

LivingWell

Summer 2020 • Volume 16 • Issue 3

A publication of



Building Leaders, Strengthening Community: Leadership Lincoln Celebrates 35 Years

page 6

Aging Partners Here to Serve in Uncertain Times

page 12

Social Isolation and Loneliness Can Lead to Depression

page 23

Consumer Protection Here for You: Helping Nebraskans Against Fraud

page 4

Nebraska Attorney General Consumer Protection Division Outreach Coordinator Ryan Sothan works to combat fraud and scams.



Did your
MEDICARE SUPPLEMENT PLAN
JUMP in price?

Can you save \$20, \$50, or even \$100 a month without changing any benefits?

**I help seniors save money every day!
Is it your turn?**



Give Jim a call to see what your new price could be.
No cost, no obligation!

402-432-4174

Vision
Dental
Life Insurance
Medicare
Supplements

Jim Schueth, 4921 Deer Creek Circle, Lincoln, NE, 68516
402-432-4174 • JimSchueth@gmail.com

Director's Corner


In this issue, we highlight the outstanding and never-ending work of those in the Consumer Protection Division (CPD) of the Nebraska State Attorney General's Office as they continue to fight against what the National Council on Aging considers "the crime of the 21st century" – scams and fraud targeting our older population.

Division Chief Meghan Stoppel, Mediation Center Supervisor Kevin Bollinger and Outreach Coordinator Ryan Sothan are working hard to protect older adults from all kinds of elder fraud – from Medicare/health insurance scams to telemarketing/phone scams, to investment schemes

and "the grandparent scam." The CPD has seen it all before, but they need your continuing help in the ongoing fight.

"An ounce of prevention is worth a pound of cure" is how the old saying goes. This holds true in how the CPD goes about trying to thwart scammers. Educational or preventive measures can be credited for as much as 80 percent of the success in keeping seniors safe by helping them recognize and avoid fraud compared to after-the-fact prosecution and enforcement measures, which succeed generally 20 percent of the time. Stay educated, stay informed and help the CPD prevent senior fraud and

"Protect the Good Life" in Nebraska.

The CPD's senior hotline and mediation center are great tools that can work for you when you are committed to "report, report, report!" For more information, visit ProtectTheGoodLife.Nebraska.gov or call 402-471-2682 or 800-727-6432. Together, we can reduce the impact of the crime of the century in Nebraska. 



Randall S. Jones



Table of Contents

Staying Involved

- 4 Consumer Protection Here for You: Helping Nebraskans Against Fraud
- 6 Building Leaders, Strengthening Community: Leadership Lincoln Celebrates 35 Years
- 9 Music Brings Back Memories
- 10 Outdoor Fitness-Focused Gym for Adults

Planning Ahead

- 12 Aging Partners Here to Serve in Uncertain Times
- 15 Recognizing and Combating Malicious Emails
- 17 Busting the Myths of Aging: Taking the Past and Looking to the Future

Being Well

- 22 Support Groups Help Caregiver Mental Health

- 23 Social Isolation and Loneliness Can Lead to Depression
- 26 Eat to Your Health: Selecting and Storing Produce
- 28 Exercise and Resilience

Living at Home

- 29 Staying Self-Sufficient
- 32 Caregiver Corner: The Role of Professional Caregiver

34 Aging Partners Services

36 Aging Partners News and Events

Are you moving? Call 402-441-6146 to change your mailing address.

Living Well (ISSN 1556-9780, USPS 657-630) is published quarterly (January, April, July and October) by Aging Partners and created by News Link, 122 S. 29th St., Lincoln, NE 68510. Last issue: *Living Well* Spring 2020.

Periodical postal rates paid at Lincoln, NE and additional mailing offices.

Issues printed: 17,579.

POSTMASTER-Aging Partners address changes to:

Living Well Magazine
1005 "O" St.

Lincoln, NE 68508-3628

Email: livingwell@lincoln.ne.gov

Fax: 402-441-7160

Phone: 402-441-6146

(collect calls accepted)

Toll free: 800-247-0938 (Nebraska only)

Publisher, editor and advertising: David Norris, 402-441-6156

Mailing list and accounts: Deb Elrod, 402-441-6146

Production Coordinators: News Link, 402-475-6397

Living Well is a service of Aging Partners. A voluntary suggested annual subscription of \$12 or any amount is welcome. This magazine is for the 57,200 citizens, 60 years of age and over, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

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.

An audio edition of *Living Well* is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 "N" St., Ste. 120, Lincoln, NE 68508

Use of a business or organization as a story source does not imply endorsement of their business or service.

Staying Involved

Consumer Protection Here for You: Helping Nebraskans Against Fraud

While navigating today's technology, seniors have a long list of deceptive people and things to watch out for — and that's where the Consumer Protection Division of the Nebraska Attorney General's Office comes into play.

"Seniors should feel connected and cared for, as well as know that we're looking out for them," said Ryan Sothan, outreach coordinator for the Nebraska Attorney General. "We want to protect and help them feel safe and secure."

The Consumer Protection Division aims to shield citizens from unfair, unconscionable and deceptive trade practices. It also seeks to ensure fair competition between businesses, and is responsible for oversight of charitable assets and entities. The division accomplishes this through consumer education, mediation of consumer complaints and enforcement.

