

LivingWell

Fall 2022 • Volume 18 • Issue 4

A publication of



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Dealing with Diabetes: Foreman Lives Full Life with Diagnosis

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Advocating for Brighter Futures: Cada Pursues Support for Veterans

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As a Vietnam veteran himself, Jim Cada gives much of his time serving within organizations and advocating for the betterment of the lives of veterans and their families.



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Director's Corner

Next month, we as a nation will honor those who put service above self. Our nation's veterans have done everything asked of them in their mission to serve and protect our country from adversaries. Serving in America's armed forces is one of the most courageous and selfless decisions citizens of our country can make. To those who have served and sacrificed for America's freedom, we extend our most heartfelt thanks and appreciation for the liberty you fought for. We are grateful and forever in your debt.

We will celebrate Veterans Day on Nov. 11, about a month following the distribution of this Living Well magazine issue. We are very

pleased and it's very appropriate that we feature Jim Cada in our cover story. Jim is not only a decorated veteran and highly respected for his professional work as an attorney, but for his many activities that support our current military and veterans, including his service on the Lancaster County Veterans Service Office Committee since 1994. This agency will be joining Aging Partners at our new Victory Park location.

Currently, over 1.3 million active-duty soldiers serve our country. From logistics to field operations, each of these members play a critical role in protecting our democracy and providing the freedoms we enjoy. About 50 percent of the current veteran population is

over 60 years of age. Today and in the coming years, these older veterans will require many levels of support – support they have earned and deserve.

Aging Partners looks forward to occupying the old Veterans Administration Hospital when we move to Victory Park in 2023. What a perfect place for our services to be offered. 



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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Advocating for Brighter Futures: Cada Pursues Support for Veterans

Not a day goes by that Jim Cada doesn't think about when he was wounded in Vietnam. And 53 years since that incident, he works to advocate for the benefit of veterans.

Cada served in the U.S. Army from 1968-1970 as a combat engineer building bridges, doing field patrols and performing daily mine sweeps in Vietnam. Even though he didn't see combat regularly, it was an ambush that fateful day July 9, 1969, which wounded Cada in the arm and leg and earned him a Purple Heart medal.

He continued to serve on light duty before heading home where he finished his law degree in December 1971 and raise a family.

It was 20 years after leaving the service that Cada was asked to join the Military Order of the Purple Heart for combat wounded veterans.

"It's a camaraderie you don't get with anyone else," Cada said. "You're wounded in some way, and you have a bond that no one else can understand.

After joining the Military Order of the Purple Heart, Cada said doors opened to other things he could do. He joined the Nebraska Veterans Council, a group of veteran organizations which promote legislation to help veterans. Cada has served as president of the State Veterans Home Board since 1998 and has been on the Lancaster County Service Office Committee since 1994.

Cada helped establish the

veterans court system in Nebraska, and he serves on the Lancaster County Veterans Court Oversight Committee. The court system uses the Lancaster County Veterans

Treatment Court, which helps veterans overcome charges to avoid the consequences

of incarceration. Participation is voluntary and has eligibility requirements.

The Lancaster County Veterans Treatment Court works to honor the service of justice-involved veterans by providing rehabilitative programs that combine supervision, frequent testing and treatment services to



address a veteran's service-related experiences, enhancing public safety by returning law-abiding and productive citizens to the community.

"The goal is to help them change their life, stay out of trouble and give them the opportunity to become a better citizen," Cada said.

Cada also participates in the Lincoln Chamber of Commerce-Military Committee, Nebraska Bar Association-Military Law Committee, Lincoln Community Foundation-Veterans Support Initiative: Legal Task Force, and he has served as chairman of the Nebraska Veterans Resource Committee. Cada works with the Nebraska Veterans and Family Task Force, a collaboration of organizations statewide that meet bimonthly to coordinate efforts and provide resources to help veterans and their families. He is a life member of the American Legion, Veterans of Foreign Wars, AMVETS, Disabled American Veterans, Military Order of the Purple Heart, and Vietnam Veterans of America.

In 2020, Nebraska Gov. Pete Ricketts appointed him to the Veterans Advisory Commission, which oversees the work of the Nebraska Department of Veterans Affairs; he also represents Nebraska as Civilian Aide to the Secretary of the Army, strengthening the relationship of the local community to the Army.

"You can't go to war and not have it affect your life," Cada said. "I work with these organizations because I know, as a veteran, we're all affected. We've been through something that is hard to face. I think the hardest part is surviving those things."

Getting the Help Veterans Need

While Cada practices law specializing in personal injury, estate planning and probate, collection of business accounts, and business and corporate entities, he often can be found working to help veterans through his office, Cada Law.

One such area is veterans law, a discipline dedicated to advocating for legal and policy changes to better serve veterans, as well as helping those qualified to receive disability benefits from the U.S. Department of Veterans Affairs (VA). Receiving VA benefits and securing rightfully-owed compensation for service-related injuries can be life-changing for many veterans and their families.

"We can try to improve discharge papers," Cada said. "Sometimes, veterans don't get out with an honorable discharge, or some have lower levels and can still qualify for benefits from the VA hospital and clinics. If we can improve their discharge papers, they can get their benefits and be better off."

But serving veterans through law is broader than just VA benefits; it can cover employment benefits, health care, disability, long-term care, loan programs, education, family law and criminal law.

"Every area of law can affect veterans," Cada said. "As an attorney, I try to help all the veterans I can."

Throughout his work, Cada encourages veterans and military members to actively seek the help they need. A good place to start is



Jim Cada while serving in the U.S. Army near Chu Lai, Vietnam

through one of two local offices: The Lancaster Veterans Service Office or the Lincoln Vet Center.

"There are a lot of benefits for veterans, and many people don't know what is available until they ask," he said.

The Lancaster County Veterans Service Office, 605 S. 10th St. Room 373, can help veterans determine their rights and entitled benefits, as well as provide emergency financial assistance. For more information, visit www.lancaster.ne.gov/484/Veterans-Service-Center, or call 402-441-7361. To find a Veterans Service Office in another county, visit veterans.nebraska.gov/cvso.

The Lincoln Vet Center, 211 South 84th St., provides service to veterans and their families, including counseling, support groups, information, employment education referral, utilization of VA benefit and more. Please call 402-327-9727 for more information. 



Every area of law can affect veterans. As an attorney, I try to help all the veterans I can."

– Jim Cada

Lincoln Vet Center Helps Vets in Community

It is because of Vietnam veterans that 300 U.S. Department of Veterans Affairs (VA) Vet Centers exist nationwide today. Founded in 1979, Vet Centers were created for Vietnam combat veterans who experienced trauma.

“We started as a temporary program to welcome home vets and help them get help,” said Ken Colson, veteran outreach program specialist. “But once the VA saw the impact and effectiveness of our services, we were made a permanent part of the VA.”

The Lincoln Vet Center, 211 S. 84th St., provides service to veterans and their families, including confidential individual, group, marital and family group counseling; military sexual trauma counseling; bereavement counseling for gold star families; support groups; information; discharge upgrading, utilization of VA benefits; financial assistance screening and referral; and substance abuse treatment programs, aftercare counseling and alcohol/drug education. The Vet Center also provides medical, benefit, employment and other VA and community referral services to help veterans and families navigate time-consuming tasks, such as applying for VA benefits or finding employment.

“We are kind of a one-stop shop for getting veterans the help they need and connected in the community,” Colson said.

Those working at the Vet Center understand with 73 percent of Vet Center employees nationally being veterans themselves.

“If you come, you’ll be amongst people who understand and have been through similar things,” Colson said.

Eligibility requirements for veterans and service members (including the National Guard and Reserves):

- Served on active military duty in any combat theater or area of hostility.
- Experienced military sexual trauma (regardless of gender or service era).
- Provided mortuary services or direct emergent medical care to treat the casualties of war while serving on active military duty.
- Performed as a member of an unmanned aerial vehicle crew that provided direct support to operations in combat theater or area of hostility.
- Accessed care at a Vet Center prior to Jan. 2, 2013, as a Vietnam-era veteran.
- Served on active military

duty in response to a national emergency or major disaster declared by the president, under orders of the governor or chief executive of a state in response to a disaster or civil disorder.

- Are a current or former member of the Coast Guard who participated in a drug interdiction operation.

Vet Center staff look for reasons to qualify individuals rather than turn them away. If someone is not found to meet eligibility, the center will work to find community resources more suitable.

