for those clubs and organizations.

"During his time at Neighborhood Extra, Dennis's commitment to telling the stories of local nonprofits helped lift the lives of seniors, kids, homeless individuals and families, people in recovery from addiction, folks who may not know where their next meal is coming from, people with disabilities, refugees, immigrants and more," said Scott Young, retired Food Bank of Lincoln executive director. "His storytelling has raised the profile of so much good work that goes on in the Lincoln area. Dennis has been a true, important champion of our community."

Some of Buckley's most memorable articles featured television producer and screenwriter Leta Powell Drake, McKaylee True's first-place 2012 national finish in "Abby's Ultimate Dance Competition," and community-dynamo Harland Johnson shortly before he died in 2016.

"Harland wanted to thank groups and individuals who impacted his life before he left this world. Very powerful," Buckley said.

In addition to writing Neighborhood Extra, Buckley became the editor of Star City Sports in 2001, a monthly dedicated primarily to minor and youth sports.

After 28 years with the Lincoln Journal Star and after 44 years in journalism, Buckley retired in February 2018. He still does some writing, but it doesn't direct his life.


Aside from telling uplifting stories, Buckley also was a member of the Sowers Club of Lincoln from 2001 to 2020, chairing the Grants and Media committees. He served on the



Seniors Foundation Board from 2010 to 2018 and the Tierra Homeowners Board from 1993 to 2015. He joined the Lincoln Sunrise Optimist Club in 2018.

Buckley and his wife, Karen, have two sons: Derek, a Sioux City, Iowa, art teacher, and Zach, a sportswriter for BleacherReport.com in Florida. The Buckley's have three grandchildren: Maebly, 12, of Sioux City; Kareem, 7, and Quincy, 3, of Palm Beach, Fla.

As they're enjoying retirement, you may find the Buckleys dancing at the Auld Recreation Center on Tuesdays, attending Husker Women's soccer games or Bob Dylan concerts or exploring Walt Disney World with the grandkids. Buckley's other favorite pastimes are photographing animals at the Lincoln Children's Zoo, or rooting for the San Francisco 49ers and Giants, Golden State Warriors, Boston Red Sox, Iowa Hawkeyes, Iowa State Cyclones and New England Patriots.

Noting that Lincoln will forever be part of his heart, Buckley said, "I was blessed with being at the right place at the right time throughout my professional career and met some great people along the way. I will be forever grateful for the many opportunities I received." 



One of Buckley's favorite pastimes is taking photos at the Lincoln Children's Zoo.

Throughout his career, Buckley was honored with many awards, including:

- ABWA (American Business Women's Association) Citation of Appreciation
- Alzheimer's Association Dedicated Service Award
- ARC Award
- Bethany Women's Club Appreciation Award
- Capital City Footprinters Chapter No. 44 Meritorious Service Award
- Community Health Professional of the Year Award presented by the Coalition for Older Adult Health Promotion
- Girl Scout Council Award
- Girls & Women in Sports & Fitness (GWSF) Service Award
- Honorary Optimist Award from Lincoln Sunrise Optimist Club
- Three-time Lincoln Journal Star nominee for the Lee Enterprises Spirit Award
- Junior Achievement Bronze Leadership Award
- Lancaster County Sheriff's Office Certificate of Appreciation
- Lincoln Area Retired School Personnel (LARSP) Friend of LARSP Award
- Lincoln Education Association (LEA) Friend of Education Award
- Lincoln Northeast Sertoma Club Appreciation Award
- Lincoln-Lancaster County Habitat for Humanity Outstanding Community Partner Award
- Lincoln-Lancaster Homeless Coalition Certificate of Achievement
- MAD DADS (Men Against Destruction Defending Against Drugs and Social Disorder) Certificate of Appreciation
- Nebraska Corvette Association Media Excellence Award
- Nebraska School Educators Association Media Award
- Nebraska Tennis Association Media Excellence Award
- Neighborhoods Inc. Business Leadership Award
- Northeast Family Center Outstanding Service Award
- Red Cross Appreciation Award
- Retired and Senior Volunteer Program (RSVP) Community Service Award
- Rotary Golden Wheel Award
- Sowers Club of Lincoln Media Award
- Star City Achievers chapter of ABWA Special Recognition Award
- Statewide ServeNebraska Community Media Partner Award
- University Sertoma Club Service to Mankind Award
- Ventures in Partnerships (VIP) Pioneer Award presented by Lincoln Public Schools
- Veterans of Foreign Wars (VFW) Citation of Merit Award
- VFW and Ladies Auxiliary Voice of Democracy Award
- VIP Hero Award presented by Lincoln Public Schools
- YWCA Nette Nelson Partnership Award

Feedback Needed to Make Lincoln More Age-Friendly for Older Adults

Lincoln Mayor Leirion Gaylor Baird announced an effort Jan. 11 to advance the city's desire of increasing quality of life for its older adults and all residents by being designated as an AARP Age-Friendly Community.

Established in 2012, the network includes towns, cities, counties and states that have taken steps to being more livable for people of all ages, especially older adults.

"The City of Lincoln's pursuit of this designation reflects our commitment to be an inclusive, age-friendly community that enhances the lives of seniors; and in doing

so, improves the quality of life for everyone," Gaylor Baird said.

Lincoln is the 846th city to join the AARP Age-Friendly Network, and the second in Nebraska, Grand Island having joined in 2018.

According to AARP Nebraska Director Todd Stubbendieck, a recent AARP Livability Index report ranked Lincoln first in Nebraska and 11th nationally for large communities when it comes to housing, transportation, health status and community engagement.

"Today's commitment by Mayor Gaylor Baird and the City of Lincoln will establish a



Age-Friendly Communities
Are Livable for
People of All Ages
aarp.org/livable

structured, community-driven process for examining ways the city can become more age-friendly as well as promote and recognize improvements that will benefit Lincolniters of all ages," Stubbendieck said.

According to Gaylor Baird, a key to achieving the designation and supporting the overall health

The Age-Friendly Lincoln Steering Committee and advisors at the Jan. 11 press conference include, from left, David Cary, Planning Department; Maggie Stuckey-Ross, Parks & Recreation Department; Peter Hind, Urban Development Department; Liz Elliott, LTU; Julie Masters, University of Nebraska Gerontology professor; Mayor Leirion Gaylor Baird; Todd Stubbendieck, AARP Nebraska; Michaella Kumke, Food Bank of Lincoln CEO; Randall Jones, Aging Partners director; Pat Lopez, Lincoln-Lancaster County Health Department; Tom Randa, Good Neighbor Community Center; Heather Loughman, CEO of Community Action Partnership. Not pictured are Sarah Phelps, OutNebraska; Carolyn Bohn, state senator; John Croghan, Immanuel; and Riley Slezak of the mayor's office.



and wellness of the city's older adults is the work delivered by the Aging Partners team.

Aging Partners' Director Randall Jones expressed the membership is valuable because 14 percent of Lincoln's residents are age 65 and over, with that number expected to rise to 22 percent over the next 10 years.

"With the growth of our senior population, we have an obligation and opportunity to create an even more age-friendly Lincoln," Jones said.

This shift in population presents a chance for communities to be prepared, well-designed and age-friendly to foster economic growth and make for happier, healthier residents of all ages.

The City already has engaged in ways to improve the quality of life for aging adults. One such example is the installation of the FitLot in Woods Park in 2020, an outdoor exercise equipment center specialized for older adults.

The AARP Age-Friendly Community framework equips local leaders and residents with resources for assessing older adults' needs related to housing, transportation, outdoor spaces, civic participation and employment, communications, social inclusion, health services and community supports.

An Age-Friendly Lincoln Steering Committee was established; and with active engagement from older adults in the community, it will conduct a communitywide needs assessment facilitated through in-person community meetings and a survey for anyone age 45 and over, found at: aarp.org/ne or on paper at Victory Park, 600 South 70th St. The survey will be open until at least 500 responses have been submitted.

Following the survey, the committee will review the information and identify key areas to focus on and develop action plans and initiatives to implement.

"There is no question that if a community is supportive of aging adults, it also will be supportive of persons of all ages," said Dr. Julie Masters, Department of Gerontology professor at the University of Nebraska Omaha. "The City's efforts to help older adults age successfully show those residents that they are valued members of the community. The longer we can keep people healthy and independent, the longer they are able to retain a preferred lifestyle as they age with the necessary infrastructure, aging services, and community resources that are the result of thoughtful




Scan to take the survey



Lincoln Mayor Leirion Gaylor Baird stands with the proclamation naming Jan. 11, 2024 as AARP Age-Friendly Community Day with Todd Stubbendieck, AARP Nebraska director, and Randall Jones, Aging Partners director.

and intentional planning."

In honor of being named an AARP Age-Friendly Community and confirmation of Lincoln's existing strengths to support aging adults, the mayor proclaimed Jan. 11, 2024, as AARP Age-Friendly Community Day. 



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Keystone Award Luncheon to Recognize Individual's Service to Aging Adults May 22

Continuing its tradition of recognizing the contributions made by community members to older adults, the Seniors Foundation will honor an individual who has provided a legacy that enhances the quality of life for aging adults in Lincoln with its Keystone Award.