More importantly, the office works for the public, especially when it comes to fraud and scam education. There's no cost to the

public for the division's services or education.

"Our time, travel and expenses are taken care of," Sothan said. "We can even help educate on evenings and weekends, too. Don't be shy in asking for an educator to discuss how to reduce and narrow exposure to scams."

Division Chief Meghan Stoppel said, "Our consumer education tools are the most powerful weapon we have as they help keep individuals from falling victim to frauds and scams."

Education is essential to effectively shut down scams and ensure potential victims don't take the bait. Accounting for nearly 25 percent of Nebraska's complaints filed with the Federal Trade Commission, which includes data provided by the Attorney General, imposter scams involve a caller telling a story with a sense of urgency and authority. For example, the callers may note that they're with a law enforcement agency and say that you're in trouble and need to make an immediate payment over the phone.

Similar scams state that your grandchild needs money to get out of trouble, or requests that you provide your Social Security number for a Medicare issue.

"If you didn't originate the call, don't give out your information," Sothan said. "Hang up, call the agency or your grandchild and confirm the information is correct."



PROTECT
THE
GOOD LIFE

You can't rely on caller ID either, as scammers can spoof it to appear as whatever they want."

Information on specific types of scams and fraud for seniors can be found at [ProtectTheGoodLife.nebraska.gov/protecting-nebraskas-seniors](https://nebraska.gov/protecting-nebraskas-seniors). You also can find more information about identity theft, stopping unwanted calls and more resources at protectthegoodlife.nebraska.gov/resources.

The best thing you can do is educate yourself and your friends about how to identify a scam. The second is to report it.

Importance of Reporting Scams

When it comes to reporting scams, seniors can help!

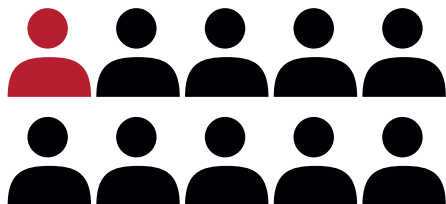
"The biggest problem we have nationally is that seniors are the least likely to report that they've been scammed," Sothan said. "Our seniors make up about 20 percent of the state population, but 37 percent of our complaints. Seniors being scammed and reporting is disproportionate to their actual population."

Another report suggests that seniors are twice as likely to be targeted by a scammer.

"We want seniors to report, report, report," Sothan said. "Don't let an offense go unreported. Let us

Imposter Scams

About 1 in 10 people lost money



- \$667 million reported lost
- \$700 median loss

know what's going on in your lives so we can help."

While many might feel fear or shame of being scammed, there's no judgment, and the data helps the greater good. Reports to the Consumer Protection Division help the Attorney General monitor trends related to scams.

"We merge our complaint data into the federal database to see the trends and how often they're occurring," Stoppel said.

This data also is used to educate consumers, making it more difficult for scammers to get money from others.

"When you report, you help increase the likelihood of bringing legal enforcement action, if necessary," Stoppel said. "Without data, we wouldn't be able to work with local and national lawmakers or other law enforcement agencies to create regulatory standards and industry accountability."

Consumers can report scams or fraud at protectthegoodlife.nebraska.gov or 800-727-6432. Be sure to include as much information as possible, including any written documentation such as emails, transactions or receipts.

"It's important to report what you can so we can aggregate data with other consumers," Stoppel said. "This enables us to identify patterns and see if we have information to investigate further. Anything the consumer can provide is better than nothing."

Along with reporting, you can contact the Consumer Protection Division if you receive something suspicious. A recent example involves a person who received a bill from a West Coast cable company, although the recipient had never lived there.

"There's a chance their personal information was stolen and used to



Consumer Protection Division Chief Meghan Stoppel works with legislation to protect Nebraskans.

open a phone, utility, internet or cable account," Sothan said. "We educated the consumer on how to file a complaint and report identity theft so we can get involved and help have the charges removed."

The Mediation Center

The Consumer Protection's Mediation Center handles up to 10,000 calls annually related to mediation, complaints and scam reports.

The center helps facilitate voluntary consumer and business mediation related to unfair, unconscionable and deceptive trade practices. Once mediation is requested, a letter is sent to the business and the paper-driven process begins the resolution process. Through the Mediation Center's efforts, it has in years past returned up to \$1.5 million to taxpayers annually.

The center also provides



Consumer Protection Division Outreach Coordinator Ryan Sothan educates consumers about protecting themselves.


education when consumers call in to report scams and suspicious emails, and it can help identify if something is legitimate.

Here for You

The Consumer Protection Division was created for you.

"We want seniors to feel comfortable reporting an issue," Sothan said. "We want to connect them to their state government. We're available, caring and concerned, and want to prevent their exploitation."

For more information on the Consumer Protection Division, visit protectthegoodlife.nebraska.gov.

For educational speakers or to find an Identifying Senior Fraud booklet, contact the office at 800-727-6432. Booklets can be delivered in bulk to businesses or groups. For questions, you can call 800-727-6432 or the senior hotline at 888-287-0778. 