“Our goal is to help reduce barriers and access to care,” Colson said.

The Vet Center is not just for new veterans and service members.

“We’ve seen WWII vets who have served overseas,” Colson said. “Even now, we have a couple of groups for Vietnam vets that meet frequently.”

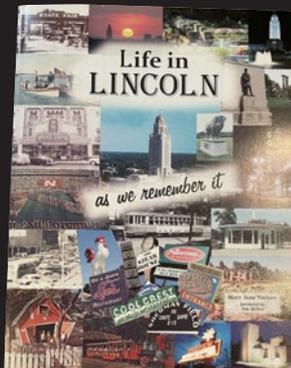
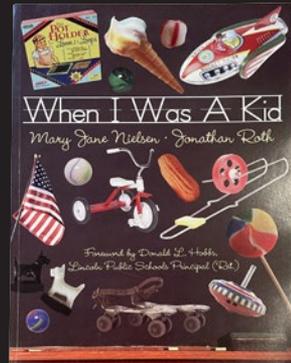
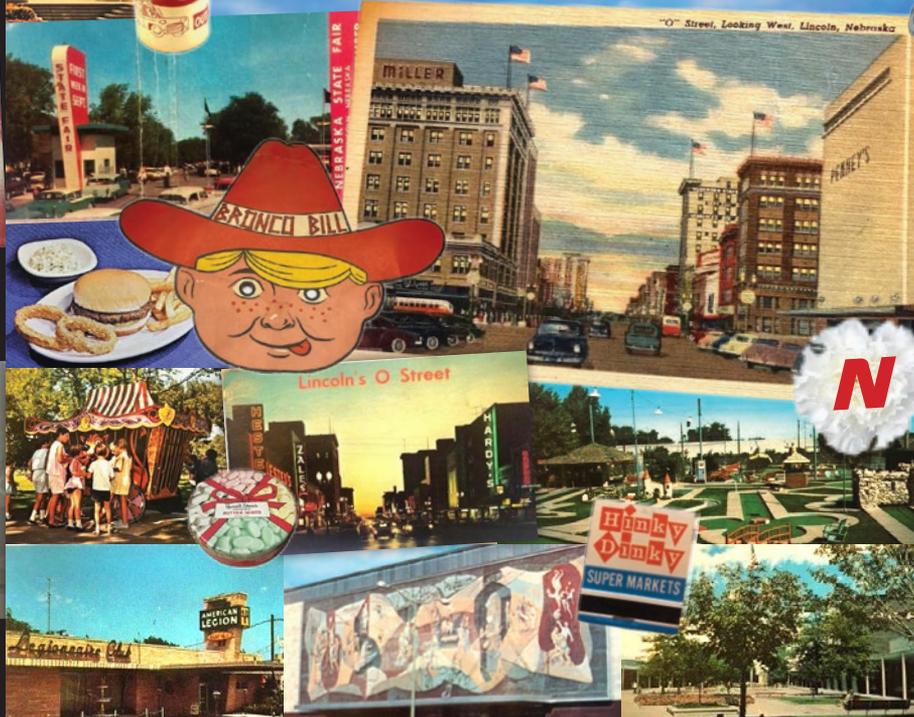
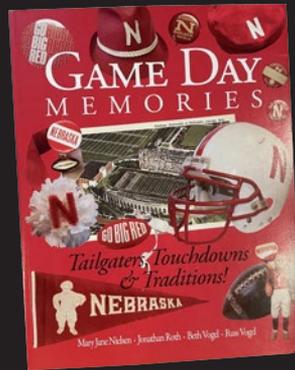
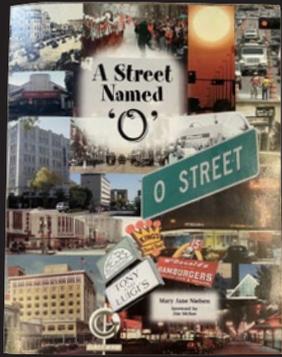
The Vet Center services are available at no cost, regardless of discharge of character, and without the need to enroll in VA health care or have a service-connected disability.

Please visit the Lincoln Vet Center, 211 South 84th St., or call 402-327-9727 for more information. 



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The Lincoln VA Clinic, 420 Victory Park Drive, offers a variety of services for veterans.

Lincoln's VA Clinic Provides Health Care to Vets

For the past 92 years, area veterans have been provided health care services through the U.S. Department of Veterans Affairs (VA).

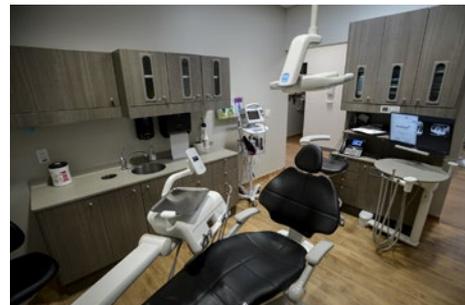
Lincoln's original VA Hospital near 70th and "O" streets was constructed in 1930, following World War I. Over the years, the building has seen countless remodels and expansions in response to veterans' changing needs.

About 30 years ago, the VA reorganized its medical facilities, and the Lincoln VA Medical Center became part of the VA Nebraska-Western Iowa Health Care System, headquartered in Omaha. At that time, the facility was transformed from a hospital into a major community-based outpatient clinic.

As medical advancement occurred, another change was needed.

"As the facility aged, it became cost-prohibitive to fully modernize the original building," said Kevin Hynes, VA Nebraska-Western Iowa Health Care System public affairs officer.

Therefore, a new and modernized



community-based outpatient clinic was authorized for Lincoln as part of the Veterans Access, Choice, and Accountability Act of 2014.

The new 90,000-square-foot Lincoln VA Clinic opened March 2021 on the Victory Park Campus at 420 Victory Park Drive to provide various types of outpatient care, including primary care, women's health, mental health, optometry, podiatry, radiology, prosthetics, dental,

audiology, infusion therapy, physical therapy, multi-specialties and telehealth. The Lincoln VA medical facility also opened a new after-hours Express Care Clinic earlier this year for veterans with non-emergency medical needs.

"Members of our VA staff in Lincoln have long taken pride in providing the best possible care for veterans," Hynes said, noting that approximately 10,000 area veterans

utilize the clinic. "This mission was first set out for us during President Abraham Lincoln's second presidential inaugural address when he said, 'to care for him who shall have borne the battle and for his widow and his orphan.'"

Providing excellent care to veterans is more than a mission to many of the staff, as well. Countless Lincoln VA Clinic staff members are veterans themselves or have family members who are veterans.

"So, it's truly a calling to care for veterans," Hynes said. "Our focus is on veterans and their unique needs. We're extremely proud to be specialists in veteran care. We are committed to serving the needs of our veterans, who become like members of a second family to us."

The Lincoln VA Clinic is open to all veterans enrolled in VA health care. There are many factors that determine a veteran's eligibility to receive VA health care. The VA Nebraska-Western Iowa Health Care System is inviting all veterans to contact its VA eligibility specialists at 402-995-4050 to learn more about their eligibility and the services provided at the Lincoln VA Clinic. Veterans and their family members can also learn more about enrolling for VA health care at www.va.gov/health-care/apply/application/introduction. 

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Scams Targeting Veterans, Military Personnel

We revere our veterans and military members for their service to our country, but they're equally as vulnerable as civilians when it comes to being scammed.

Scams and frauds targeting veterans, military members and their spouses increased 69 percent in 2021 compared to the previous year. Of the nearly 111,000 reports of fraud, 26 percent resulted in financial losses, totaling approximately \$267 million.

The primary type of scam targeting this group is imposter scams, which involve a person pretending to be a friend, family member, romantic partner or agency to receive personal information or payment. Imposter scams within this group increased significantly in 2021, reporting more than twice the number of attacks than the previous year. Though only 20 percent of veterans, military, and family members reported any financial loss, imposter scam losses within this community were higher than any other category of fraud at nearly \$104 million.

Identifying Common Scams

The best thing to protect oneself is to recognize the signs of a scam.

"A scam is usually an offer too good to be true, too bad to be believed or too compelling to ignore," said Ryan Sothan, outreach coordinator, Nebraska Attorney General's Office. "Don't fall for the story, the emotional appeal, the urgency or need to provide personal information. Hang up and verify the information for yourself."