The award will be presented at the Keystone Award Luncheon, which is scheduled for 11:30 a.m. Wednesday, May 22, at the Country Club of Lincoln, 3200 S. 24th St.

The speaker for the 11th Keystone Award Luncheon is Jeffrey Ahl, who has enjoyed a 35-year architecture career with a focus in housing for aging individuals and has worked on more than 110 such projects. His expertise

in project planning, community repositioning, budgeting, facility operations and extensive experience in senior living makes him a valuable resource for providers, planners and community leaders seeking to sustain or develop aging living options.

Ahl's passion led him on a yearlong research journey that involved living in nursing homes across the country to experience life as an aging adult. This is the inspiration behind the name of his firm, arCurecture, and how services are provided. Beyond his professional experience, Ahl is an active participant or board member on several local and statewide organizations related to aging and has

presented to numerous groups related to the topic of senior living.

"This award provides a great way to honor those who have helped the aging, the most vulnerable," said Gina Cotton, Seniors Foundation executive director.

The recipient of the 2024 Keystone Award was announced in March. Past recipients of the Keystone Award, originally called the Community Service Award, include Helen Boosalis, Gil Savery, Lela Shanks, Jerry Joyce, Joe Hampton, Harland Johnson, Scott Young, R. David Wilcox, Dayle Williamson, Dorothy Applebee, Coleen Seng, David Rusk, Kristen Stohs, and Mary Ann Stallings.

"We hope to recognize our award

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recipient and show our support for older adults in the community along with Aging Partners' wonderful work," Cotton said.

Fundraising from the event helps support Aging Partners by addressing unexpected costs.

"Seniors Foundation funds help cover the costs of things that come up and just aren't in the budget," Cotton said.

For example, Seniors Foundation helped with the cost of NeighborLNK, a program that developed during COVID. The program connects volunteers with homebound aging adults or persons with a disability to assist with errands such as picking up groceries, medications or library books, and it helps reduce isolation through phone or video call check-ins.

"It is important for the Seniors Foundation to have agility and ability to meet the needs of those in our community," Cotton said.

The Keystone Award Luncheon is an annual fundraiser hosted by the Seniors Foundation, a 501c(3) nonprofit in Lincoln that supports special projects for Aging Partners.

Reservations for the 2024 Keystone Award Luncheon


Tickets cost \$75 per person or \$750 for a table of 10, and they may be ordered at www.SeniorsFoundation.org or by



Jeffrey Ahl will speak at the 11th Keystone Award Luncheon in May.

contacting Gina Cotton at gina@seniorsfoundation.org or 402-304-2140. Ticket purchase deadline is May 14.

About the Seniors Foundation

The Seniors Foundation believes that regardless of age or income, people deserve to live their best lives. Since 1981, the Seniors Foundation has been raising funds to support Aging Partners' efforts to enrich the lives of aging adults in Lincoln. For more information, go to www.SeniorsFoundation.org. 



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Homestead Tax Exemption Can Benefit Seniors

Nebraska is a great place to live thanks in part to programs such as Homestead Tax Exemption, which helps many older adults afford to stay in their homes. This program offers property tax relief for individuals and couples who own a home and are 65 years of age or over, as well as younger individuals with certain disabilities. Only one member of a couple needs to be age 65. This is a county-based program that may offer from 10 to 100 percent property tax relief, depending on your income and the value of your home.


Every year, individuals must apply for a Homestead Tax Exemption to receive the benefit. Homestead Property Tax Exemption forms are mailed by the county assessor after Jan. 1, provided the individual applied for the exemption in the prior year. If individuals have never applied for the Homestead Tax Exemption, they need to visit or contact their county assessor office to request the forms or can pick up forms at Aging Partners, 600 S. 70th St. The forms may also be downloaded from the County Assessor or State Department of Revenue websites.

The exemption is based on an adjusted household income, which is different than the IRS adjusted gross income. If you file income taxes, you would start with the adjusted gross income on your tax form, and then add back any untaxed Social Security benefits you received. Once you have that figure, you subtract health expenses, such as Medicare Part B premiums, Medicare supplemental payments, Part D premiums and copays, and long-term care insurance premiums, as well as eyeglass and dental expenses. If you do not file income taxes, add up your 1099 reported income for the previous year and start with that figure. When you have your household income from the previous year, subtract health expenses to arrive at an adjusted household income.

This year, a couple with an adjusted household income of \$60,900 or less; or a single person with adjusted household income of \$51,300 or less received some property tax relief, depending on the value of their home. Adjusted household income figures increase every year.

It is important to stay informed on the newest household income figures and check every year to ensure you don't miss an opportunity for property tax relief. This is especially true if you or your spouse have experienced some higher-than-usual medical expenses this past year.



You have plenty of time to file for your Homestead Tax Exemption. The filing period is Feb. 2 through June 30. If you have questions about Homestead Tax Exemption or want assistance with the form, please call Aging Partners at 402-441-7070 or 1-800-247-0938 for more information. 



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From left, Henry Reinert, Byron Barner, Kelly Carstens and Ann Heydt participate in a BikeLNK class last year.

BikeLNK Joins with Aging Partners to Offer Classes

Wanting to explore Lincoln's trails via a bicycle, but not wanting to own or transport a bike? Aging Partners Health and Fitness is promoting active living by offering an easy way for older adults to get on two wheels through BikeLNK, Lincoln's bike share program.

BikeLNK offers bicycle rentals to explore trails to improve physical strength and balance. It's also an affordable transportation option to connect people to educational opportunities, restaurants, events and other community services.

Since its inception in April 2018, BikeLNK has supported more than 200,000 bike share trips, covering 470,000 miles. That has offset an estimated 450,000 pounds of carbon pollution and helped riders burn an estimated 18.6 million calories.

BikeLNK bikes are easy to check out and use, and they are available 24/7 year-round with stations across Downtown Lincoln and University of Nebraska's City and East Campuses. With 120 bikes at 21 stations, 100 of the bikes are traditional pedal bikes, while the remaining are pedal-assist e-bikes.

"These bikes operate much like traditional bikes, but they offer assistance while you're pedaling through a small electric motor," said Logan Spackman, former BikeLNK city manager.

Using these bikes can allow individuals to enjoy the benefits of biking without having to purchase, maintain and store a bicycle.


"Bike share is a great way to retain access to bikes and biking as an aging adult," Spackman said. "Keeping up with maintenance on a personal bike — or figuring out how to store the bike when you're not using it — can sometimes be

barriers to staying active on a bike. This is a great way to avoid those issues and keep up with biking.”

Aging Partners Health and Fitness, in collaboration with BikeLNK, is offering Bike Share classes. The program begins at the bike share station at 21st and “Q” streets, where participants learn how to download the app, check out bikes and get relevant safety tips. They also have the option of going on a bike ride along Lincoln’s beautiful trails using the classic or pedal-assist e-bikes.

This program is scheduled to be offered multiple times this year and is free to all participants. Dates scheduled are: May 13, 2 p.m.; June 24, 10 a.m.; and July 15, 9 a.m. Helmets are provided for the program. There is a maximum of eight persons per class, so call 402-441-7506 or 402-441-7575 to register.

If wanting to jump right in, BikeLNK offers reduced rate memberships for older adults. The Aluminum Access membership gives unlimited one-hour trips on BikeLNK for a full year. To take advantage of the discount, individuals 62 and over can email info@bikelnk.com requesting a promotion code to purchase.

For more information on BikeLNK, visit BikeLNK.com or call 402-807-2005. The BCycle mobile app can also be downloaded to a smartphone, and it is the simplest way to make a pass purchase, check out bikes and see bike stations. Passes can also be purchased at www.bikelnk.com, as well as physical fobs for a simplified bike checkout process. 



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Hearing Loss and the Tools to Hear Again

Communication is an essential part of life, and individuals experiencing hearing loss may suffer in silence, literally and figuratively.

Although it can be a normal part of aging, those with hearing loss may be dealing with feelings of isolation and depression. With the use of hearing devices though, communication can be restored.

Age-related hearing loss is a decrease in hearing ability that can begin as early as the 30s and 40s and gradually worsens. Typically, this affects the ability to hear high-frequency sounds, such as speech, making it increasingly difficult to understand what others are saying, especially if there is background noise.

Because a person's hearing impacts ability to understand speech, hearing loss can affect communication, possibly leading to low self-esteem. It also can put the individual and others at risk if it affects hearing smoke alarms, car horns, emergency sirens and other sounds and alerts.

"Day to day noise exposure, even from not wearing hearing protection while mowing the lawn, can impact a person's hearing," said Andy Meyer, Christensen Hearing Analytics hearing instrument specialist.



If you are finding yourself really having to concentrate to understand someone, that's an indication to get your hearing checked."

– Andy Meyer, Christensen Hearing Analytics hearing instrument specialist

Signs of Hearing Loss

Many may not initially recognize the loss of hearing, but as it worsens and begins to affect more frequencies of sound, it becomes more obvious. Signs of hearing loss include turning up the television volume, a ringing in the ears known as tinnitus, dizziness and balance problems, difficulty understanding conversations and asking people to repeat themselves frequently.

"If you are finding yourself really having to concentrate to understand someone, that's an indication to get your hearing checked," Meyer said.

Consonant letters are softer, higher pitched and harder to hear, whereas vowels are lower.