Building Leaders, Strengthening Community: Leadership Lincoln Celebrates 35 Years

It's all in the name. Leadership Lincoln has been developing strong leaders for a stronger Lincoln for 35 years. In 1985, a group of community-minded leaders founded the independent organization to create a pool of well-trained, informed and connected individuals.

Leadership Lincoln now engages individuals from diverse backgrounds and provides them with knowledge, experience, skills and tools to help them become more effective community leaders.

As the state's largest leadership program and one of the largest in the nation, participants come from Lincoln's leading businesses, government agencies, nonprofit organizations and Lancaster County high schools to join one of four cohorts: Fellows, Executives, Youth or Advocates.

Leadership Lincoln's Cohorts

Fellows: The original cohort program, Fellows, consists of individuals who desire to learn about different leadership opportunities and gain various industrial insights. The group ranges from young professionals to retirees. Over the course of nine months, Fellows participate in retreats and other seminars covering subjects such as education, health care, government and goal setting.

"Big things have come out of this group," said Brendan Evans, interim executive director.

Projects resulting from Fellows include the "Just Ask" Volunteer Fair, which connects retirees with volunteer opportunities, and the MyLNK app, which directs citizens to current, local resources, as well as encourages them to participate in Meals on Wheels deliveries when volunteers are scarce.

Executives: The Executives cohort is comprised of individuals from various nonprofits, organizations and businesses who bring experience, responsibility, influence and willingness to tackle certain community issues.

"We help them network and see where they fit in Lincoln," Evans said. "So when they want to pick up the phone and get something done, they know who to call for assistance."

Advocates: Originally known as "Project ALL," the Advocates cohort includes participants from diverse backgrounds and advocates for underrepresented individuals. This group continues to be sponsored by various community organizations, and focuses on



advocating for communities, diversity and inclusivity.

Youth: In its 23rd year, Leadership Lincoln's Youth cohort is comprised of Lancaster County high school sophomores and juniors who are interested in civic service, including working with a charitable foundation.

What Do Cohorts Do?

Cohorts work within their group — and occasionally with the other groups — to focus on community-relevant themes where they can make a positive impact. They connect with leaders in business, government, public safety, education and human services, and bring people together who wouldn't normally interact, according to Evans.



Looking for a rewarding experience like no other?
Become a Classroom Foster Grandparent!

What is a Foster Grandparent?

Foster Grandparents are volunteers who assist in baby, toddler, and preschool classrooms at Community Action's Head Start Centers. **We're looking for people like you to join our team!** Foster Grandparents get an opportunity to **make new friends**, and receive **meals**, a **financial stipend**, and **mileage reimbursement** or **bus pass**. Most of all, they get to **make a difference** in the lives of children!

Am I Eligible?

Individuals must be 55 or older, have a love for children, and be able to serve weekly. Income eligibility also applies.

How do I get started?

Contact Georgann Roth at (402) 875-9320.



“Networking sets Lincoln apart,” Evans said. “We have great parks, arts organizations, food security and safety in Lincoln partly because we have a good organization that helps the people who are passionately driving these community projects to network and accomplish their goals.”

After living in several cities, Evans saw Leadership Lincoln’s impact when he returned to the Star City.

“When I moved back, I gained a better understanding of the quiet yet big way Leadership Lincoln impacts our community,” he said. “The group engages people and helps them understand how to create a network to get things done.”

Throughout the year, Leadership Lincoln holds combined program days, inviting Fellows, Executives and Advocate cohort members to come together and create opportunities.

Continued on page 8.



Last year's Fellows 34 class



COMPREHENSIVE CANCER CARE

We provide comprehensive cancer care combining advanced medical oncology, radiation oncology and several other cancer support services.



Cary Peterson, MD
Medical Oncologist



Nathan Green, DO
Medical Oncologist



Stacey Knox, MD
Medical Oncologist



Steven Dunder, MD
Medical Oncologist



Joseph Kam Chiu, MD
Radiation Oncologist



Scott McHam, DO
Medical Oncologist



Joni Tilford, MD
Medical Oncologist



Mark Stavas, MD
Radiation Oncologist



Haris Zahoor, MD
Medical Oncologist

CONTACT
US TODAY!

402-420-7000

2 Locations in Lincoln:
201 S 68th St Place &
3901 Pine Lake Rd, Ste 111
LeadingCancerCare.com

Building Leaders, Strengthening Community

Continued from page 7.

“Leadership Lincoln’s role is to create networks across organizations, businesses, government offices and more, so people can collaborate to increase their impact rather than compete,” Evans said. “Leadership Lincoln is the secret sauce, and that’s why so many of its projects and programs are successful.”

Leadership Lincoln also helps the community by offering monthly presentations, and connecting alumni with organizations, nonprofits and businesses to share successes, challenges and opportunities to engage, connect and serve.

Looking Forward


Leadership Lincoln currently boasts about 3,700 alumni and many community projects and connections.

“There is probably a Leadership Lincoln alumni in every major employer or nonprofit in Lincoln,” Evans said.

Beyond the numbers, it’s about the connections that help foster a better community. The group estimates its alumni performed more than 160,000 hours of community service last year, an estimated benefit of more than \$3.5 million.