If you didn't originate the contact, don't provide any information. Unexpected calls requesting personal or financial information should always raise a red

flag. Scammers have software that can change caller ID, called spoofing, to trick a person into thinking they are someone else and may already know personal information. It's always best to hang up and call the agency or organization directly with a verified phone number from its official website.

Remember: Government agencies typically only originate communication by U.S. Mail. They do not make unsolicited phone calls, send text messages or communicate through social media.

Another warning sign of a scam is providing payment through a wire, money order, prepaid debit card, or gift card to receive a service, claim a prize or avoid negative consequences. Often, that payment is needed immediately.

"Don't fall for urgency ploys; nothing has to be done RIGHT NOW," Sothan said.

Because of the military's rich benefits, scammers target veterans and military members for personal information tied to those benefits. Scammers use fake phone numbers and websites to get unsuspecting individuals to verify personal information, including



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military numbers, social security numbers, date of birth and bank account information to steal money, open fraudulent accounts or sell information to others looking to commit identity theft. They may claim to offer new, expanded or secret benefits; or offer to update or provide service records for a small fee, but those are both free services through the U.S. Department of Veterans Affairs (VA).

Never give out personal information without first verifying the agency directly. For the VA, check www.va.gov and for Veterans Service Organizations (VSO), visit www.va.gov/ogc/apps/accreditation/index.asp.

“Do your homework and don’t be so trusting,” Sothan said. “Even though you were trained to follow orders, even now as a retired veteran, you can take the time to question, investigate and validate. Don’t act in haste.”

Scammers may also use soundalike names for veteran-focused charities, asking for donations and using high-pressure tactics. Some may even thank you in advance for your donation, making you think you failed to remember a pledge to donate.

“Military members have a strong sense of loyalty to help fellow service men and women, but ensure you verify the organization before donating,” Sothan said.

Charities can be verified through the Better Business Bureau’s Wise Giving Alliance, give.org; or Charity Navigator, charitynavigator.org.

Another type of imposter scam is a romance scam, which entails a carefully crafted online persona looking for love. The relationship can go on for quite a while before signs start appearing, but they always end up with requests for

money or personal information.

Investment-related fraud such as phony day-trading opportunities, bogus commodities and fake investment products also are on the rise. These are the fifth-most reported fraud within the veterans and military members community, but it has the highest percentage of members reporting a loss at 76 percent with the median amount lost being \$3,000 per incident.

Report Scams

Consumers can report scams or fraud at protectthegoodlife.nebraska.gov or 800-727-6432, and consumercomplaints.fcc.gov. VA-related scams and fraud can be reported to the VA Office of Inspector General at www.va.gov/oig. Be sure to include as much information as possible, including any written documentation such as emails, transcriptions or receipts. **EW**

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Help Available for Those Struggling with Gambling

There are many people who likely know someone struggling with a gambling problem.

National Council on Problem Gambling estimates 2 million adults meet criteria for a gambling disorder, with another 4 to 6 million struggling with problem gambling. Gambling is even more prevalent for older adults, in which up to half gamble; more than 25 percent wager regularly; and 10 percent of people over age 65 reported gambling away more money than they could afford to lose.

Gambling is betting money or something of value on the outcome of a game, contest, or other event where the results lie in a chance and outcomes are uncertain.

The accessibility of gambling has expanded, from technology in our pockets to its legalization in Nebraska. Gambling can be done through various activities outside the casino, including sports betting, bingo, keno, scratch tickets, card games and horse racing.

While most people gamble responsibly, any gambler can become disordered or problematic, where gambling causes emotional, family, legal, financial and other problems for the gambler and those around them.

Mike Sciandra is a recovering disordered gambler. At age 8, he began gambling through card games and sports betting at family get-togethers. At 14, his family was taking him to keno parlors and the casino on his 21st birthday. Over time, things got worse, and Sciandra found himself living a double life.

“I lived 25 years where I definitely met the criteria for a disordered gambler,” he said. “I spent



As a recovering disordered gambler, Mike Sciandra knows the challenges gambling can hold over individuals. That's why he continues to help as education and outreach coordinator for Choices Treatment Center, an outpatient treatment and recovery facility for those struggling with problems related to gambling, substance abuse and mental health.

a lot of money I shouldn't have spent. I had a good life on the outside, but I was struggling with gambling on the inside.”

It may be easy to overlook the subtle symptoms of out-of-control gambling, but there are red flags to watch for:

- Preoccupied with gambling and unable to stop.
- Bragging about gambling, exaggerating wins and minimizing losses.
- Restless and irritable when not gambling.
- Gambling to win back what you've lost.
- Borrowing money to gamble.
- Lying to hide time spent gambling or unpaid debts.
- Frequent, unexplained absences from home or work.
- Losing work time because of gambling.
- Doing something illegal to get money for gambling.
- Jeopardizing a significant

relationship or job by gambling.

There are many potential health risks associated with gambling, including cardiac arrest, diabetes, damage to the bladder, kidneys and liver. Another concern is high levels of anxiety and depression; and 40 percent of problem gamblers are suicidal before seeking treatment.

Like many, the social isolation during the pandemic led to an increase in gambling activity for Sciandra. After walking out of a keno parlor where he lost hundreds of dollars in December 2020, Sciandra decided it was time to call the Nebraska Gamblers Assistance Program (GAP) number 1-833-BET-OVER. He was connected with Choices Treatment Center and began treatment the next day.

Tackling Treatment

Despite the prevalence of gambling and related problems, less than 10 percent of persons with gambling problems receive treatment.

Choices Treatment Center is an outpatient treatment and recovery facility committed to helping individuals overcome problems related to gambling, substance abuse, and mental health through a holistic approach so all co-occurring issues may be addressed, including financial and legal issues.

Although Sciandra didn't hit metaphorical "rock bottom," he was in financial trouble and thought he was bipolar.

"I was exhausted from living a double life and fighting the demons of constant depression and anxiety," he said.

Treatment serves as an important step in recovery and often includes an assessment of the emotional, physical, mental and addictive health along with a person's spending habits. Choices offers a 24-hour help line staffed by licensed counselors, individual and group

counseling, as well as education sessions. Although insurance doesn't cover gambling treatment, Choices is certified with Nebraska Gamblers Assistance Program and allows counselors to provide assessments for problem/pathological gamblers, consultations/interventions for problem gamblers and their families, financial counseling and individual treatment at no charge to the client.

Treatment helped Sciandra understand his addiction and make decisions to improve his life.

"Gambling was a huge part of my family, and I thought it was something everyone did; but it wasn't until I entered treatment that I realized it wasn't," he said.

He says it doesn't matter what age you were introduced or the dollar amount lost, any gambler can become disordered.

"Resources are available to help if you have or think you have

a problem or know someone who might," Sciandra said. "There is hope, no matter how long this has been a problem, how deep financially or emotionally you have been into it."

For Sciandra, treatment helped him put his life into perspective, and he even joined Choices as education and outreach coordinator in November 2021.

"I found a way to be transparent about who I was and began living an authentic life," he said. "I enjoy working here and giving back in a way that is helpful to others."

For more information about Choices, visit www.choicestreatmentcenter.com or www.facebook.com/ChoicesTreatmentCenter. 



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402-476-2300
ChoicesTreatmentCenter.com

The Nebraska Gamblers Assistance Program (GAP) pays for confidential counseling with certified problem gambling providers to Nebraskans and their families who suffer a gambling addiction. A list of all GAP-certified counselors in Nebraska is found at:
problemgambling.nebraska.gov



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Community Members Honored for Contribution to Aging Adults



Kristen Stohs was awarded the 2022 Seniors Foundation Keystone Award in May for her contributions to the lives of older adults.

Defined by others as the epitome of a person who understands the giving of time, talent and treasure, Kristen Stohs was honored with the 2022 Seniors Foundation Keystone Award. The Keystone Award Luncheon in May marked the first time since 2019 that the event was held to recognize an individual who provides a lasting legacy to enhance the quality of life for older adults in Lincoln.

Stohs, a Lincoln resident for the last 43 years, fits the bill. She has given much of her time to volunteer work in the city. Her early efforts include starting the first Safe Homes Parent Network

in Lincoln as well as working alongside elementary and junior high staff with the Toward a Drug Free Nebraska program.

In 1998, she began a seven-year tenure on the Friends of the Lied Board, which culminated into the presidency in 2005.