"People often say they can hear, but they can't understand what's being said," Meyer said. "That's because the clarity comes from the higher frequencies, and typically, high frequencies are the first to be lost."

Meyer recommends getting a hearing test annually to catch hearing loss early. "Getting your

hearing tested each year should be part of your regular health checks," he said. "By catching the hearing loss early, it'll be easier to adapt to the hearing aids. If you don't correct the issue, over a long period of time, your brain may lose its ability to recognize the difference between the sounds of letters which is what we are ultimately trying to protect."

Hearing tests can be obtained from an ear, nose and throat specialist or audiologist who uses a sound booth to eliminate environmental sounds from distorting the results.

"Having the knowledge of where you are in your hearing journey is crucial; so, if it were to deteriorate, we can catch it early," Meyer said. "Hearing is important, and once that's gone, it often leads people to seclude into themselves because they can't be part of the conversation."

Hearing Devices

There are various types of small electronic devices worn in or behind the ears to amplify sounds and frequencies, including hearing amplifiers and both over-the-counter and prescription hearing aids.

While inexpensive and easily accessible at various retailers, hearing amplifiers boost all sounds and aren't meant to improve hearing loss. They do not distinguish between sound frequencies and pitch, and they are

not adjustable to a person's unique hearing loss pattern, as well as could potentially damage the ears and further reduce hearing. These devices are best used for birders or hunters listening for prey.

Over-the-counter hearing aids are newer products on the market. They offer a few preset settings to choose from and may or may not reduce background noise. However, there is no additional support or adjustments for these devices, as the Food and Drug Administration (FDA), prohibits specialists from working on them.

"The issue with these is if they don't work, then how much money did you really save?" Meyer said. "It's like purchasing glasses from an end cap instead of going to a prescription provider."

Prescription hearing aids are FDA-regulated Class 1 medical devices that produce natural sound and boost specific frequencies based on a person's hearing loss, allowing them to hear better while also reducing environmental noise, such as wind.

"They don't restore your hearing, but they can make you hear better," Meyer said. "They target what you need, instead of the sounds and frequencies you don't. If you need clarity in the higher pitches, or you need base pitches and loudness, we can target that."

With the continual advancement of technology, modern hearing aids are small and may offer Bluetooth connectivity, allowing the wearer to stream audio directly from smartphones and other devices.

While an investment, hearing aids typically last five to seven years, but regular maintenance and care can extend the longevity. Hearing professionals can help fit,

adjust and maintain prescription hearing aids, along with answering any questions.

The best hearing aid depends on your hearing needs, lifestyle and budget. An audiologist can help you select the most suitable device.

Finding an Audiologist

While there are many hearing aid providers, it's important to choose the right one. Be sure to get to know the provider and ask questions before agreeing to any tests, packages or products.

"It never hurts to get a second opinion to make sure you are getting the correct provider for you," Meyer said. "The person who helps you in your hearing journey is going to really matter. You're not just buying the product, but the skill of the person helping you."


Clinics offer various types of devices and prices, but it's important to understand any added costs at later dates such as purchasing an extended care package.

"We don't force anyone who is

reluctant to purchase hearing aids," Meyer said. "We offer no-charge, no-obligation hearing tests and consultations. We don't charge for adjustments, cleanings or questions — it's all in the price of the hearing aids for as long as you have them."

Be sure to confirm insurance coverage if you choose to use it. Some insurance may offer coverage of hearing aids or exams, but it varies. Often, the insurance company ends up providing the hearing aids and may limit what the local provider can do.

While the cost of hearing aids may initially be a deterrent, it's important to note that Class 1 medical devices may qualify for lower interest rate loans. Otherwise, there may be discount offerings or programs from some practices.

"Don't let the cost deter you," Meyer said. "If you are interested in improving your hearing, try not to wait too long. We want to make sure everyone gets the solution they need to continue to live a full life." 





LeadingAge Nebraska offers its members education on quality of care, regulatory guidance and other needs to help meet the needs of the older adults they serve.

LeadingAge Serves Those Who Serve Older Adults

LeadingAge Nebraska, a state association under the nationally recognized LeadingAge, represents providers of senior housing and services whose purpose is to improve the care and services provided to older Nebraskans. By supporting these nonprofits or locally-owned, for-profit businesses which serve the greater aging population, LeadingAge Nebraska helps provide older adults a place to age gracefully.

“We represent those that have a very strong focus on those aging and serving their own community,” said Kierstin Reed, CEO. “Our members are typically home care providers, hospice organizations, independent and assisted living communities, nursing homes and others who serve the aging industry such as insurance, pharmacies, billing services, therapies, waste disposal and more.”

Members of LeadingAge Nebraska receive benefits of both the state and national level, including virtual and in-person education and professional development, public relations advocacy, expert policy and regulatory guidance, conferences, monthly member meetings, representation on state coalitions and boards, networking and employee recruitment.

“We are a strong advocate for those aging, as well as the service delivery system,” Reed said. “We look to assure all older adults receive access to the quality care they need at a price they can afford, through a variety of different programming.”

Membership is open to any provider of senior

housing or services, a business which offers products and services for the long-term care community, individuals with an interest in providing care for older individuals and students who are employed to provide care or

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services for aging adults.

LeadingAge Nebraska's practical and affordable educational opportunities focus on quality of care, regulatory guidance and other focused needs.

"Our education helps members make sure they are current with best practices to meet the needs of older adults, especially in the ever-changing climate of services," Reed said.

Training is especially helpful for those in rural communities, where a majority of the facilities are small, independently-owned and operated.


"Because of their size and structure, these organizations don't have departments and a workforce solely dedicated to keeping them up on regulatory practices," Reed said. "The more we can do to support these places, the more we keep those organizations alive and well to support the aging in their own



communities. We want to maintain the opportunity for older adults to receive services without having to travel hundreds of miles."

LeadingAge Nebraska also tracks and advocates for state and national legislation, which may impact aging adults or the organizations that serve them.

"We are consistently looking out for what is in the best interest for residents, or our members which serve this population," Reed said. "We want to make sure there are no negative impacts."

Find out more about LeadingAge Nebraska at www.leadingagene.org, or leadingage.org. 



LeadingAge Nebraska CEO Kierstin Reed and Director of Marketing and Professional Development Natalie McCormick attend the LeadingAge Annual Meeting.

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Supplement Safety: What to Know Before you Buy

Staying healthy and consuming a nutrient-rich diet can be challenging in such a fast-paced world. To combat this, it's estimated that 77 percent of Americans age 18 and over consume dietary supplements.

A dietary supplement is a pill, capsule, powder, tablet, extract or liquid which contains a vitamin, mineral, fiber, amino acids, herb or other plant, enzymes or a combination of these. Dietary supplements can help people improve or maintain overall health and meet the daily requirements of essential nutrients. Supplements or vitamins may be appropriate when there is a dietary deficiency, but they also are an added cost and can have potential risks which might interact with other medications or lab tests.

Before Buying

Read the product label and talk with a doctor or pharmacist before buying or using any dietary supplement. People should never stop a prescribed medication without first consulting with their physician.

It's important to note the Food and Drug Administration (FDA) does not approve, evaluate or test dietary supplements for safety, effectiveness or labeling before they are sold. The FDA

also does monitor dietary supplements and vitamins after they enter the marketplace. However, if a product is found to be unsafe due to complaints, or not in compliance with the law, the FDA can work with the manufacturer to bring it into compliance or remove it from the market.

The FDA ensures drugs and medicines are pure, safe and do what they say. The FDA is prohibited from regulating a number of things about supplements.

"That's why you'll often see on the label 'these statements have not been evaluated by the FDA,'" said Dr. Ally Dering-Anderson, licensed pharmacist and clinical associate professor at the University of Nebraska Medical Center College of Pharmacy. "It's not because the FDA doesn't want to regulate, but because it can't due to federal law."

She cautions that what people read on the pharmacy shelves is not always necessarily true. There are some labeling requirements for dietary supplements — they cannot claim to treat, diagnose, prevent or cure diseases — otherwise they will be subject to regulation as drugs. Some manufacturers may skirt these requirements by including wording such as "may be useful in..."

Some supplements may identify they have been third party tested by the United States Pharmacopeia (USP), which means the USP verified the identity, quality, strength and purity of a provided sample.

While many supplements have specific health claims, it's important to do independent research before buying and find reliable data, Dering-Anderson said.

Everyone is encouraged to talk to their doctor or pharmacist and take special care with online research — much of it can be false or misleading. Therefore, it's important to not rely on websites which sell the product. A good way to find scientific data is by searching "scholarly information about..." or "Drug interaction with [supplement or current medication.]" Looking at the National Institutes of Health website at www.nih.gov or ods.od.nih.gov/factsheets/list-all, and reading the fact sheets about many supplements and natural herbs and plants is a good idea.

"Just because something is said to be natural doesn't mean it's safe or beneficial," Dering-Anderson said. "There may be side effects, or it could impact prescribed medication and could be harmful if you have certain medical conditions."



She adds that people should not try to diagnose or treat a health condition with a supplement without checking with their doctor.