“We’ve appreciated the community’s support for the last 35 years,” Evans said. “Now we plan to serve Lincoln and engage others to make our community even better.”

Participation in each cohort is limited. Costs vary, but payment plans and scholarships are available.

To learn more about Leadership Lincoln, visit LeadershipLincoln.org or [Facebook.com/LeaderLNK](https://www.facebook.com/LeaderLNK). Applications also can be obtained by clicking the Programs tab on the website. 



Youth Cohort 23 works on team building.

THIS IS US

OUR TEAM
OUR CARE
OUR SUCCESS



**Extraordinary Times
Bring Out
Exceptional Care**

**On behalf of the
residents we serve,
Thank You!
From the LRC Team**



LANCASTER
Rehabilitation Center

1001 South St, Lincoln, NE 68502
402.441.7101 • Lancasterrc.com

Music Brings Back Memories

As Averil tells the story to her granddaughter about being on a trip with her parents as a young teenager, she recalls seeing a large tree and wanting to get out of the car and sing a song in front of it. She just couldn't remember the song's title.

"She started humming it, and eventually was able to tell me some of the words," said Jen Wolf-Wubbels, Averil's granddaughter.

With that information, Wolf-Wubbels searched for the lyrics to identify the song. She then pulled a song up on her phone for her grandmother to listen.

"The smile of joy on her face was amazing," said Wolf-Wubbels, knowing immediately she found the right song her grandmother was talking about. "And then she could fill in more of the broken story, because the song brought back more of the memory."

This situation exemplifies how music can transport people back in time. And it should be no surprise that music may have the same effect on individuals with dementia.

Southlake Village Rehabilitation & Care Center was recently approached by Brown University researchers to participate in the Music & Memory study.



Averil listens to music through the Music & Memory program at Southlake Village Rehabilitation & Care Center.

The study cites how music is deeply rooted in our conscious and unconscious. It looks to determine if music therefore can be used to awaken the brain's functioning and memories associated with familiar songs for those who struggle due to dementia, Alzheimer's and other types of cognitive loss.

Since summer 2019, Southlake has provided participants with personalized playlists, helping them reconnect with the world through music-inspired memories. And Southlake resident Averil is among the 17 resident participants enrolled in the Music & Memory program.

Determining Participants

Southlake residents are evaluated to determine if the program could be helpful to them.

"We look for individuals with dementia and have what we call 'out-of-character responses,'" said Gayle Resh, life enrichment coordinator, MA, CTRS, CPRP. "They are behaving in a way, prior to their dementia, they would not have done — physical or cognitive restlessness, something that indicates they are not at peace with themselves."

According to Resh, the selected individuals should benefit from the reminiscent aspect of "memory bump" music, or music during their late childhood/early adult years.

"We are looking back to the music that was popular when they were 13 to 27," Resh said, noting that's where deep memories are encoded.

The team interviews the individual and family members to determine the right songs that are important to the participant. Playing a variety of music, the team looks for responses, both verbal and nonverbal, such as

smiles, nodding, shifting shoulders, toe tapping or fingers swaying.

Once a few songs elicit a response, they begin pulling from the same time period, style and artists to create a playlist of about 150 songs to put on the participant's own iPod.

"Some might have more than one playlist," Resh said. "They might have one that is upbeat to get them going in the morning, and one that is calming and soothing before bedtime."

Songs can be added or removed anytime, and residents can listen whenever they want. Staff disinfect the device and headphones during charging.


Musical Impact

Some Southlake participants have shown a decrease of out-of-character responses and clear visible enjoyment. Nationwide, the program has seen a decrease in the use of psychotropic medications.

"Medicines are not used to manage dementia, but the symptoms," Resh said. "Through Music & Memory, I don't have to give a pill that can increase the chance of the person falling or other things."

This method provides a calmer environment, enhances engagement and socialization and reduces agitation.

The overall process for each resident is labor intensive, taking about 10-15 hours. The program comes at no cost for participants or Southlake, other than occasionally purchasing music. The equipment was provided for free by the study organizers.

Southlake would like to provide anyone in the facility the opportunity to use Music & Memory and will gladly accept donations of CDs, iPods/MP3 players or iTunes gift cards. 



AARP will install a FitLot in Woods Park for citizens to utilize.

Outdoor Fitness-Focused Gym for Adults

Lincoln will soon be the site of the state’s first FitLot thanks to AARP. A FitLot is an outdoor fitness park that’s free and accessible to the public. The equipment, including an elliptical and pull-up bars, is designed to use one’s own body weight as resistance.


Due to its central location, the FitLot will be installed in Lincoln’s Woods Park at 33rd and “O” streets. Woods Park also boasts on-site parking and trail accessibility, and is close to low- and moderate-income and senior populations.

Parks officials hope to install the station by the picnic shelter and playground area. The idea is to be close to the playground so there are good lines of vision between the two facilities but with enough separation to deter children from unintentionally interfering with people using the exercise equipment, according to J.J. Yost, Lincoln Parks & Recreation facilities manager.

Construction began June 1 with a ribbon cutting tentatively scheduled for July 24. AARP plans to gift the fitness station and donate funds to help Lincoln Parks & Recreation staff three years of programming.