She then became a Seniors Foundation Board member from 2004-2006 and served as president-elect from 2006-2007 and board president in 2007-2008. In her time there, she helped form the Lincoln Seniors (Social) Transportation System. In 2012, Stohs was asked to help establish a Seniors Foundation event to honor a recipient yearly. The Keystone

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Award and Luncheon was the outcome. She continues to be a valued supporter of the Seniors Foundation and the work it does for Aging Partners.

Stohs also was a host of Aging Partners' Live & Learn on LNKTV for 10 years, saying how she was honored to tell the stories of seniors in the community.

Seniors Foundation Remembers Awards

In addition, the Seniors Foundation Remembers Awards went to the families of Connie Cross-LaFont and DeLayne Peck.

Cross-LaFont was hired in 1986 by the Lincoln-Lancaster Seniors Foundation and agreed to raise funds to convert the newly purchased W.T. Grant building into the Downtown Senior Center. As fundraising coordinator, Cross-LaFont was instrumental in making the campaign successful, having a talent for finding resources in the most unsuspecting places. She also revealed unsuspecting talent in others — working through County Corrections, a crew took care of the building demolition and built the woodworking room.

Cross-LaFont knew friendraising was as important as fundraising. She worked closely with Seniors Foundation members to foster relationships with community contacts for donations, coordinated donation requests and called on civic organizations.

Her efforts made a significant impact to the Downtown Senior Center, and her upbeat personality found its way to a variety of Seniors Foundation activities, including the Northeast Senior Center, acquisition and renovation of Crossroads House and many fundraising events.



Seniors Foundation President Denise Bulling, left, presents the Seniors Foundation Remembers award to Connie Cross-LaFont, accepted by her children Cindy McCoy Gaskill and David McCoy.

In 1996, Cross-LaFont left her role due to health reasons, but she kept up with Seniors Foundation projects until her death in June 2019.

Peck served as a founding member of what is today Aging Partners, establishing the Lincoln Information Service for the Elderly (LIFE) Office in 1972. He began as a counselor and became director in 1975. His vision was crucial in developing the wide array of services offered at Aging Partners today, having written grants that funded the Community Alliance for the Recovery of Elders, Black Bag Project, Harvest Project, and the Community Housing Services program. He also served on a task force that created Adult Protective Services and worked to expand those services to eight counties.

Peck organized the Heritage Craft Shop and Senior Essentials program. He worked to develop a disaster plan and client registry to locate and assist elders following the Hallam tornado.

He brought the Aged and



Seniors Foundation President Denise Bulling, left, presents an award to Joyce Peck honoring her late husband, DeLayne Peck.

Disabled Medicaid Waiver to the LIFE Office, and this waiver has grown to save millions of tax dollars with Medicaid paying for less expensive services in clients' homes, rather than in facilities.

Peck retired in 2010, and many note how Aging Partners would not be the agency it is today if he had not dedicated his life to serving elders with dignity, kindness and respect. 

Reminiscing through Memory Café

Staying active and engaged is consequential for an individual's physical and cognitive health, especially for those with memory loss.

Memory Café, a new program at the Walt Branch Library in Lincoln, provides individuals with memory issues and their caregivers/family members a way to participate in stress-free activities designed to work with memory loss.

The idea of a Memory Café originated in the Netherlands in the late 1990s, before spreading to Europe in the 2000s and to the U.S. in 2008. Lincoln Librarian Vicki Clarke was introduced to the idea at a conference earlier this year.

"The program is amazing," she

said. "For individuals who stay at home and are often limited to a routine, the programs give them the ability to come out and walk with people on the same journey."

While Memory Cafés have been held in various settings nationwide, such as businesses, museums, restaurants, libraries, bowling alleys and more; Clarke thought the program would fit perfectly into a pillar of the Lincoln community — the library.

"Public libraries are for everyone regardless of age or ability, and are a free resource to all," Clarke said. "Hosting Memory Café here is a way for those who may no longer feel comfortable in public settings, to feel welcome and included."

Clarke is working to offer

a place for individuals with memory loss and their caregivers or family members to socialize, enjoy refreshments and engage in meaningful activities to help stimulate cognitive functioning and provide a feeling of productivity. These activities can include crafts, music, games and more. While each session's activity isn't specified, Clarke hopes to get participant feedback to create tailored positive experiences.

"I want to help everyone involved be in the moment and express themselves," she said. "I want to give another outlet where they can break their routine and help them think of things differently."

Memory Café creates a place to reminisce about positive memories,

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have a great time connecting and building friendships with others on the same journey rather than focus on the diagnosis or memory issue.

“There’s nothing you have to remember to come, and it doesn’t matter if you forget it when you leave,” Clarke said. “It’s an experience, and we want everyone to feel comfortable, respected and to have a good time.”

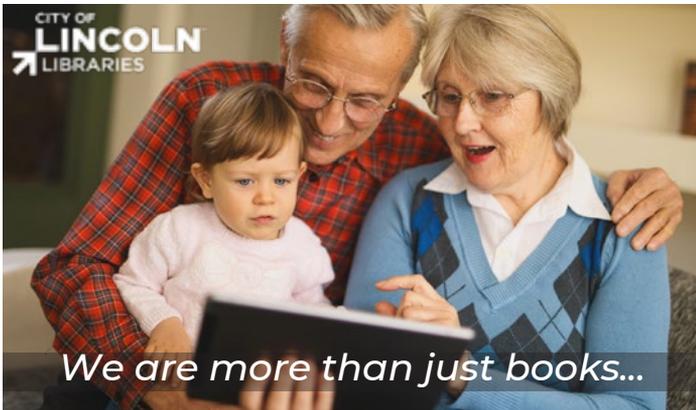
Memory Café takes place the third Tuesday of each month from 1:30-3:30 p.m. at the Walt Branch Library, 6701 S. 14th St. Registration is encouraged by calling the library at 402-441-4460, but walk-ins are welcome. Library staff will wear masks and are conscientious about social distancing. For more information, contact Clarke at vclarke@lincoln.ne.gov. ^{LW}

“ **This has been a wonderful experience. It’s brought back a lot of good memories, things that were hard at the time but now I see them as a growth advancement.**”

– Lois, Memory Café participant



Lois, left, and her son and daughter, Bruce and Beverly, create a beach-themed memory box craft while discussing family vacations to the beach.



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Dealing with Diabetes: Foreman Lives Full Life with Diagnosis



Tracie Foreman, Aging Partners health and fitness educator

Forty-five years into her diabetes journey, Tracie Foreman continues to live a healthy and active life as Aging Partners health and fitness educator.

For Foreman, 1977 was a challenging year.

“By the age of 20, I had experienced some very stressful life events,” she said. “I was a new mother with a new job trying to work full time and not feeling well. I had lost a lot of weight, was experiencing an unquenchable thirst, urinating frequently and felt exhausted all the time.”

It was a routine visit to the dentist that changed Foreman’s life forever. The dentist noticed

her dramatic weight loss, bleeding gums and an overall “different look” about her. The dentist’s younger daughter had juvenile diabetes, so he had seen the signs before. After asking several questions, he shared his suspicions with Foreman and called her primary care physician to discuss his concerns.

“Within two hours, I was taking my 1-year-old son to grandpa and grandma’s and heading to the hospital to begin a very different life than what I was accustomed to,” she said. “My 21st birthday was spent in the hospital learning to take daily insulin shots, count carbohydrates and



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understand how food and exercise would work with my injections. Everyone in my family feared the worst since we knew little to nothing about the illness.”

Foreman’s doctor shared that her diabetes was a disease she could live with well if she chose to, and that committing to the care of the disease would be crucial if she wanted to live a long and relatively healthy life.

A Journey of Discovery

Foreman was diagnosed with Type 1 diabetes, commonly referred to as juvenile diabetes, because mostly children or young adults were diagnosed. Type 1 diabetes is an autoimmune reaction which stops the body from making insulin, and has no known prevention. Only about 5 to 10 percent of those with diabetes have this form. Symptoms include

frequent urination, excessive thirst, weight loss, vision changes, mood changes, muscle weakness, hunger, fatigue and mental foginess.

When individuals eat, the pancreas releases insulin, an essential hormone used to break down food into glucose, which supplies the body’s cells with vital energy. For those with Type 1 diabetes, the pancreas either stops making insulin or does not make enough. Pancreatic failure can happen over a relatively short period of time and can be due to hereditary factors, illness, or other unknown causes. Reduced insulin production can result in excessive amounts of glucose in the bloodstream, causing high blood glucose levels. Undetected and uncontrolled, these levels can result in serious health problems, such as heart disease, vision loss, kidney disease and even death.