“If you know something isn’t right, talk to your doctor,” Dering-Anderson said. “Don’t try this or that supplement and wait too long to get medical care. Same with drug-to-drug interactions: even if you don’t want to talk to someone when you purchase a supplement, make sure you tell your pharmacist about all your supplements when you purchase a prescription.”

Nebraska law states a person must be able to talk to a pharmacist when picking up a prescription.

“Mention your multivitamin, extra vitamin D and anything else. Many times they’ll say it’s safe, but there might be a few times they need to help you re-evaluate because there are known problems,” Dering-Anderson said.



Buying Supplements

Eating a variety of healthy foods is the best way to get the nutrients the body needs, and there may be times that doctors recommend a dietary supplement to provide missing nutrients. The most commonly used dietary supplements are multivitamins, vitamin D and calcium.

When buying dietary supplements, people should choose brands that a doctor, dietician or pharmacist recommends and not get those with ingredients not needed, or with ingredients they can’t see such as in proprietary blends. People should not buy more than they need as it can be harmful

Continued on page 20.

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Supplement Safety: What to Know Before you Buy

Continued from page 19.

to take too many supplements, or too high of concentrations.

Dering-Anderson says to be wary of products with huge, attractive graphics on the label.

“Although it may catch attention, you want to purchase a product that looks like the over-the-counter drugs,” she said. “This means the label is easy to read, tells you exactly what’s in it, lists a normal dose, and nowhere does it mention proprietary blend. You need to know what you are putting in your body.”

Cost doesn’t necessarily guarantee quality in this case.

“It’s perfectly reasonable that if your pharmacist or physician says you should use something, to ask which

company they recommend,” Dering-Anderson said. “I am going to pick the company that I trust, that is well-labeled and quality controlled. Some of those you can identify by having the USP seal of approval.”

If buying a multivitamin, specified products for seniors, men or women don’t always truly have much of a difference and often are more expensive.

Dering-Anderson recommends to “look for one with at least 400 micrograms (mcg) of folic acid and at least 500 milligrams (mg) of vitamin C.”

It’s best to take dietary supplements immediately following the largest meal of the day.

“Your gut is ready to absorb the good stuff from your diet when

you eat,” Dering-Anderson said. “It doesn’t matter the timing day to day. You’re going to absorb it best and get the best bang for your buck following the largest meal.”

There are exceptions, so be sure to discuss with a pharmacist. Other considerations include making sure the supplements can be safely transported if a person is going to be away from home for their largest meal and to take special care to keep the supplements away from children.

Living healthy is important, and dietary supplements can aid in that. But it’s important to take the right steps, seek medical care when needed and ensure health is not negatively impacted by taking supplements. **LW**



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Emergency Preparedness Imperative

This winter's bitter cold temperatures taught a lesson about being prepared before an emergency happens. And knowing what to do during a tornado, snowstorm, electrical outage or other extreme event can make the difference when seconds count.

In Nebraska, April, May and June are the peak season for tornadoes, although they can occur at any time of the year. Tornadoes, which come from thunderstorm cloud systems, include violently rotating columns of air that descend into the familiar funnel shape. Weather conditions typically generate tornadoes in warm and humid earth surface air, cold air at the middle atmospheric levels and strong upper-level jet stream winds. Tornadoes can travel up to 60 mph and wind speeds can approach 400 mph.

While they can occur at any time of the day, tornadoes in Nebraska typically happen between 4 p.m. and 8 p.m. According to the National Weather Service, a tornado watch means a tornado is possible; a tornado warning means a tornado has been sighted or indicated and to find immediate shelter.

Designate a place in your home where you may be best protected from a tornado. Choose a spot underground, or a small interior windowless room, near an inside wall of your home on the ground floor — such as a bathroom or closet. Do not position yourself directly underneath heavy appliances on the floor above. When choosing a location to take shelter, take your mobility into consideration. If you have difficulty with stairs or rely on a lift chair, choose a different location. You could also consider purchasing a lightweight chair used to carry a person down a stairway, also known as an EMS or evacuation chair.

Know the designated shelter where you work or visit often. One key element of disaster planning can also include checking in with loved ones regularly. Talk to your friends, neighbors and family frequently about what type of support you would need during an emergency. Let neighbors and family know where you plan to take shelter and arrange for someone to check on you after an emergency. You can choose an out-of-town person to call when circumstances may make it easier to call long distance than locally from a disaster area. In rural areas, identify which fire district you live in and contact that department to determine the services it provides.

Be sure to charge any electronic devices ahead of time if severe weather is expected. Know what to do in a power outage and how to connect or start a backup power supply or essential medical equipment. Teach those who may need to assist you in an emergency how to operate necessary equipment. It might be helpful to include operating instructions on the device in case

the individual in need is unconscious.

If you undergo routine treatments administered by a clinic or hospital, find out the emergency plans there and work with personnel to identify backup service providers.

For insurance purposes, taking inventory of household furnishings and other possessions and supplementing that with photos or video and keeping them in a safe deposit box or other safe place could prove beneficial.

Emergency Kit

Once you've made an emergency plan, you should also make a 72-hour emergency preparedness kit with enough supplies for everyone in your household, including pets. Consider making a kit for home and a to-go kit that can be brought to a shelter or other location if you need to evacuate. You could put supplies into a rolling hamper with handle, large backpack or small suitcase for easy transport.

Here are some suggestions to consider including in your emergency kit:

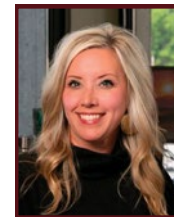
- Enough nonperishable food and water for three days, per person.
- Manual can opener for food.
- Battery- or crank-operated radio for weather updates.

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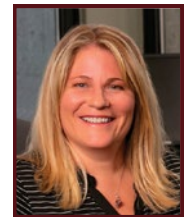
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- Include spare batteries.
- Battery- or crank-operated flashlight. Include spare batteries.
- First aid kit.
- Medical alert bracelet or list of all current medications, dosage and frequency.
- Seven-day supply of medications and medical items.
- Copies of important documents such as Medicare and insurance policies.
- Cellphone and charger.
- Contact information for friends and family.
- Blanket or warm clothes.
- Whistle or air horn to alert emergency personnel to location.
- Pet supplies, food and water.
- Extra set of keys.
- Extra battery for a motorized wheelchair or scooter.
- Hearing aids and extra batteries.
- Eyeglasses and/or contacts and solution.



- Dust mask and work gloves.
 - Hand sanitizer or soap.
- Review your kit annually to ensure foods and medicines are not expired. For a full list of supplies for your emergency supply kit, visit www.ready.gov/kit. For more

information about putting together an emergency plan, visit ready.gov/older-adults and ready.gov/disability. For a variety of preparedness information, visit www.lancaster.ne.gov/513/Preparedness-Information-Resources. 

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Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

Little darlin', it's been a long, cold, lonely winter.

Little darlin', it feels like years since it's been here.

Here comes the sun!"

– George Harrison

Although George would be the last Beatle I would like to hang out with of the four, he did write a great song about spring with "Here Comes The Sun." (Fun fact: He wrote it at Eric Clapton's farm while playing hooky from contract negotiations at Apple Records!)

Spring is a busy time for our team; but before we get into the details, there is someone we need to thank for everything she did for these programs over the years. Linda Stevenson recently retired, and we know many of you know Linda

from speaking to her about Handy Home Services, Durable Medical Equipment and Lancaster County Public Rural Transportation. Her quick wit and smile will be missed around the office. Personally, she made me a better manager and person, and I want to acknowledge that publicly. Enjoy your retirement, Linda!

Although we did not hibernate through the winter months, we always see an uptick in activity in the spring for most of our programs. The one exception is our Durable Medical Equipment (DME) program. I guess the occasional need for a walker, wheelchair or shower bench doesn't have a season! If you need any of these items or something else, give us a call at 402-441-7032 to see if we have one available. There

is no charge, but we gladly accept voluntary contributions and there is not a time limit on your use of DME items. Also, if you have items lying around your house that are in the way, give us a call. We might be able to get them to other folks who can use them.

Our transportation programs get used less in the winter with colder temperatures and icy conditions, but now that warmer days have arrived and ice and snow have melted, we expect ridership to increase. The Community Activities and Services (CAS) transit program provides curb-to-curb service for seniors from home to their area senior center in Lincoln. Unfortunately, we do not currently have the fleet to enable us to provide transportation to the rural centers. Riders using



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the CAS transit program can ride to the center for meals, exercise, programs, games and fellowship with others. There is a suggested contribution of \$2 per boarding, and anonymous contributions can be made at various senior center drop boxes.


Although we do not have transportation to the rural centers, we can provide transportation to the rural areas through Lancaster County Public Rural Transport. Since this is public transportation, you do not need to be a senior to use it. The cost is \$2 per boarding. Many of our riders use it to come to Lincoln for shopping, appointments and visiting friends. We also have a few riders from Lincoln who use it to visit friends and family in the rural communities. We provide transportation to the northern half of the county on Mondays,

Wednesdays and alternate Fridays. The southern half of the county is served on Tuesdays, Thursdays and alternate Fridays. Call 402-441-7031 for more information and to schedule a ride.

I admit to not understanding why the Lifeline Emergency Response System program gets busier in the spring after slowing down in winter. I have always felt it would increase in winter with more clients forced to stay home due to weather, but that is certainly not the case at all. We had supply issues at the end of 2023, but thankfully those seem to be behind us at this point.