While this is Lincoln’s first FitLot, the City recently has installed multiuse fitness equipment during neighborhood park renovations. The single multipurpose units are close to playgrounds to encourage multigenerational use. To date, equipment has been installed at Seacrest, Lintel and Cripple Creek parks, and will soon include Cooper Park.

Regular exercise helps delay, prevent or manage chronic illness.

AARP officials hope to build a FitLot in all 50 states, Washington, D.C., Puerto Rico and the U.S. Virgin Islands. 



TABITHA

Caring about what makes Aunt Lydia, Aunt Lydia.

GRAND ISLAND, NE—1959

Your Answer for Senior Care
 TABITHA.ORG | 402.486.8520

SAVE
\$\$\$\$\$\$\$



Dave Fuller

My **Medicare** **clients** **have choices!**

Medicare
Supplements

Medicare
Advantage

- Dental/Vision choices
- Hearing choices
- Final expense choices

Fuller Insurance Services

402-677-0482

Let's compare several companies' premiums for Medicare Supplement plans G and F!



SENIOR INSURANCE MARKETING®

**We help agents with Medicaid Spend
Downs and Medicare Supplements!**

**We have a Medicare Supplement that
requires NO medications on the application!**

**Why do some companies have lower rate
increases than others? Call us for the answers!**

402-434-7761



Mike Roth: President

Planning Ahead

Aging Partners Here to Serve in Uncertain Times

COVID-19 has caused people to re-evaluate how they live. Cities and state governments are looking at how best to protect the vulnerable and deter the virus from spreading.

Meanwhile, Aging Partners strives to adapt while continuing to provide much-needed services for those age 60 and over.

“Our immediate concern was for those who rely on us for daily meals through our senior centers,” Director Randall Jones said.

Because congregate settings have caused the virus to spread, Aging Partners closed senior centers and began enhancing a home-delivered meal program.

“Those persons who regularly attended our senior centers began receiving home-delivered meals shortly after we closed,” Jones said.

Through a partnership with Tabitha Health Care Services, Aging Partners provided funding to assist Tabitha with the increase in meals to deliver through Meals on Wheels to Lincoln and Lancaster County residents who requested the service.



“It’s a comfort for folks to know that food is going to arrive, and the service reduces their need to go out in the public,” Jones said.

While many stores adopted “senior or at-risk shopping hours” it is still a challenge for some older adults to go out and obtain needed supplies — so NeighborLNK was born.

NeighborLNK connects volunteers with homebound seniors or persons with a disability. The volunteers help with errands such as picking

up groceries, medications, or library books and reduce isolation through checking in via phone or video call.

“We hope through these partnerships between the volunteers and the seniors or persons with disabilities that we are forming new relationships and a support system for the future,” Jones said.

Isolation

Another consideration for Aging Partners’ clientele is isolation. With seniors potentially





vulnerable to the virus, many have apprehension about leaving their home and risking exposure. For many, this has reduced support systems they have depended upon.

Isolation stands as a major concern for those who are homebound and living alone. About 90 percent of Aging Partners staff began working from home in April, but that didn't stop them from reaching out.

"Care managers and service coordinators have reached out to hundreds of clients weekly to ensure their services were being continued and they were able to address any new needs that developed," Jones said.

Aging Partners also launched a new program to further support older adults. Sunshine Kids for Seniors coordinates efforts to provide letters or artwork from children in the community to seniors, who smile with gratitude for the gesture. The art and letters are delivered when individuals receive their home-delivered meals.

"It has been great to see the smiles this created, and people look forward each day to receiving the pieces of art," Jones said. "In fact, we're seeing people hang them in their windows or on the wall."

To keep seniors active in their homes, Aging Partners also has increased health and fitness classes showing on LNK-TV. The Rural Transit System has continued operations with precautions, which many seniors outside of Lincoln rely upon as their transportation to doctors appointments or the grocery store.

Moving Forward

"Our staff is planning to sustain the services we are doing and provide them in a way that is the safest for our population," Jones said. "Even as some of the community opens, we will determine how we want

Continued on page 14.



ALLO is locally owned and family friendly

ALLO has been connecting families in Nebraska since 2003. Our mission is to keep you in touch with the people and resources you love most. Build the perfect bundle for your family with ALLO Fiber Internet, TV and Phone. We offer everyday affordable prices (unlike the teaser rates of our competitors that start low and later go sky high) plus exceptional customer service.

Call 402.480.6667
to join the ALLO Fiber family today!



330 South 21st St., Lincoln
www.AlloFiber.com

©2020 Allo Communications. ALLO is a registered trademark of Allo Communications. All Rights Reserved. See website for more details.

Aging Partners Here to Serve in Uncertain Times

Continued from page 13.

to respond in collaboration and with guidance from the Health Department. Eventually, we will provide services like in the past, but we are going to be very cautious.”

The Lincoln-Lancaster County Health Department (LLCHD) began watching the virus movement in China in January. Local planning and preparation began in February before Lincoln Mayor Leirion Gaylor Baird declared a state of emergency March 16.

LLCHD began working with Lincoln Fire & Rescue, Lincoln Police Department and Lincoln Transportation and Utilities to create a unified command with planning and coordination of the response in the short and long term.