For Foreman, because her pancreas had stopped working entirely, she started on daily insulin injections. She worked with medical staff to determine which combination of insulin was needed: short-acting, long-acting, beef, pork or a mixture. This was the 1970s when livestock provided the vital insulin needed to keep those with diabetes alive. Most insulins now are man-made synthetics, which perform more efficiently and have a longer refrigerator life.

Foreman would test her blood sugar levels by fingerstick device five to six times daily; and eventually worked up to six injections daily with combined insulins.

“I would like to say I embraced the process; but the truth was I was terrified of shots, and I didn’t

Continued on page 20.

Foreman to retire

Tracie Foreman began with the Lincoln Area Agency on Aging (now Aging Partners) in September 1991 as a community health educator for the Lifetime Health program. She presented community health programs in the agency’s eight-county area, and assisted Lifetime Health staff with health fairs, fitness demonstrations, in-house programs and all-agency events.

Lifetime Health’s fitness programs were far reaching and fitness instructors were in constant demand. Foreman was asked to teach fitness classes in addition to her health education program. Ten years later in 2001, Foreman was hired full time as a clinic coordinator and outreach worker for the Senior Health Promotion Clinic.



The staff I have been honored to work with throughout the years have been hardworking, dedicated and have genuinely cared about the older adults they served.”

– Tracie Foreman

As the next 21 years presented agency name changes and several moves, her job description changed as many times as the goals and directions of the now Aging Partners Health and Fitness program.

Foreman will retire Jan. 2, 2023, after 32 years with the agency.

“The staff I have been honored to work with throughout the years have been hardworking, dedicated and have genuinely cared about the older adults they served,” she said. “Many became my friends, my second family.”

Foreman also had the privilege

to learn about aging with strength, dignity and honor from the aging adults she served.

“I’ve seen them laugh, cry, dance, hug, support one another, fight for their rights and the rights of others, vote, walk picket lines, endure sickness, grieve losses, struggle with recovery and celebrate life,” she said.

Foreman looks forward to spending more time with her children and grandchildren, to travel more and get her yard in shape. She plans to continue doing fitness and community work in some capacity in retirement. 

Dealing with Diabetes: Foreman Lives Full Life with Diagnosis

Continued from page 19.

want to commit to daily record keeping and hated to give up junk food,” she said. “It took me a while to learn to self-inject without fear and keep my blood sugars within normal ranges. I’m grateful my family and friends supported me through it.”

While there is no cure for diabetes, extensive research has proven that maintaining a healthy weight, eating whole foods that include healthy carbohydrates and staying active can keep blood glucose levels in check, along with taking medications as prescribed.

The more common Type 2 diabetes affects an estimated 46 million people in the U.S.

Type 2, in which the body doesn’t use insulin well and can’t keep blood sugar at normal levels, develops over years and is usually diagnosed in adults but can be seen at any age. The disease may take months or years to develop. At one time, the diagnosis was more common in adults over 40, but with a marked increase in childhood obesity, sedentary lifestyles and fast-food popularity, Type 2 diabetes is on the rise in younger populations.

Symptoms develop slowly and may include increased thirst, frequent urination, increased hunger, weight gain or unintended weight loss, fatigue, blurred vision, slow-healing sores, frequent infections, and numbing or tingling in the hands or feet. Contributing factors include weight gain, poor eating habits, lack of exercise and family history. The medications and types of treatments for Type 2 diabetes are extensive. It’s important to get a doctor who works with the disease to get the best individualized treatment plan. As with Type 1 diabetes, monitoring, medicating, diet and exercise are crucial to good control of Type 2 diabetes.

Better Living

The old ways of treating diabetes are outdated and even obsolete today. Our world has embraced technology that has made good blood glucose control attainable by almost everyone.

“I had to make myself get on the technology train some years back, because I wanted to achieve better control,” Foreman said.

Now, fingerstick devices are being replaced with



With an open mind, good diabetes control is available to anyone!

– Tracie Foreman

glucose sensors and scanners. Needle injections for many are no longer necessary with the invention of computerized Insulin Delivery Systems.

“It took me many years to learn to embrace my diabetes and treat it as a daily part of my life,” Foreman said. “I got a doctor with a background in diabetes care, attended classes and support groups, kept my mind open to updated approaches and devices, and maintained a strong support system. With an open mind, good diabetes control is available to anyone!”

Aging Partners offers Diabetes Self-Management classes to anyone wishing to take charge of their illness. Call 402-441-7575 for upcoming class schedules. 

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Online Classes Available for Older Adults through GetSetUp

Looking for a way to become more technology-savvy? Or are you wanting to master a specific type of cooking, take a fitness class from your home or learn more about a specific topic.

The Nebraska State Unit on Aging has teamed up with GetSetUp to provide 20,000 free, live online classes to keep aging adults mentally, physically and socially active. GetSetUp is a digital literacy website, offering easy-to-join and interactive classes to its 4.5 million participants in more than 160 countries.

“These classes are taught by and for people ages 50 and over, and they are designed to bridge the digital gap of technology literacy for elders,” said Cynthia Brammeier, Nebraska State Unit on Aging administrator.

Topics include using the GetSetUp platform; learning about a specific phone, tablet or computer; various software programs such as Gmail, Zoom and Instagram; travel, cooking, fitness and more. Classes are offered live, open to participation, and available in English, Spanish, Mandarin and Hindi.



To sign up and use this service, visit www.getsetup.io/partner/nebraska. The service is free to sign up, and classes can be accessed on any device that can access the internet.



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The one-year partnership between the Nebraska State Unit on Aging and GetSetUp began in March.

More than 4,000 Nebraskans already have utilized the service, taking nearly 5,000 classes. Brammeier hopes, if interest remains, the state will work toward extending the contract. GetSetUp does offer individual community plans, which provide some courses at no cost, and a monthly premium plan. Visit www.getsetup.io/pricing.

Brammeier hopes this service will help aging adults interested in educating themselves about utilizing their technology.

“There’s a digital divide for our seniors; and during the pandemic, that was made painfully evident,” she said. “For those willing to learn and have access to devices and broadband, we hope this will help them gain comfort with using their devices. Because once you learn how to use your device to make a Zoom call, you can attend anyone’s class, do a telehealth appointment or talk to your family.” 



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Caregiver Corner | Nebraska Caregiver Coalition Supports Caregivers

Born out of a desire to promote respite, develop training and serve as a centralized place for information in terms of referral to services for professional and family caregivers, the Nebraska Caregiver Coalition (NCC) was originally created in 1998 as the Nebraska Respite and Family Caregiver Coalition.

The YWCA of Lincoln was awarded one year's funding for the statewide service, under the direction of Judy Halstead, working with Sen. Dennis Byars.

Byars introduced LB148, which passed in October 1999 and created the Nebraska Lifespan Respite Network, which continues today. In 2002, the coalition became a separate entity with members of various organizations banding together to raise awareness for caregiver challenges. By 2008, the coalition had disbanded though due to dwindling membership.

Nonetheless, coalition member Suzy Campbell still saw a need. She worked with AARP Nebraska to reconstitute the coalition as the Nebraska Caregiver Coalition in 2014.

"Our goal is to advocate for caregiver issues and relief, raise public awareness and work with the legislature," she said. "We coordinate with other agencies and organizations across the state to assist family and professional caregivers, especially those in isolated, rural areas."

With about 60 members from a wide spectrum of organizations, members are passionate about all areas of the caregiving journey. The coalition currently meets on the first Tuesday each month from 10 a.m. to noon via Zoom. Members statewide share and listen to updates on various subjects affecting caregivers. Jina Ragland of AARP provides updates on Nebraska Legislation, and other updates are provided from Department of Health and Human Services (DHHS) Lifespan Respite Network Coordinator Hanna Quiring and Ben Stromberg from DHHS State Unit on Aging. The meetings are hosted and recorded by Jessica Cook of Answers4Families, and they are available to coalition members and caregivers who are unable to view them live.

"Our goal is to always advocate for caregivers across the state," Campbell said. "We hope to give caregivers information and access to resources."



Suzy Campbell has dedicated much of her life to caregiving and supporting caregivers.



The Lincoln Caregivers Education Group meets prior to the pandemic to share information to help caregivers.