If you are not familiar with the Lifeline program, we offer three distinct units to meet the needs and capabilities of the user's phone system. If you are still using a landline service provider for your phone, we suggest the 6900 series which operates in conjunction with that landline.

If you have shifted away from landline-based services and are just using a cellphone, we offer the 7200 series. It operates much in the same way as the 6900 series but uses cellphone systems in your home's area to operate. It is not necessary to have a cellphone for that system to help you. The last option is the "On The Go" system, which literally provides security anywhere you go in the continental United States. Please call us at 402-441-8816 for more information about which system might be best for you.

I had hoped to share information about our Handy Home Services program, but I've run out of room. Call us at 402-441-7030 to learn more about this great service. I'll talk to you again via Staying Self-Sufficient in the summer, when I promise there will be lots of sun! 

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Beyond the Table

By Devin Mueller, Aging Partners Nutrition

In March, we celebrated National Nutrition Month, an annual campaign focused on bringing awareness to current food and nutrition issues in our society. Brought to us by the Academy of Nutrition and Dietetics, the campaign provided outreach to anyone looking to better their health and wellness through this year's theme of "Beyond the Table."

Looking beyond the table can mean a variety of things, but the goal is to focus on our health and environment by paying attention to our daily food and drink choices. These can have major impacts on our health now and in the future.

The choices you make go well beyond the foods and drinks we choose when we sit down for breakfast, lunch or dinner. These choices include what we choose for snacks, breakfast (on the go), eating out with friends, where our foods are grown and even how they are prepared.

Focus on a healthy eating routine. Making healthy food choices can be difficult, especially when eating away from home or on-the-go. Many restaurants provide nutritional information on the menu or per your request, which can help you look for the healthiest option.

When going to the grocery store, consider these tips to help you stick to your budget and be a well-informed consumer. Before leaving, check what supplies you already have on hand in the pantry, fridge and freezer. Make a shopping list based on what you already have and what you need (don't forget to look at the

sales ads!). If you need additional resources, your community may be able to help access healthy foods through a food bank or pantries.

Seek the help of a Registered Dietitian Nutritionist (RDN). An RDN is a nutrition expert with a focus on helping people live better and healthier lives through diet modification. RDNs help explore various ways to bring about a healthier you by taking a multi-faceted approach to your health and wellbeing. It's never too late to meet with an RDN to discuss your personal needs. It may be the jumpstart you need to enhance your health and wellness goals.


Learn what's really involved when it comes to growing your food. Knowing the specifics of where and how your foods are grown has become more of a mystery, but there are many resources available to help you track that food down! Visiting a

local farmers market to strike up a conversation with the people who are growing your food is a good start. Many farmers and food producers are happy to engage and answer questions, sample products and provide cooking tips. They might even offer a tour to give you a "behind-the-scenes" look at how your food gets to you.

You can also take the plunge by growing your own fruits and vegetables at home. If you have wanted to try gardening but have limited space, choose to grow herbs or lettuce indoors. Tomatoes, peppers and strawberries may also work if you have a porch or patio with enough sunlight. If you don't have the space or don't want to grow at home, churches, schools and neighborhoods may offer community gardens where you can participate in the experience of growing and harvesting your own produce. If you don't want to get



your hand in the dirt, maybe you'd like to try your hand at "farm shares" – programs where you can purchase produce directly from a farmer before the growing season begins. Some farm shares may even include eggs or meat in addition to traditional produce.

Going beyond the table may bring about many different emotions and personal actions. Whether you are just starting your health and wellness journey or are a seasoned at-home food producer, it is never too late to take a step back and evaluate. Consider taking a detailed look at your food choices, as well as where and how you shop. Seek outside help from nutrition specialists and look at where your food comes from. These are all factors that can help you live a healthier life. 

Source: <https://www.eatright.org>



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Aging Partners Health and Fitness

Surprising Benefits of Walking

By Aging Partners Health and Fitness

When people think of the term “exercise,” they often picture strenuous activities like running, biking and weightlifting. However, one of the most beneficial exercises can be performed almost anywhere without the need to be strenuous. Walking can improve your physical and mental health with very little stress on the body.

The Centers for Disease Control and Prevention recommends adults get 150 minutes of moderate-intensity exercise each week and two days of strength-training activities. A brisk, daily 30-minute walk, five days a week, will satisfy the moderate-intensity exercise requirement and doesn't take up much time. Even if you can't commit to 30 minutes at a time, two daily 15-minute walks would be a good substitute. And if you can't do a 30-minute walk due to physical limitations, you can go for as long as you are able – walking will still provide benefits.

Studies have proven that walking can reduce stress and decrease your risk of heart disease, stroke, diabetes, osteoporosis and the risk of many cancers. It can improve your cardiovascular health, reduce body fat, ease pain in joints, boost your immune system and even tame your sweet tooth. Taking a walk after eating a meal can help regulate your blood sugar levels, lower blood pressure and improve digestion.

A pair of studies published in the *Journal of the American Medical Association* found that walking 10,000 steps a day (roughly 5 miles) was linked to a significant reduction in dementia.

While that number can be difficult for many to achieve, any number of steps can still be beneficial. The studies also showed that for every 2,000 steps a person walks each day, they reduce their risk of premature death by 8 to 11 percent. And for people who can walk 3,800 steps a day, there was a 25 percent reduction in the onset of dementia. Clearly, even smaller amounts of walking can vastly improve a person's health.

Given the benefits walking can provide, it's a great idea to incorporate the activity into your daily routine. Get outside and enjoy the nice weather, walk on a treadmill, in a shopping mall, or on an indoor or outdoor track. Sometimes taking the first step is the hardest.

Like any other newly acquired habit, developing a regular walking routine can be challenging. Some people will schedule a regular walk with a friend or family member for accountability. Others use highly-motivating pedometers (step counters) and/or fitness watches to track their steps and miles. Some fitness


watches even allow you to participate in virtual walking challenges with friends. Taking the dog for a walk will provide companionship and beneficial exercise for the pet, as well. Regularly changing your walking route can combat boredom. Lincoln has a wonderful hike/bike trail system that covers the entire city, and some of Lincoln's parks, such as Wilderness Park, have beautiful wooded hiking



paths. There is an endless number of ways to keep your walking routines interesting and engaging.

Aging Partners Health and Fitness team encourages older adults to remain active as long as they are able. The Schmieding Foundation Center for Active Living Fitness Center at our new Victory Park location offers several treadmills that allow our participants to walk year-round. For individuals with limited mobility, we offer NuStep recumbent trainers that provide all the benefits of walking, but in a seated position. There are numerous other cardio machines, as well as a strength-training room.

The Fitness Center is open 8 a.m. to 4 p.m. weekdays. For individuals over 60 years of age, there is a \$10 per month suggested contribution. There is a fee of \$15 per month for people under 60.

Aging Partners Health and Fitness also offers exercise classes throughout the community, including Dance for Life, Qigong, Tai Chi for Arthritis and Fall Prevention, Chair Yoga, Bingocize®, and the StrongBodies strength training program. Please call 402-441-7575 for more information on the fitness center and the classes we offer. We look forward to working with you! 

Continued on page 30.

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955 N. Adams St. STE 1; Papillion, NE 68046

Surprising Benefits of Walking

Continued from page 29.

Sources:

CDC:

<https://www.cdc.gov/physicalactivity/basics/adults/index.htm#:~:text=Each%20week%20adults%20need%20150,Physical%20Activity%20Guidelines%20for%20Americans.&text=We%20know%20150%20minutes%20of,do%20it%20all%20at%20once.>

Harvard Medical School:

<https://www.health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking>

KU Medical Center:

<https://www.kumc.edu/about/news/news-archive/jama-study-ten-thousand-steps.html>

HCA Florida Healthcare:

<https://www.hcafloridahealthcare.com/healthy-living/blog/5-benefits-of-walking-after-eating>



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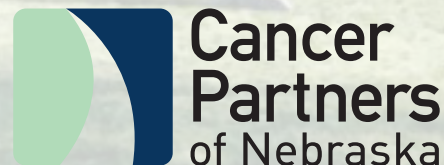
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Caregiver Corner

Aging Partners Launching Service to Reach All Caregivers

Whether it's caring for an aging adult, disabled individual or being a grandparent caring for a grandchild, the role can be demanding but rewarding. To better support caregivers in the agency's eight-county area, Aging Partners is launching a service website called Trualta.

Trualta is a flexible caregiver engagement website that helps caregivers and families build skills, increase confidence and decrease feelings of loneliness.

With an easy-to-navigate online service, the website provides

caregiver support through video, audio, eLearning and print content 24/7, in English and Spanish. Topics include brain health, intellectual and developmental disabilities, personal care, grandparents supporting grandchildren, dementia, diabetes, safety and injury prevention, music therapy, caregiver wellness, stroke recovery, grief and loss, as well as activities and recreation.

"We know it can be hard to find time to get resources or attend a caregiver support group," Aging Partners Director Randall



TRUALTA

Jones said. "This website can give caregivers the opportunity to get some of that from the comfort of home, any time of day or night."