Health care workers — such as those working in hospitals, clinics and pharmacies — quickly acted to protect themselves and the community in need of medical services. Restaurants and grocery stores took precautions to continue providing service amid shortages and restrictions.

Community members have stepped up, too by making masks, donating PPE for health care workers and working together to help public health efforts.


Jones, who spent many years working for the American Red Cross in disaster response, said he has never seen anything like this.


“Every household across the country has been affected in some way,” he said. “Every person has been affected. I think this

experience will have a long-lasting impact. I hope in many ways there are positive impacts and lessons we’ve learned from this event.”

Now more than ever, we should value our support systems, friendships and family, and the need to care for one another.


“We’ve seen a remarkable response from those in the community and their willingness to help one another,” Jones said. “We’ve formed new relationships and support systems. I think those will have long-lasting, positive impacts on our community.”

No matter how long this pandemic lasts, let’s continue supporting one another to make a better tomorrow. 




Lincoln Housing Authority


Smoke-Free Facilities
 5700 “R” Street • 402-434-5500
 TDD 800-545-1833 ext 875 • www.L-housing.com



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




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




Mahoney Manor
 4241 N. 61st St.
 (Age 50 and older)



- Secure Entry Systems
- Handicap Accessible Units
- Elevators
- Group Transportation



- Coin-Operated Laundry
- Small Pet Allowed
- Community Room
- Organized Special Activities




All Utilities Paid
 *Must meet eligibility requirements.










HEROES caring FOR OUR COMMUNITY



Summer PLACE
 Skilled Nursing & Rehabilitation
 1750 South 20th Street | Lincoln
 (402) 475-6791 | summerplacecare.com



SOUTHLAKE VILLAGE
 REHABILITATION & CARE CENTER
 9401 Andermatt Drive | Lincoln
 (402) 327-6300 | southlakevillagerehab.com

#loveinannursinghome #keepingourseniorssafe

Recognizing and Combating Malicious Emails

By Jeremy Hoshor, Aging Partners system specialist

Although electronic communication has evolved over the past decade, email continues to be a staple method, especially with important information. However, criminals are also aware of this and attempt to use email to their advantage to scam people from their hard-earned money. Unfortunately, older adults are targeted more frequently with these tactics. These attempts to scam have become more and more sophisticated and potentially more dangerous. This article focuses specifically on tips to identify these types of malicious emails and how to respond.

It has become increasingly important to analyze emails with a higher level of scrutiny than ever before. A good place to start is to simply ask yourself a couple questions regarding the email:

- Do I know the sender and was I expecting an email from them?
- Is there a good reason the email would have a link or attachment associated with it?

It is estimated that about two-thirds of all malware (i.e., viruses, spyware and ransomware) originates from an email attachment. Coupled with malware installed from hyperlinks within emails, the overwhelming majority comes from these two methods. Although email systems are designed to block such emails from reaching your inbox, the barrage of sophisticated attempts leads to some making it through. For the novice user, a good rule of thumb is to avoid opening any attachments or hyperlinks in emails, especially if you are unaware



of the sender or not expecting an email from them. Even with those two boxes checked, if there is any question, it's advisable to look for clues that may show deviation from validity.

A good place to start is to analyze the "From" address. If you don't know the sender or weren't expecting an email from that sender, you should already be skeptical. Further analysis of the sender email address can reveal clues as to whether it truly originates from whom it appears, or if it is a phishing email. The important part of the "From" address is the domain, which is the section that comes after (to the right of) the '@' symbol. If the domain is misspelled or contains additional characters or numbers, or does not contain a legitimate company name, there is a good chance you are dealing with a phishing email.

After you analyze the "From" address and are still unsure about the email, start by looking at the message. Typos and strange wording

are giveaways. Also, if the email is promising a gift or threatening you, it is probably not legitimate.

As mentioned earlier, emails containing hyperlinks or attachments should be avoided if there is any question. However, for the more advanced user, you can hover over (do NOT click!) the link to reveal additional information about it. When hovering over the link, the actual destination address shows in a bar at the bottom of your web browser. If, for example, you are expecting an email from your local power company, you would expect that what shows up in that bar would have the name of that company. If it does not, that is a red flag.

After you've done all the work and analysis and have determined the email to be spam or malicious, what do you do now? In most cases, simply deleting the email is the best choice. You can add it to the "junk" or "block" list if your email system has that capability, but many times it's largely ineffective due to

Continued on page 16.

Recognizing and Combating Malicious Emails

Continued from page 15.

the perpetrators simply changing the address. It is not advisable to use the “Unsubscribe” function; since this lets the perpetrator know an active address was reached and can encourage more activity to be sent your way.

If you have an email you have determined may be legit but is too questionable to trust — for instance when you’re expecting and needing correspondence with the sender — it would be wise to contact them to inquire about the email. However, it is critical you do NOT reply in that specific email and do not use any contact information within the email. Go to a trusted source and retrieve the contact information from there.