Helping and Encouraging Caregivers

Campbell has served as caregiver, having provided end-of-life care six years for her father in rural Nebraska. She also worked for Aging Partners 28 years, retiring in 2006. She cared for her ailing husband for the last 16 years of his life.

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“The rural counties have always held a special place in my heart, and I want to help all caregivers, not just those in Lincoln and Omaha where there are more resources,” she said. “We want to try to get information and access to resources out in the rural areas where sometimes people don’t know if there is help.”

With that mission, Campbell helped create the Lincoln Caregiver Education Group in 2005, which sponsors education meetings and offers support to professional and family caregivers on the fourth Tuesday of the month at Gere Branch Library, 2400 S. 56th St.

From this group, Campbell and other women caregivers, known as the Caregiver Chicks, created the Caregiver Organizer. The Caregiver Organizer is a dedicated three-ring binder with sections for information about the recipient of care — including personal, medical, legal and financial information, along with available services and resources. It has been translated into Spanish and Vietnamese to better serve more caregivers.

“It’s handy, especially if you go to the emergency room,” Campbell said. “With this, you can show the other pertinent medical information to health care personnel.”

The Caregiver Chicks also raise funds for the Caregiver Relief Fund, founded through the Lincoln Community

Continued on page 26.

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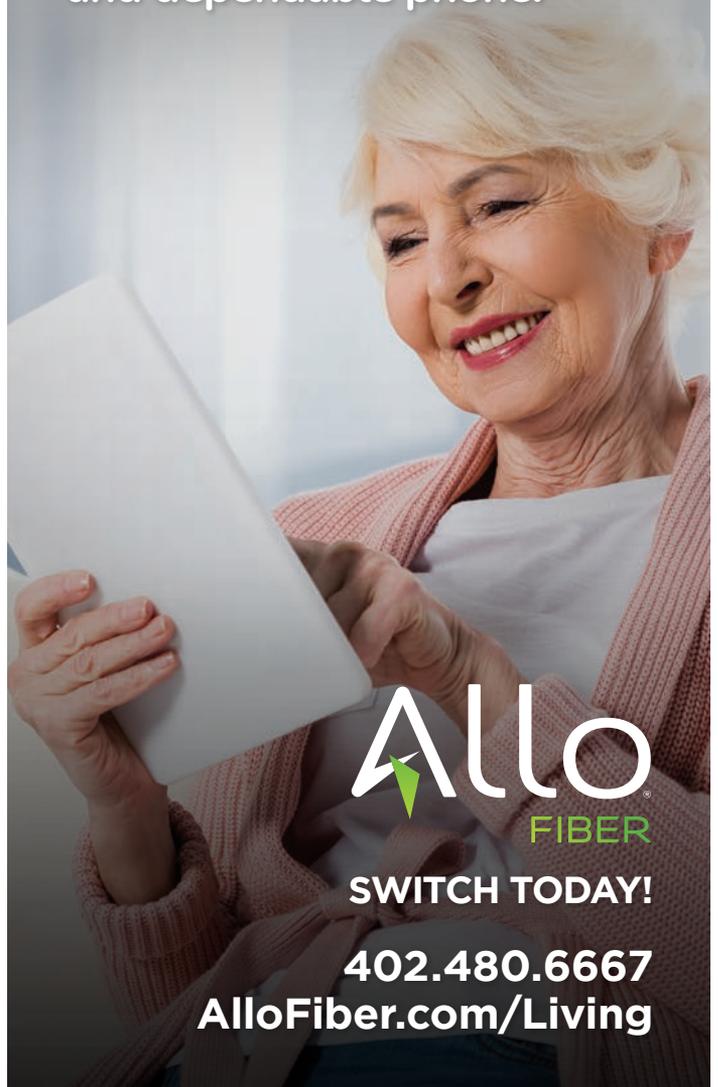


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Supports Caregivers

Continued from page 25.

Foundation. It provides funds for much-needed respite services for caregivers to loved ones ages 60 and over who have exhausted all other funding options. The funds are distributed through Aging Partners care managers for the eight-county service area.

Campbell says she was thankful for her support system that provided respite when she was caregiving, but that isn't always the case for others. Surveys show that 37 percent of family caregivers die before the care recipient. Respite lowers the risk of contributing to the caregiver's emotional and physical health.

Along with NCC Co-chair Jinx Hackler of Hastings Respite Care, Campbell works diligently to ensure caregivers have the legislation and information they need.

"Our goal has always been to get information and resources, as well as advocate for caregivers," Campbell said. "I want to give to caregivers in any way I can."

The NCC looks forward to hosting its annual event in November to honor and celebrate professional and family caregivers during National Family Caregivers Month.

More Information

For more information on the Nebraska Caregiver Coalition, visit www.facebook.com/NebCaregiverCoalition. If you're interested in joining the coalition, or signing up for emails on webinars, events, meetings, legislation and other updates, contact Suzy Campbell at suzycam54@gmail.com. There is no cost.

"Our members are so diverse," she said. "Anyone can join if they deal with caregiving in any way."

For information on the Lincoln Caregivers Education Group, visit www.facebook.com/lincolncaregiverseducation.

Information about caregiving and available resources is available at aging.lincoln.ne.gov. 



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Savvy Shopping

By Jill Engel, Aging Partners Nutrition

Being a well-informed consumer is about having the power and knowledge in your corner. We must be smarter and more prepared than ever before to ensure we get the best deals.

Before You Depart for the Store

See what you already have on hand. You can save money and stretch your dollar by using what you already have for meals.

Think about your schedule. Choose meals that are easily prepared when you don't have a lot of time to cook or meal prep. Designate a day where you can prep some of the items in advance and have it more readily available.

Make a list and look at sale ads. Create a grocery list of items you need based on your meals and budget and dive into the weekly sale ads.

When You Arrive at the Store

Ask for advice. Be sure to ask friends or family if they know of any bargains at their favorite grocery stores and markets.

Always eat before you shop. It is never a good idea to go grocery shopping when you're hungry, which can lead to impulse buying.

Read the sale flyers, ads and coupon books. Sale ads are usually sent out midweek through papers or mail and can also be found at the stores. Be sure to look for sale items or coupons.

Look all around for savings. Stores often will stock their priciest items at eye level. You can save money by looking lower or higher on the shelves for cheaper priced, yet similar items.

Shop store brands where available. There is nothing wrong with shopping for the store or in-house brand of an item, especially the ones without the fancy labels. They can usually save you money.

Grab from the back. If you want the freshest produce, be sure to grab from the back of the stock line.

Don't always buy fresh. While fresh fruits and vegetables are great to have, they can usually be more expensive, especially out of season. Aim for grabbing those that are either frozen or canned but watch for added preservatives and sodium.

Ask for a rain check. Sometimes when a sale item is out of stock, the store will honor the sale price later.

If you are loyal to one store, join the club! Most



stores have a loyalty or rewards program. This is usually a free incentive-based program that offers coupons or money back.

Think outside the box and go beyond the store. It never hurts to network and shop in multiple places. Be sure to check out farmers markets or local

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Frozen Fruit Smoothie

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1 frozen banana	
2 cups frozen strawberries, raspberries or cherries	½ cup fresh squeezed orange juice
1 cup milk	2-3 Tbsp. honey

Directions:

Put all ingredients into a blender and process contents until smooth. Pour into glasses and serve.

For non-dairy drinkers, substitute 1 cup rice milk or soy milk for the milk and yogurt.



produce stands, which can be great for picking fresh, in-season produce.

When You Arrive Home

First in, first out. Make sure you are not letting your food go to waste. Rotate your older items to the front and recently purchased items to the back. Remember to keep fresh produce items in sight, so you are visually reminded to use them up every time you open the fridge door.

Freeze it! Many different types of foods can be frozen. Frozen leftovers are a great option on busier days when you don't have time to cook. Make sure to reheat leftovers to an internal temperature of 165 degrees.

Freezing

Many selections of produce can be frozen. After you select the produce you want, leave out a small portion to use over the coming week. Take the remaining leftover produce and wash it, dry it and cut it up into a useable size. Place the produce into a zip-close bag making sure to get as much air out as possible. Then date, label and place in your freezer.

Among items that don't freeze well are citrus fruits and watermelon. Most vegetables can be frozen as a rule, but the texture might be "off." It may be best to use these vegetables in casseroles and soups instead of as stand-alone items. ^{lw}

Sources: www.usu.edu, www.corporatewellnessmagazine.com, www.foodnetwork.com

Nebraska Family Caregiver Support

LIFESPAN RESPITE NETWORK

Are you in need of temporary relief from ongoing caregiving?

