AGING PARTNERS
1005 “O” St., Lincoln, NE 68508-3628, 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 in an effort to ensure the independence and full life of the people we serve.

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

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

CALLING IN LIVING AT HOME SERVICES
402-441-7070 or 800-247-0938

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 moving, leaky faucets, painting, broken light fixtures, and heavy housework services.
- Subsidized and Independent Housing Resource Listings

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.

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

Call 402-441-7070 in Lincoln or toll-free: 800-247-0938.
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/LANCASER 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. 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 5) and video-on-demand at lincoln.ne.gov (keyword:vod) or Live & Learn's YouTube channel at lincoln.ne.gov (keyword: live & learn). View on LNKTV City or online at 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 Stokbrand, 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

Updated 11/23/20