The portal also has available caregiver support groups — including specialty, general and drop-in groups to enable caregivers to connect with others in similar



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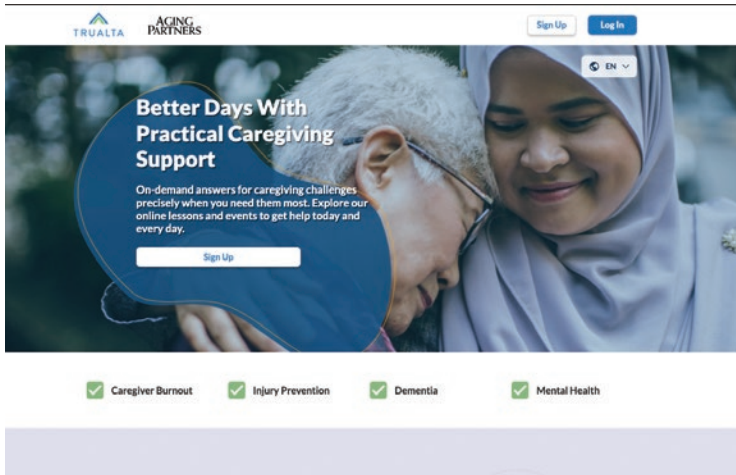
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care situations. For caregivers who may be reluctant to open up in a support group, educational webinars offer a trusted and accessible resource to answer tough questions for everyday needs.

Care coaches are available upon request to provide one-on-one coaching for caregivers who need a listening ear and may need help navigating the portal or local resources. They also can share tips about managing care at home.

“We hope this will help caregivers get the additional support they need, often from their own home when time allows,” Jones said. “This will be especially valuable for individuals in rural communities where a support system may not be readily available.”

Sign Up For Free

Anyone caring for a loved one in the Aging Partners service area can join for free at agingpartners.trualta.com. Aging Partners is the first in Nebraska to launch this website.

“This service is very individualized and has no restrictions on how little or how much you use it,” Jones said. “Everyone faces unique challenges in their caregiving journey. The value in this program can be individualized, and caregivers can learn about specific interests with their caregiving, as well as how to care for themselves.” ¹⁴

“We know it can be hard to find time to get resources or attend a caregiver support group. This website can give caregivers the opportunity to get some of that from the comfort of home, any time of day or night.”

– Aging Partners Director Randall Jones

Nebraska Family Caregiver Support

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1-866-737-7483

respite.ne.gov

AGING PARTNERS



Call 402-441-7070 in Lincoln or toll-free, **800-247-0938.**

AGING PARTNERS

600 S. 70th St., Bldg. 2
Lincoln, NE 68510-2451
402-441-7070 or 800-247-0938
aging.lincoln.ne.gov
Serving Butler, Fillmore, Lancaster,
Polk, Saline, Saunders, Seward and York
counties.

Key for Services: ▲ = Lancaster only

MISSION

Aging Partners plans, coordinates and advocates for older people in an eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community to ensure the independence and full life of the people we serve.

BENEFITS COUNSELING AND LEGAL ASSISTANCE

402-441-7070 or 800-247-0938

- **Medicare** - what you need to know when you turn age 65; working past age 65; Parts A, B, D and Advantage Plans; Medicare supplements, yearly changes, updates and open enrollment; complaints, errors and appeals; low-income assistance programs.
- **We also help with:** Social Security overview; Medicaid; long-term care insurance; budgeting and bill paying; and Homestead Tax Exemption.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.

HEALTH, FITNESS AND NUTRITION

- The Schmieding Foundation Center for Active Living Fitness Center - Cardio and strength training equipment. A certified personal trainer is available by appointment. ▲ 402-441-7575
- **Exercise** - Tai Chi, chair yoga, Qigong and dance classes are available at

several locations. Daily fitness programs on LNKTV City (ALLO channel 2, Spectrum channel 1300 and Kinetic channel 5) and LNKTV Health (ALLO channel 3, Spectrum channel 1301 and Kinetic channel 10). ▲

- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide comprehensive foot care along with blood pressure, cholesterol, glucose and bone density screenings by appointment. ▲ 402-441-7506

HANDY HOME SERVICES, LIFELINE® AND TRANSPORTATION

- **Durable Medical Equipment** - Providing items that address short- and long-term needs. We have various lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers. 402-441-7032
- **Handy Home Services** - Minor home repairs and maintenance including mowing, leaky faucets, painting and broken light fixtures. ▲ 402-441-7030
- **Lifeline® Personal Emergency Response System** - A 24-hour emergency access at the press of a button. ▲ 402-441-8816
- **Ride within Lincoln to the Centers** - Schedule a ride to your Aging Partners Center (handicap accessible). ▲ 402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln to rural Lancaster County areas. (handicap accessible). ▲ 402-441-7031

A listing of other options in the community is available at 402-441-7070.

- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938
- **Caregiver Support Services** - Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information and a safe environment to share concerns. Sessions are led by a Licensed Independent Mental Health Practitioner. ▲ 402-441-7575
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Nutrition** - Noon meals, selected evening meals with entertainment and special holiday meals are available at some centers. 402-441-3480

LIVING WELL MAGAZINE

This quarterly publication features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with Living Well, call David Norris at 402-441-6156 or email dnorris@lincoln.ne.gov. To receive Living Well by email instead of in the mail, call 402-441-6146 or email delrod@lincoln.ne.gov.

LIVE & LEARN

A monthly TV show for and about older adults on LNKTV City (ALLO channel 2, Spectrum channel 1300, Kinetic channel 1005) and LNKTV.lincoln.ne.gov, or Live & Learn's YouTube channel at <http://lincoln.ne.gov/LiveAndLearn>.

- Mondays at 11 a.m.
- Wednesdays at 5 p.m.
- Thursdays at 7 p.m.
- Fridays at 11:30 a.m.
- Sundays at 3:30 p.m.

These are minimum airing times. Show re-airs at various other times throughout the month.

NEIGHBORLNK

This program connects qualified, authorized volunteers with homebound seniors (age 60 and over) and persons with disabilities who seek additional support such as grocery pickup and delivery, errands such as food and medication delivery, and friendly phone visits.

▲ 402-441-6076 or 402-441-7575

SENIOR CENTERS, EVENTS AND ACTIVITIES

Social events and activities, health and educational programs. We offer noon meals, selected evening meals with entertainment and special holiday meals. Transportation to the centers is available for a suggested contribution. Four centers in Lincoln and three in Lancaster County.

▲ 402-441-7158

Lincoln/Lancaster County Centers

- Belmont Center: 402-441-7990
Belmont Recreation Center
1234 Judson St., Lincoln
- Northeast Center: 402-441-7151
6310 Platte Ave., Lincoln
- Washington Street Senior Center
402-441-7157
Grace Lutheran Church
2225 Washington St., Lincoln
- Victory Park Center: 402-441-7154
600 S. 70th St., Lincoln
- Bennet Center: 402-416-7693
American Legion Hall
970 Monroe St., Bennet
- Firth Center: 402-416-7693
Community Center
311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693
Hickman Community Center
115 Locust St., Hickman

SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit seniorsfoundation.org.

INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives and arrange services in the Aging Partners service area.

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Aging and Disability Resource Center (ADRC)** - The Aging and Disability Resource Center goal is to assist Nebraskans in accessing services and support to help meet their long-term care needs.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible and choose to live at home or use community-based services.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Assisted Living and Nursing Facilities Resource Listings**

MULTI-COUNTY CARE MANAGEMENT SERVICES

Providing professional assistance in assessing needs, planning and coordinating home care.

All Counties: 800-247-0938

Jean Holt, Coordinator

Providing professional assistance in assessing needs, planning and coordinating home care.

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Becky Romshek, 402-747-5731
- Saline County
Kelly Grimes, 402-441-7070
- Saunders County
Kaylee Huenink, 402-416-9376
- Seward County
Kaylee Huenink, 402-416-9376
- York County
Christina Kaping, 402-362-7626

MULTI-COUNTY PROGRAMS

Coordinator Jill Engel

- Butler County Senior Services
Diana McDonald, 402-367-6131
- Fillmore County Senior Services
Brenda Motis, 402-759-4922
- Polk County Senior Services
Mark DeMers, 402-764-2711
- Saline County Aging Services
Lori Moldenhauer, 402-821-3330
- Seward County Aging Services
Alison Rook, 402-646-7110
- York County Aging Services
Lori Byers, 402-362-7626

MULTI-COUNTY SENIOR CENTERS

Butler County

- David City Senior Center
592 "D" St., David City
402-367-6131

Fillmore County

- Exeter Senior Center
217 S. Exeter Ave., Exeter
402-266-2133
- Fairmont Senior Center
519 6th Ave., Fairmont
402-268-2831
- Geneva Senior Center
1120 "F" St., Geneva
402-759-6729

Polk County

- Osceola Senior Center
441 Hawkeye St., Osceola
402-747-8227
- Polk Senior Center
230 N. Main St., Polk
402-765-2311
- Shelby Senior Center
230 N. Walnut St., Shelby
402-527-5158

Saline County

- DeWitt Senior Center
202 E. Fillmore Ave., DeWitt
402-683-4325

Seward County

- Milford Senior Center
105 "B" St., Milford
402-761-3367
- Seward LIED Senior Center
1010 Manor Drive West, Seward
402-643-4466
- Utica Senior Center
520 "D" St., Utica, NE 68456
402-534-3435

York County

- McCool Junction Senior Diners
c/o Village Hall
323 E. "M" St., McCool Junction
402-724-2525
- York Leisure Home (meal site only)
215 N. Lincoln Ave., York
402-362-5900
- York Senior Center
725 Nebraska Ave., York
402-362-2496

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

- 402-441-7070 or 800-247-0938

Aging Partners News and Events

Call 402-441-7575 for Health and Fitness classes or 402-441-7158 for event information.
aging.lincoln.ne.gov

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When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Contact Deb Elrod at 402-441-6146 or delrod@lincoln.ne.gov to sign up.