Respite can help.

Respite allows the family caregiver time away to:

- Have a cup of coffee
- Take a nap
- Spend time with friends
- Go shopping
- Run errands or go to personal appointments
- Read a book

The family caregiver provides emotional support and companionship, as well as, assistance with daily activities of living. The caregiver provides ongoing care for a loved one who is unable to care for themselves. Caregiving is rewarding but also challenging. Nebraska Lifespan Respite Network offers information, education, and most importantly support.

For more information about the Lifespan Respite Services Program, becoming a respite provider, or any other respite-related questions, please call: 866-RESPITE (737-7483) or (402) 471-9188 or visit the Nebraska Lifespan Respite Network website at respite.ne.gov.

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Aging Partners Health and Fitness

Health Promotion Clinics Focus on Disease and Injury Prevention

Aging Partners Health and Fitness fills a valuable role in Lincoln and surrounding communities by focusing on health and injury prevention issues for adults age 60 and over and individuals with disabilities. The program has been providing health assessments, health screenings, health education classes and physical activity programs to older adults in Lincoln and Lancaster County since 1984. In 1997, the program increased services to include Butler, Fillmore, Polk, Saline, Saunders, Seward and York counties.

Aging Partners hit a milestone in 2000 when it entered a partnership with the University of Nebraska Medical Center (UNMC) to provide health care services for older adults. Under the supervision of instructor Rita Antonson, nursing students learn to care for specific health needs experienced by older adults.

The most requested service the Aging Partners/UNMC Health Promotion Clinics provide is foot care. Participants are treated to a toenail trim by supervised nursing students, often accompanied by a warm water soak and foot massage. Nurses will also treat corns and calluses if necessary. Many participants report that after receiving these services, they can walk without pain for the first time in years. Individuals with issues, such as ingrown toenails, fungus or diabetes are given special attention. Other services provided may include blood pressure screening, ear wax removal, bone density screenings, and blood glucose and cholesterol checks.

“Through the clinic, many health problems have been detected and treated,” said Ann Heydt, clinic coordinator and aging specialist. “On any given clinic day, we may see 15 to 25 people.”

Although foot care is the most popular service provided, the program’s primary focus is on disease and injury prevention. During the clinics, individuals are encouraged to take measures to decrease risk and promote optimum health.

The Senior Health Promotion Clinic is held weekly by appointment only.

When UNMC students are on break during the summer and Christmas holidays, Aging Partners

has on-staff nurses who manage the clinics so the services can continue uninterrupted. Senior Health Promotion Clinic nurses currently work with patients at St. Mark’s Vermeer Education Center, 8550 Pioneers Blvd., and/or at our Downtown Senior Center.

Health and Fitness also provides foot care clinics with registered nurses at satellite locations throughout Lancaster County, as well as in many of the multicounty areas that Aging Partners serves.

While there is no charge for these services, there is a suggested contribution of \$20 to help cover the cost of these services.

For more information on the programs offered through Aging Partners Health and Fitness or to set up an appointment at one of our clinics, please call 402-441-7575. 

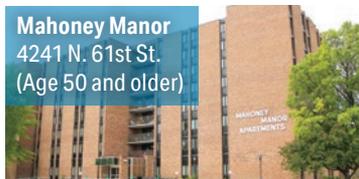
Lincoln Housing Authority

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FAX: 402-434-5502 | TDD: 1-800-545-1833 ext. 875

www.L-housing.com

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(Age 50 and older)



Crossroads House
1000 “O” St.
(Age 55 and older)



Burke Plaza
6721 “L” St.
(Age 62 and older)



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- Community Room
- Organized Special Activities



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My favorite thing about The Independence Houses are the staff. I was always made to feel welcome when I visited. I could see they knew the residents well. I was in awe of the way they handled everything with kindness. If I had questions they were always answered. The staff ratio to resident was also great.



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402-475-7755

3 Lincoln Locations

Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

According to Stanley Horowitz, “Winter is an etching, spring a watercolor, summer an oil painting, and autumn is a mosaic of them all!”

As a Midwestern farm boy, I find reasons to like all seasons, but fall might be my favorite. Picking corn, playing football, hunting pheasants and Halloween (my birthday!) all play a part for me. I hope this article finds you all well and enjoying the “mosaic” that is fall.

I promised in our summer issue that I would start off discussing transit. If you are new to Aging Partners, you might not know that we have two distinct transit programs. Lancaster County Public Rural Transit operates in Lancaster County and five border

communities to transport riders around the county and into Lincoln for shopping, appointments and time with friends. Cost of the service is \$2 per boarding with the stipulation that one boarding must occur outside the city limits of Lincoln. We pick riders up in the northern half of the county on Mondays, Wednesdays and alternate Fridays. On the other weekdays, we provide service to riders in the southern half of the county. The only requirement for use is that you must be 13 years of age or older to ride unaccompanied. Please note this is “public” transportation. It is not limited to senior citizens (but many of our riders are). For details on availability, please call Diana at 402-441-7030.

Our Senior Center Transit Program picks up seniors at their homes and transports them to senior centers in their area of town for meals, programs and interaction with their peers. There is no cost involved with this program, but anonymous contributions may be made at the senior centers to help offset costs.

Readers, I need to ask a favor of you. If you live in the north part of Lincoln or know someone who does, please tell them we are making a major push to get more riders to attend our Belmont and Northeast (Havelock area) Senior Centers. The Northeast Senior Center has a new manager who is bringing fresh ideas and programs to the center, which

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has a good group of regular attendees, but there is always room for more! The Belmont Senior Center is unique to all our centers in Lincoln in that it is in the Belmont Recreation Center adjacent to Belmont Elementary. This location allows for interaction on multiple generational levels for many activities. So please, if you have been thinking about attending one of these two centers, or our other three centers in Lincoln, reach out to Jenny at 402-441-6590 for more information.

Some of our clients are concerned about being alone in their homes. Your safety can be greatly enhanced with our Lifeline personal emergency response unit. We have three different options to meet the needs and budgets of the user and keep them safe and secure. Call Mike at 402-441-8816 if you would like to learn more about this program.

I'd like to remind you that if you need a walker, shower chair or similar items, our Durable Medical Equipment program normally has a wide variety of these items for loan on a short-term or permanent basis. Call Linda at 402-441-7032 to inquire about our current inventory and how we may help you.

Our technicians in the Handy Home Services program are still busy with minor home repairs and, of course, fall yard cleanups. We do year-round interior repairs but are fast approaching our end date for outdoor work as the weather gets colder. Prerequisites to use this program that will help maintain your home are that you must be 60 years of age or over, own the home where the work is being done, and occupy the home where the work is being done. More details about what we do are available by calling Diana or Linda at the numbers noted above. Here are some suggestions on things you'll want to get done prior to winter's arrival:

- Clean gutters and downspouts one last time.
 - Unhook and store garden hoses to prevent burst pipes due to frost.
 - Tune up the snow blower and/or dig out the shovels. It's much easier to do both before the snow arrives!
 - Stock up on ice melt and sand before you need it. Stores may have a limited supply available, especially after a blizzard.
 - Cover perennials with straw or grass clippings to provide protection from the cold.
- Have a safe and wonderful fall! 



The Lymphedema Clinic

Opened in May 2020, The Lymphedema Clinic aims to serve our community and help those affected with lymphedema to live their lives to the fullest. Our vision is to become a premier lymphedema treatment provider for the Lincoln, Nebraska area.

Services we have for you:



Red Light Therapy

Lymphedema Drainage Massage



Kinesiotaping

Helping You Live Your
Life To The Fullest

Contact Us Today

llootnebraska.com



P: 402-904-4474 | F: 402-318-3154

adamrawson@llootnebraska.com

3940 Cornhusker Hwy, STE 200, Lincoln, NE 68504



A Pioneering Area Agency on Aging



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
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.

Being Well

NUTRITION

402-441-3480

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

HEALTH AND FITNESS

- **Fitness 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. ▲ 402-441-7506
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070
- **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.
- **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.
- **Durable Medical Equipment** - Providing items that address short- and long-term needs. Lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers.
- **Handy Home Services** - 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 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**

Planning Ahead

HEALTH INSURANCE AND BENEFITS COUNSELING

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.

