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

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.

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 dietitian 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

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.
• NeighborLNK - Connects qualified, authorized volunteers with homebound seniors (age 60 and over) and persons with disabilities who seek additional support as a result of the COVID-19 crisis. ▲ 402-441-7575
• Home Handyman Service - Minor home repairs and maintenance including moving, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
• Subsidized and Independent Housing Resource Listings

Living at Home
**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.

**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

**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
Jean Holt
- Butler County
  Becky Romshke, 402-367-4537
- Fillmore County
  Rhonda Stokeland, 402-759-4922
- Polk County
  Amy Theis, 402-747-5731
- Saline County
  Kelly Grimes, 402-441-7070
- Saunders County
  Allison Blake, 402-416-9376
- Seward County:
  Becky Romshke, 402-367-4537
  Amy Theis, 402-747-5731
- York County, Jerri Merklinger
  402-362-7626

**MULTI-COUNTY PROGRAMS**
Jill Engel, Multi-County Coordinator
- Butler County Senior Services
  Diana McDonald, 402-367-6131
- Fillmore County Senior Services
  Brenda Motis, 402-759-4922
- Polk County Senior Services
  Erin Dickey, 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

**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 7/1/21