Health and Fitness

Schmieding Foundation Center for Active Living Fitness Center

600 S. 70th St.

Monday through Friday

8 a.m. to 4 p.m.

All are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance, and other exercise aids are available. There is a \$10 monthly suggested contribution for ages 60 and over. A \$15 fee is required for individuals under age 60. A certified personal trainer is available Tuesdays and Thursdays by appointment only at no extra charge.

For most Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over. A \$5 per class fee is required for those under age 60. Preregistration is required for all classes by calling 402-441-7575. Please register early. Classes that do not have sufficient enrollment will be cancelled.

Evidence-Based Tai Chi Classes

NOTE: Because all Tai Chi for Arthritis and Fall Prevention classes are progressive, no registrations will be accepted after the fourth class of each session. Tai Chi class sizes are restricted due to space limitations; therefore, classes fill up quickly.

Tai Chi for Arthritis and Fall Prevention Level I

Eastridge Presbyterian Church

1135 Eastridge Drive

Tuesdays and Thursdays

1 to 2 p.m.

April 30 through July 18 (no class July 4)

This class is beneficial to people with or without arthritis and can help prevent falls. Each session includes breathing techniques and warm up and cool down exercises. Participants will practice one or two movements per lesson, progressively leading to completing the core movements. Suggested contribution is \$2 per class or \$48 per session.

Tai Chi for Arthritis and Fall Prevention Level II

American Lutheran Church

4200 Vine St.

Mondays and Wednesdays

10 to 11 a.m.

May 13 through Aug. 7 (no classes May 27, June 19 and July 31)

This class is only available to those who have completed at least one full session of the Tai Chi for Arthritis and Fall Prevention Level I. Suggested contribution is \$2 per class or \$48 per session.

Chair Yoga

Eastridge Presbyterian Church

1135 Eastridge Drive

Wednesdays, 9:30 to 10:30 a.m. (note new time)

April 10 through June 26 (no class June 19)

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are seated, or the chair is used for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners are welcome.

Dance for Life

Each class focuses on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm-up from the chair, move to standing, transition to dance then cool down with standing and seated movements.

- American Lutheran Church
4200 Vine St.

Mondays, 1:30 to 2:30 p.m.

April 22 through July 29

(no class May 27)

- Auld Pavilion
1650 Memorial Drive
Wednesdays, 10 to 11 a.m.
April 3 through May 22 (no class May 1)

Qigong Refresh and Recharge

This ancient, meditative practice focuses on slow, gentle movements which help to relieve aching muscles and stiff joints, improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches, and stimulating breath exercises. This class is appropriate for individuals at all levels of ability.

- American Lutheran Church
4200 Vine St.
Tuesdays, 10 to 11 a.m.
April 23 through July 23
- Call for location
Thursdays, 1:30 to 2:30 p.m.
April 4 through May 30

Stepping On – Building Confidence and Reducing Falls

Victory Park Center

600 S. 70th St., Classroom 105

Mondays, 12:30 to 2:30 p.m.

July 1 through Aug. 12

This is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls. Suggested contribution of \$4 per class for age 60 and over.

StrongBodies Strength Training Program

Victory Park Center

600 S. 70th St., Classroom 105

Tuesdays and Thursdays

Beginners: 9 to 10 a.m.

Intermediate: 10:30 to 11:30 a.m.

April 16 through July 9 (no class July 4)

The benefits of strength training for older individuals have been studied extensively and include:

- Increased muscle mass and strength
- Improved bone density and reduced risk for osteoporosis and related fractures

- Reduced risk for diabetes, heart disease, arthritis, depression and obesity
 - Improved self-confidence, sleep and vitality
- The exercises in StrongBodies work all the major muscle groups, utilizing a combination of dumbbells, adjustable ankle weights and body weight. StrongBodies is an evidence-based class and meets twice per week for 12-week sessions.

Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only. They are held at our new location at Victory Park Center (600 S. 70th Street). Sanitation guidelines are followed.

Services are available to those age 60 and over. The following services are available on most clinic dates throughout the year: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care and health education. A \$20 suggested contribution will help these services continue.

Please call 402-441-7506 or 402-441-7575 for more information or to make an appointment for clinic services.

Aging Partners Events
 Call 402-441-7158 for information and reservations.

Senior Centers
 Call the individual centers to reserve a meal two days in advance.
 \$5 suggested contribution age 60 and over;
 \$10 fee under age 60.

Belmont Senior Center

402-441-7990

- Chair Yoga
1st and 3rd Thursday of each month
10:45 a.m. (note new time)
Certified yoga instructor Chery Bieber leads this gentle 30-minute yoga session using a chair for balance and stability. Perfect for beginners!
- Native American Flute Concert with Eldonna Rayburn
Tuesday, April 9 at 10 a.m.
Eldonna Rayburn presents music and storytelling from the great plains and around the world.
- Music BINGO! with Elliott Piper
Thursday, May 23 at 10 a.m.
Get ready for a toe-tapping good time with Music BINGO with Elliott Piper. Reminisce over classic standards and forgotten favorites from the golden age of rock 'n roll!
- Dos Marcos
Monday, June 10 at 10 a.m.
Join us for great renditions of your classic

country favorites with the two Marks!

Northeast Senior Center

402-441-7151

- Promise in a New Land: Migrating and Settling in Nebraska
Tuesday, April 30 at 10 a.m.
Cherrie Beam-Callaway, as based on historical fact, performs this first-person Chautauqua-style presentation. Viewers are transported in time to sail the ocean, ride the wagon trail, feel the loneliness, and fight prairie fires. Laugh and cry with stories of successful crops, dancing, hard work, grasshoppers, losing loved ones and becoming an American. This is a Humanities Nebraska presentation.
- Bill Chrastil
Friday, June 28 at 10 a.m.
Bill Chrastil has been a full-time musician and entertainer for over 50 years! Please join us as he performs his mix of Elvis, Tom Jones, and songs from the '50s through the '80s

Victory Park Senior Center

402-441-7154

- Breakfast at Victory Park
We are now offering breakfast on the last Tuesday of the month from March through September from 8 to 9 a.m. Reservations required. \$5 suggested contribution age 60 and over; \$10 fee under age 60.
- CA Waller
Thursday, April 4 at 10 a.m.
We'll celebrate our April birthdays while listening to blues musician CA Waller, an award-winning singer and instrumentalist who has been performing for over 40 years!
- Lincoln's Diverse Past by Ed Zimmer
Humanities of Nebraska program.
Tuesday, April 9 at 10 a.m.
An illustrated survey focusing on some of the ethnic and religious groups who settled early in our state's capital city—a vibrant African American community, thousands of Germans from Russia, early settlers from Mexico and others. Architectural historian Ed Zimmer uses historic photographs, cemetery records, existing buildings and other sources to offer a visible heritage of these Lincolniters.
- Earth Day History and Trivia
Monday, April 22 at 10:30 a.m.
Join us for a fun trivia game and interesting history about Earth Day with Peggy Apthorpe, Conservation Nebraska—Common Ground Education Program.

- AARP Smart Driver Course™
Aging Partners classroom
Monday, May 6 from 10 a.m. to 2:30 p.m.
Register by calling Ben Middendorf at 402-441-7154.
\$25 fee payable by cash or check on date of event. \$20 for AARP members.
Call 402-441-7154 to reserve a lunch. \$5 suggested contribution age 60 and over; \$10 fee under age 60.
Hit the road with confidence, courtesy of the newly updated, award-winning AARP Smart Driver course. Learn helpful driving strategies.

Washington Street Senior Center

402-441-7157

Wednesday, April 10 at 10:30 a.m.

Peoples City Mission will present a program on the variety of services the mission offers. April 22 through May 31, we have our Annual Personal Care Drive for men, women and children for the Mission. Needed items: razors, toothbrushes, toothpaste, small bottles of shampoo, soap, combs, brushes, fingernail clippers, files, etc. A donation box will be available at the center.

Firth, Hickman and Bennet Senior Centers

Forts of Nebraska presentation by Jeff Barnes, Nebraska Humanities

Nebraska's forts were among the first, last and most important on the Great Plains, built to promote trade, to protect travelers and settlers, and to keep the peace. During that time, they hosted some great names of American history, including Buffalo Bill Cody, Crazy Horse, George Custer, Robert E. Lee, Red Cloud and Mark Twain. Join us to hear the fascinating stories of the way our ancestors lived.

- Wednesday, April 24 – Hickman at 12:15 p.m.
- Thursday, April 25 – Bennet at 12:15 p.m.
- Monday, April 29 – Firth at 12:15 p.m.