Staying Involved

SENIOR CENTERS

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 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
- 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
- Lake Street Center: 402-441-7157
St. James United Methodist Church
2400 S. 11th St., Lincoln
- Downtown Center: 402-441-7154
1005 "O" St., Lincoln
- Northeast Center: 402-441-7151
6310 Platte Ave., Lincoln

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 LNKTU City (ALLO channel 2, Spectrum channel 1300, Kinetic channel 1005) and LNKTU.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.

CARE MANAGEMENT

All Counties: 800-247-0938
Care Management Coordinator
Jean Holt

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Becky Romshek, 402-747-5731
- Saline County: 402-441-7070
- Saunders County
Allison Blake, 402-416-9376
- Seward County: 402-441-7070
- York County
Camery Nielsen, 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
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" 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 or 402-520-0873
- Saline County Senior Center
109 W. 3rd St., Wilber
402-821-3330

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 Dinners
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

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

Start Electronically Receiving Your Copy of *Living Well* Magazine Today!

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. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Fitness

Aging Partners Health and Fitness Center

555 S. 9th 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 people age 60 and over and family caregivers of any age. A \$15 fee is required for people 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 people age

60 and over and family caregivers of any age. A \$5 per class fee for those under age 60 is required. Punch cards are available. Preregistration is required for all classes by calling 402-441-7575. Please register early. Classes that do not have sufficient enrollment will be canceled.

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 for Arthritis and Fall Prevention

Eastridge Presbyterian Church
1135 Eastridge Drive
Tuesdays and Fridays
Two class options - 11 a.m. to Noon or 1 to 2 p.m.
Sept. 20 through Dec. 16
(no class Nov. 11 and Nov. 25)

This class is beneficial to people with or without arthritis and can help prevent falls. Each session includes breathing techniques and warmup and cooldown 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.

Chair Yoga

Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 9 to 10 a.m.
Aug. 3 through Oct. 26
(no class Oct. 5) (12 weeks)
Nov. 2 through Dec. 21 (8 weeks)

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 done 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.

- St. Mark's United Methodist Church
8550 Pioneers Blvd.
Mondays, 2:30 to 3:30 p.m.
Sept. 12 through Nov. 28
(no class Sept. 19)
- Auld Pavilion
1650 Memorial Dr.
Wednesdays, 10:30 to 11:30 a.m.
Sept. 14 through Nov. 16
(10 weeks)

Qigong Refresh and Recharge

St. Mark's United Methodist Church
8550 Pioneers Blvd.
Thursdays, 2:30 to 3:30 p.m.
Sept. 22 through Nov. 17

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.

Living Well with Chronic Conditions Workshop

St. Mark's United Methodist Church's Vermeer Education Center

4000 S. 84th St. (Upstairs classroom #801)

Thursdays, 10:30 a.m. to 12:30 p.m.

Oct. 13 through Nov. 17

This interactive workshop is facilitated by trained leaders and helps individuals with chronic conditions take steps to manage their health and live happier, healthier lives. Topics include action planning, communication, healthy eating, physical activity, medication management and more! Register early as class size will be limited!

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

Continued on page 38.

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RE/MAX CONCEPTS

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Pioneer Office – Main Branch
4141 Pioneer Woods Dr., Suite 114
Lincoln, NE 68506

Senior Estate Specialist

Southwest Office
8135 South 15th, Suite A
Lincoln, NE 68512

Aging Partners News and Events

Continued from page 37.

environment to share concerns. The 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.

Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics

and UNMC Senior Health Promotion Services are by appointment only. They are held at St. Mark's United Methodist Church's Vermeer Education Center and the Downtown Senior Center. Social distancing and sanitation guidelines are followed. Please call 402-441-7506 for more information or to make an appointment for clinic services.

Services are available to those age 60 and over. The following services will be available: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings and health education. Ear care will only be available at certain clinics; please call for current availability. \$20 suggested contribution will help

these services continue.

For location and schedule, please call 402-441-7506 or 402-441-7575.

Senior Center Events

Fall in Japan and Japanese Crafts

Downtown Senior Center

1005 "O" St.

Thursday, Oct. 13

10 to 11 a.m.

Mariko Nagai, Japan Outreach Initiative Coordinator, will share what Japan looks like in the fall, what popular foods are consumed and some Japanese words. Mariko will also show us how to do a fall origami and wall decorations. Call 402-441-7158 to make your meal reservations by noon Tuesday, Oct. 11.

Prepared and confident

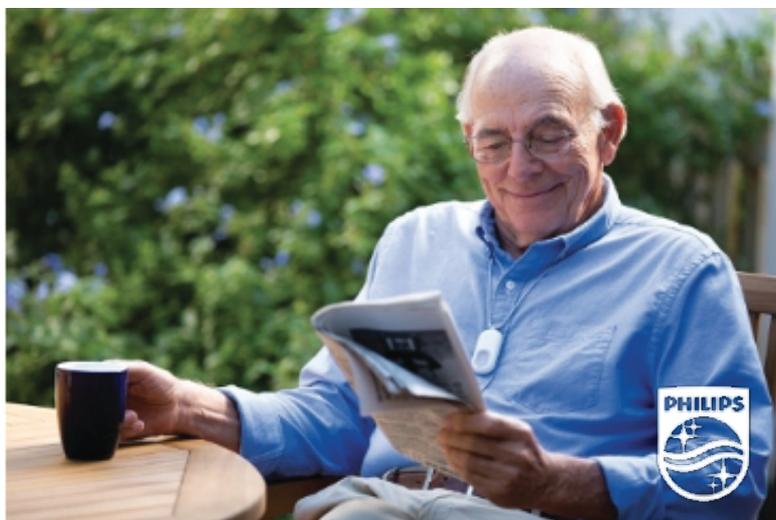
Over 7 million people have counted on Philips Lifeline to feel safe at home and on the go.

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Lifeline offers a range of choices to help you maintain your independence. Whether you need the go-anywhere protection of **GoSafe**, the automatic fall detection of **AutoAlert**, or the peace of mind offered by **HomeSafe**, we have you covered.



Call today! Aging Partners Lifeline
402-441-8816



Coverage outside the home provided where AT&T wireless network coverage is available. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.

The Life and Legacy of Annie Oakley

Northeast Senior Center
6310 Platte Ave.
Thursday, Oct. 27
10 a.m.
\$4 suggested meal contribution age 60 and over.
\$8 meal fee for under age 60.
Call 402-441-7151 to reserve a meal.

She was described as the “greatest woman rifle shot.” A star attraction of Buffalo Bill’s Wild West Show, Oakley thrilled audiences around the world with her daring shooting feats. A champion in a man’s sport, she changed ideas about the abilities of women in the 19th century. Her fame and fortune came from her skill with guns, yet she was a Quaker. This presentation is by Humanities Nebraska speaker Charlotte Endorf.

Halloween Contest and Party

Northeast Senior Center
6310 Platte Ave.
Monday, Oct. 31
10 a.m.
\$4 suggested meal contribution age 60 and over.
\$8 meal fee for under age 60.
Call 402-441-7151 to reserve a meal.

Join us for a frightening time at the Northeast Center for our Halloween party! Dress your scariest best and win the costume contest. Enjoy party foods sponsored by FYZICAL Lincoln.

Harpist Heidi Beran Performs a Christmas Concert

Northeast Senior Center
6310 Platte Ave.
Thursday, Dec. 22
10:30 a.m.
\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60.
Call 402-441-7151 to reserve a meal.

Enjoy a wonderful Christmas concert performed by the talented Heidi Beran. Heidi is a freelance harpist and private music educator in the Lincoln, area.

New Year’s Eve Party

Northeast Senior Center
6310 Platte Ave.
Friday, Dec. 30
10 a.m.
\$4 suggested meal contribution age 60 and over.
\$8 meal fee for under age 60.
Call 402-441-7151 to reserve a meal.

Ring in the new year with your friends down at the Northeast Senior Center! Music by Jimmy Mac! Party snacks provided by the Independent Retirement Advisors. 

LivingWell

Investing in today’s and tomorrow’s older adults.

Suggested Contribution Levels:

\$12 ___ \$25 ___ \$50 ___ Other ___

You will receive:

- Four print issues of *Living Well*, including online editions.
- At your request, a note of acknowledgment will be sent to those receiving your gift in their honor or memory.

Please mail to: *Living Well*, 1005 “O” St.
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