With email remaining an important communication tool in our everyday lives, knowing some of the common tricks and tactics by scammers can help you avoid falling victim to schemes. Hopefully this article provides you with a bit of knowledge to protect yourself in the fight against malicious emails. **LW**

Retiring soon? Nearing age 65?
Need health insurance
or Medicare?
I CAN HELP SIMPLIFY THE PROCESS!
(in person or over the phone)
Call now for a
NO-COST consultation



Stephanie Swerczek
Licensed Independent
Sales Representative

402-670-0357 or
Stephanie.swerczek@
gmail.com



Haven Manor - Hickman

Affordable “Country Living” Retirement Facility

730 Larkspur Dr
Hickman, NE

Facility Amenities











Located just south of Lincoln, Nebraska; this Licensed / Medicaid Certified Assisted Living Facility provides activities, medication administration, events, entertainment, meals, housekeeping, transportation, laundry, and care to enhance your retirement.

Move-in and Save \$500 with this Ad

Call for a tour or Visit us on Facebook or our Website
(402) 792-3088 **www.havenmanor.com**





BEHAVIORAL HEALTH AT HOME

Angels Care Home Health Can Help With...

- Depression or Grief
- Anxiety
- Difficulty Coping
- Psychosocial Issues
- Uncontrolled Anger
- Emotional Withdrawal
- Hallucinating Behavior

Our Behavioral Health at Home Program:

- Provides care for patients suffering from behavioral health issues
- Is an evidenced-based, disease management model that improves independence & quality of life
- Offers post-discharge communication for continual compliance & stabilization



Angels
Care Home Health
An AngMar Managed Company

LINCOLN and surrounding areas
402-328-0048
angelscarehealth.com

100% medicare coverage

Busting the Myths of Aging: Taking the Past and Looking to the Future

Our lives are an intricate web of experiences that create who we are and how we see and interact with the world. Aging is a continual progression of life. Reaching a higher number doesn't make us any less valuable or less able to contribute to society, but it does give us the opportunity to see the world in a new way.

"We have to approach aging adults for who they are and not what we think they should be," said Julie Masters, University of Nebraska Omaha Professor and Department of Gerontology chair. "We have deliberately made older people alike for our convenience, but we need to step back and allow them to flourish and be who they are."

With less than 5 percent of the senior population residing in nursing homes, many older adults have the opportunity to give back in various ways throughout the community, but there are many myths holding them back from achieving their full potential.

Myth: Aging is Meaningless

Age is just a number. Being older means you have more experience, knowledge and wisdom to impart to future generations. There is no age that makes you less capable of giving back.

"We need to see aging as an opportunity to give back, rather than just to take," Masters said. "Some think older adults aren't able to contribute, but we need elders to see not only what's in it for them, but how they can give back to help society."

Aging adults can positively impact the world for future generations.

"We need them now more than ever to be able to find the strength and resilience to get through this time of uncertainty," Masters said. "Older adults bring a lot more to the table in terms of our understanding about life and what it means."

Myth: It's Not OK to Think About the Future

As we age, it's important to remember aging is a process and it's OK to age with intention.

"Our last breath is truly as important as our first," Masters said. "We should all think about what we want our last days of life to be like."

Everyone should consider how they want to live



their life and what type of care they'd like to receive if necessary. Do you want to be sitting at home; spending time with family and friends; or contributing

Continued on page 18.



Caretech

We Bring the Care to You.

"Caring for your family like our very own since 1999."

We can help by providing:

- Medicaid Waiver Approved
- V.A. approved housekeeper and respite services
- Private Pay
- Personal Emergency Response Systems

caretechinc.com

402-691-5121 or 800-991-7006



Busting the Myths of Aging

Continued from page 17.

to a cause or organization you're passionate about?

"To age with intention is having some control over your aging experience," Masters said. "Because you've thought about it, you can plan and won't have to make quick decisions."

Masters encourages everyone to think about various scenarios such as moving into a facility, continuing to live on their own or seeking in-home care.

"You can't control the number of years you have, but you do have a choice to be a role model in the lives of others," Masters said. "You can show people it is a wonderful time to make a difference in the lives of others as you age."

Elders can think how they want

to impact others by volunteering, taking classes and creating destinations of where you want to go in your life.

"Ask yourself 'What other ways can I make a difference or what talents can I develop?'" Masters said. "Tap into potential you didn't realize you had."

She noted it's OK to withdraw from certain responsibilities, too, so others can apply the skills you've taught them.

"As aging people, we have an opportunity to step back so others can step in," Masters said. "While we may like to be in control, aging with intention occasionally means accepting help from others — which helps their sense of well-being, too."

Myth:

All Older Adults are Alike

Elders or older adults are broad terms, but each person is unique and has something different to contribute.

"People aren't all alike," Masters said. "We become more different as we age. While society may tend to group older adults together, we need to recognize and appreciate the unique nature of each older person, and note that they each have something to give and offer. Even those who don't give in a way we expect."

Some may contribute by volunteering their time, while others can offer experience-based advice to individuals in need.

Even those with dementia can

Join the



BIN BUDDIES

recycling assistance team!

The City of Lincoln needs environmentally-conscious volunteers to assist people at recycling collection sites in Lincoln. Bin Buddies help residents avoid recycling contamination, sort recyclables and break down cardboard boxes. Training is provided.

**Call 402-441-8215 for more information
or visit recycle.lincoln.ne.gov
to register today.**



A better way of *living*.



help contribute. Maybe they can't tell us what they had for breakfast, but they can share what it was like when they first got married, raised children or what it was like to live through the Great Depression.