Rural Lancaster County Foot Clinics

For appointments, call manager Paula Chamberlain at 402-416-7693.

- Firth Community Center
311 Nemaha St.
Monday, May 20
9:30 a.m. to 12:30 p.m.
- Hickman Community Center
115 Locust St.
Wednesday, May 29
9:30 a.m. to 12:30 p.m.
- Bennet Center
American Legion Hall
970 Monroe St.
Thursday, May 30
9:30 a.m. to 12:30 p.m.

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

2024 Aging Partners Seasonal Events

2024 Dinner and Show

(co-sponsored by Butherus, Maser & Love and catered by Hy-Vee)

Auld Pavilion, 1650 Memorial Drive

5:30 to 7 p.m. (doors open at 5 p.m.)

\$10 entertainment fee

\$5 round-trip van transportation fee within Lincoln

Call 402-441-7158 for reservations.

- **Mojo Filter**
Thursday, April 11
Reservation and payment deadline: Wednesday, April 3
Oldies rock from the '50s, '60s and '70s.
Menu: Fried chicken, au gratin potatoes, seasoned veggies, roll, apple pie, milk, coffee.
- **Thursday, May 2**
Nebraska Jazz Septet
Reservation and payment deadline: Wednesday, April 24
With blazing horns and a swinging rhythm section, Nebraska Jazz Septet performs repertoire from across the jazz tradition including music from the era of swing. Menu: Meatloaf, oven-roasted potatoes, glazed baby carrots, roll, chocolate cupcake, milk, coffee.
- **Emily Bass and the Near Miracle**
Thursday, June 13
Reservation and payment deadline: Wednesday, June 5
Emily Bass and The Near Miracle perform primarily original music, drawing influence from the Staples Singers to Carole King to Radiohead and the Pixies. Menu: Herb-roasted pork loin, rice, fresh fruit, buttered corn, lemon pie, milk, coffee.
- **Toasted Ponies**
Thursday, July 11
Reservation and payment deadline: Wednesday, July 3
The Toasted Ponies are an award-winning bluegrass band featuring red-hot instrumentals and beautiful harmony vocals. Menu: Oven-roasted turkey w/ gravy, stuffing, seasoned green beans, fresh fruit, brownie, milk, coffee.
- **Nebraska Vocal Jazz Project (NVJP)**
Thursday, Aug. 8
Reservation and payment deadline: Wednesday, July 31
Comprised of a composer, a marketer,

a space lawyer, and two teachers, NVJP aims to bring vocal jazz to Nebraska in a new light and explore the possibilities of a modern vocal jazz ensemble. Menu: Roast beef, broccoli, twice-baked potato, roll, raspberry cupcake, milk, coffee.

- **Hillbilly Deluxe Band**
Thursday, Sept. 12
Reservation and payment deadline: Wednesday, Sept. 4
Singing and playing country music, blues, and old rock and roll. Menu: Chicken-fried steak, mashed potatoes and gravy, veggie, roll, apple crisp, milk, coffee.

2024 Nebraska History Lunch Series

(in collaboration with Gere Library)

Gere Library, 2400 S. 56th St.

These free programs spotlight Nebraska's role in World War II. Programs are the third Tuesday of each month from noon to 1:30 p.m. A sack lunch is available for \$5 (whole turkey or ham sandwich, chips, fruit, cookie and bottled water). Seating is limited, so reservations are required even if you don't eat lunch. Reservation and payment deadline for sack lunch is noon the Wednesday before the event. Call 402-441-7158 to make your lunch reservations.

- **Tuesday, April 16 – WWII in Nebraska**, presented by Melissa Amateis
From the army airfields to the ordnance plants to the scrap drives, the remarkable story of the Cornhusker State's home front during WWII.
- **Tuesday, May 21 – All Hell Can't Stop Us**, presented by Joel Geyer
Before the United States entered WWII, more than a dozen Nebraska Boys from Beatrice signed up for the National Guard knowing that small town enlistments were often kept together in one company. Little did they know they would be called up for active duty and lose more than 50% of their friends in their first battle in France.
- **Tuesday, June 18 – The Japanese/Japanese American-Nebraska Experience during WWII**, presented by Vickie Sakurada Schaepler
Hear the impact of war on the lives of Japanese immigrants and their families, including those who served with 2024 distinction during WWII. Learn how Nebraskans brought Japanese/Japanese Americans out of the incarceration camps and their impact in Nebraska.
- **Tuesday, July 16 – Nebraska POW Camps**,

presented by Melissa Amateis

During World War II, thousands of Axis prisoners of war were held throughout Nebraska. Melissa Amateis delves into the neglected history of Nebraska's POW camps.

- **Tuesday, Aug. 20 – Andrew Jackson Higgins and the Boats That Won the War**, presented by Gerald D. "Jerry" Meyer
Andrew Jackson Higgins was born in Columbus and served in the Nebraska National Guard. His boats were credited with helping the Allies win World War II.
- **Tuesday, Sept. 17 – The North Platte Canteen**, presented by Annie Mumgaard
The World War II North Platte Canteen made history when residents of 125 communities from across the state greeted millions of soldiers over a nearly five-year period as their trains made a ten-minute stop at the North Platte depot. Canteen workers provided sandwiches, cakes, cookies, hard-boiled eggs, doughnuts, beverages, cigarettes, magazines—never once running out of provisions in its years of operation.

Aging Partners 2024 Day Trips

Join us for a trip featuring entertaining places and activities.

For details and reservations, call 402-441-7158.

- **Harry S. Truman Library and Museum**
Thursday, May 16
Departs: 9 a.m. from Victory Park
Returns: about 9 p.m.
Cost: \$75 (must have 30 participants)
Come with us to Independence, Missouri for a full day's trip.
We will enjoy a nice lunch at a well-known local café, spend time at the Harry S. Truman Library and Museum and end our day at Hardees (at your own expense). Reservation deadline is noon Wednesday, May 1.
- **The Abilene and Smoky Valley Railroad**
Abilene, Kansas
June 27, 2024 **SOLD OUT**
Departs: 10 a.m. from Victory Park
- **Joslyn Castle and Gardens**
Thursday, July 25
Departs: 9 a.m., Victory Park, 600 S. 70th St.
Returns: about 4:30 p.m.
Cost: \$65 (must have 30 participants)
We will travel to Omaha and enjoy the elegant art, nature and ambiance of Joslyn Castle and Gardens. We will start

with a guided tour, then have lunch in a reserved room on campus. After that, you'll have the afternoon to explore on your own. Reservations must be made by Wednesday, July 10.

- Spirit of Brownville and Museum of Firefighting

Thursday, Aug. 29 **SOLD OUT**
Departs: 10 a.m. from Victory Park
Returns: about 5:30 p.m.

- Omaha's Henry Doorly Zoo and Aquarium

Thursday, Sept. 26
Departs: 9 a.m. from Victory Park
Arrive at Zoo: 10 a.m.
Returns: 3 p.m.

Cost: \$60 (must have 40 participants)
Power chairs are available to rent for \$30 per day on a first-come, first-served basis. The train is \$7 round trip, tram \$5 round trip, and skyfari \$7 round trip. Lunch is on your own. We will return to Victory Park by 3 p.m. Reservations must be made by Wednesday, Sept. 11.

Support Groups

Aging Partners Caregiver Support Group

St. Mark's United Methodist Church
8550 Pioneers Blvd., Room 137
(Enter through door 9 on south side of St. Mark's, turn left and go downstairs)
2nd Tuesday of every month

5 to 6 p.m.

Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information, and a safe environment to share concerns. Aging Partners Caregiver Support Group is led by a Licensed Independent Mental Health Practitioner.

Eligible caregivers are:

- An individual of any age providing care for an older adult, age 60 and over
- Providing care for a person with Alzheimer's disease, brain injury or a related brain disorder
- Over the age of 55 and raising a grandchild

Registrations are not needed, walk-ins welcomed.

Lincoln Parkinson's Disease Support Group

Sheridan Lutheran Church
6955 Old Cheney Road, Lincoln
4th Sunday of the month at 2 p.m.

Where understanding, encouragement, and camaraderie await for families, caregivers, and loved ones. Each month, we will share key information, tips, ideas, and best practices for Parkinson's patients and are partners.

Attendees will receive resources from the Parkinson's Foundation; "Living better with Parkinson's."

- Free event
- Family and friends welcome

For more information, visit LPDSG.org or call 402-780-1211.

Lincoln Alzheimer's Caregiver Support Group


Charles H. Gere Branch Library
2400 S. 56th St., Meeting Room #2
Lincoln, NE 68506
2nd Thursday of the month
6:30 to 7:30 p.m.

Build a support system with people who understand.

Alzheimer's Association Nebraska Chapter Support Groups are conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

For questions, contact Karla Frese at 402-780-1211.

Visit www.alz.org/nebraska to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected, our online community, at alzconnected.org. 

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This magazine is for the 87,530 age 60 and over adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

Your contribution helps Aging Partners publish the area's premiere resource for those 60 and over. Join us in supporting healthy, full and independent living.

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Questions about subscribing? Contact Deb Elrod at delrod@lincoln.ne.gov or 402-441-6146.

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