



# Call 402-441-7070 in Lincoln or toll-free: 800-247-0938.

## AGING PARTNERS

1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938

[aging.lincoln.ne.gov](http://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 in an effort to ensure the independence and full life of the people we serve.

## Being Well

### NUTRITION

402-441-3480

- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers.

### HEALTH AND FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.

- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - Pilates, yoga, stretch and tone 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). ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

## Living at Home

### INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **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.
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

### 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 assists seniors and persons of all ages with disabilities to obtain information, services and supports.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible who 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**

## Planning Ahead

### HEALTH INSURANCE AND FINANCIAL

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.

### 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](http://seniorsfoundation.org).

## Staying Involved

### SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Five centers in Lincoln and three in Lancaster County.

▲ 402-441-7158

### LINCOLN/LANCASTER COUNTY SENIOR CENTERS

- Asian Center: 402-477-3446  
144 N. 44th St., Suite A, Lincoln
- Belmont Center: 402-441-7990  
Belmont Recreation Center  
1234 Judson St., Lincoln
- Downtown Center: 402-441-7154  
1005 "O" St., Lincoln
- Lake Street Center: 402-441-7157  
St. James United Methodist Church  
2400 S. 11th St., Lincoln
- Northeast Center: 402-441-7151  
6310 Platte Ave., 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

## Other Services

### 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.

### TRANSPORTATION

- **Ride within Lincoln to the Centers**  
▲ 402-441-7158
- **Lancaster County Public Rural Transit**  
Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.  
▲ 402-441-7031
- **Other options in the community**  
Listings available at 402-441-7070.

### 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](mailto: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](mailto:delrod@lincoln.ne.gov).

### LIVE & LEARN

A monthly TV show for and about older adults on LNKTU City (ALLO Channel 2, Spectrum Channel 1300, Kinetic Channel 5) and video-on-demand at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: vod) or Live & Learn's YouTube channel at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: live & learn). View on LNKTU City or online at [lincoln.ne.gov](http://lincoln.ne.gov).

- 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.

### CARE MANAGEMENT

**All Counties: 800-247-0938**

**Care Management Coordinator**

**Joyce Kubicek**

- Butler County  
Becky Romshek, 402-367-4537
- Fillmore County  
Rhonda Stokebrand, 402-759-4922
- Polk County  
Amy Theis, 402-747-5731
- Saline County  
Michele Tesar, 402-826-2463
- Saunders County  
Allison Blake, 402-416-9376
- Seward County:  
Allison Blake, 402-416-9376
- York County, Jerri Merklinger  
402-362-7626

### MULTI-COUNTY PROGRAMS

- Butler County Senior Services  
Diana McDonald, 402-367-6131
- Fillmore County Senior Services  
Brenda Motis, 402-759-4922
- Polk County Senior Services  
Mark Hartley, 402-764-2252
- Saline County Aging Services  
Lori Moldenhauer, 402-821-3330
- Seward County Aging Services  
Kathy Ruzicka, 402-761-3593
- York County Aging Services  
Lori Byers, 402-362-7626

### MULTI-COUNTY SENIOR CENTERS

#### Butler County

- David City Senior Center  
592 "D" Street, 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  
402-759-4921

#### 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
- Stromsburg Senior Center  
118 E. 3rd St., Stromsburg  
402-764-8227

#### Saline County

- DeWitt Senior Center  
202 E. Fillmore Ave., DeWitt  
402-683-4325 or 402-520-0873

#### 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 Area Senior Center  
725 Nebraska Ave., York  
402-362-2496

### SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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