Aging is a process. Everyone has the potential to give back. You just have to figure out how. What do you want to leave with others? Maybe it's family heirlooms, a family recipe or your values and experiences. Everyone has a story to tell.

Myth: We Can't Change Life Expectancy

Statistics show 90 percent of the nation's \$3.2 trillion annual health care expenditures are for people with chronic and mental health conditions.

"For those of us age 50 and over, we still have the opportunity to make a difference in our health and well-being by engaging in exercise



and eating healthy," Masters said.

How you take care of your body, even now if you haven't done so in the past, can help you extend your life expectancy. But just because there's a number given, doesn't

mean you can't live past it.

"The longer we 'live,' the longer we live," Masters said. "We are continuing to see more people live past the age of 90."

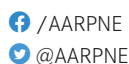
Continued on page 20.

DISCOVER REAL POSSIBILITIES IN YOUR COMMUNITY

AARP is in Nebraska creating real, meaningful change. We're proud to help all our communities become the best they can be. Like providing family caregivers with tips to take care of loved ones, helping to make our communities more livable and hosting fun, informative events all across the state.

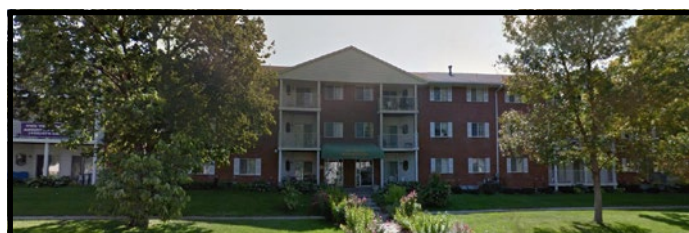
AARP is here to help you take on today-and everyday with *Real Possibilities*.

Get to know us at aarp.org/ne.



AARP® Real Possibilities
Nebraska

Real Possibilities is a trademark of AARP.



The Victorian Retirement Center

Helping make your golden years shine!

- One and two bedroom furnished and unfurnished apartments
- Three meals a day and weekly housekeeping
- Social activities and shopping trips
- 24-hour staffing to deal with emergencies and health monitoring
- Medication reminders
- Beauty and barber shops
- Medicaid Waiver approved for personal care
- Over 40 years of experience!

We offer a variety of living options for any income!

The Victorian Retirement Center
2501 "Q" St., Lincoln, 402-474-4955



Busting the Myths of Aging

Continued from page 19.

Myth: Older Adults are Lonely

There is a lot of information out there regarding how older people are lonely. While that might be true of some, there are people of all ages who are lonely.

While many older adults live alone, they can find connections through their church, senior center or craft groups.

“Loneliness isn’t age specific,” Masters said. “Instead of elders receiving phone calls, maybe they can become the ones calling friends or family.”

You’ll Never Know When You Are Called


Older people may find themselves being called or asked to do something they hadn’t anticipated.

“But those instances could change the course of history,” Masters said. “A lot of times I think older people are asked to do things I don’t think younger people could do.”

Whether the COVID-19 pandemic continues or not, many should ask older adults how they’ve weathered various storms in their lives.

“We should turn to older adults for insight and inspiration and learn from their experience and wisdom,” Masters said. “I’d rather to talk to someone in their 90s who has lived through the Great Depression about getting through tough times.”

But it’s important to remember that every person has something to offer.

“The only person who’s going to stop you is you,” Masters said. “You have to make up your mind that you will continue to contribute and do it.” 

“ Survival is what gives an older person the right to encourage a younger generation in the right to hope, to know that what is happening to them at the present moment is not the end either of the world or of their lives. There is always a resurrection in each of our lives, if we will only believe in it and give ourselves to its coming.”

—Sister Joan D. Chittister

Keeping You Safe



In-Office & Telehealth

Complete Hearing
Lincoln & York

402/489.4418 | complete-hearing.com



Doctors of Audiology



FaceMask

EarSavers!

\$5 each +tax

Buy 4, 5th FREE

**Don't Lose your
Hearing Aids!**



We make you
feel better.

Great customer service.
Made-to-order culinary menu.
All private rooms.
Affordable long-term care.

Hillcrest
Firethorn
Rehabilitation
& Long-term Care

8601 Firethorn Lane
Lincoln, Nebraska
(531) 739-3500
HillcrestFirethorn.com

Call today for more information.



**\$1000 OFF
FIRST MONTH**

**Move in before July 31, 2020 and receive
\$1000 off your first month's rent.**

New depositors only. Some exclusions apply.

Expires 7/31/20.

Support Groups Help Caregiver Mental Health

Caregivers often face difficult challenges creatively maintaining a positive environment and their health while caring for their loved ones. It can be an overwhelming task at times, and others may not understand.

And that's why Aging Partners hosts its Caregiver Support Group Meetings, which aim to provide hope, information and a safe environment for caregivers to share concerns with others who have the same experiences.

Meetings are open to individuals of any age who provide care for an adult age 60 and over; those caring for an adult with Alzheimer's disease, a brain injury or related brain disorder; and individuals over the age of 55 raising a grandchild.

"Anytime you are a caregiver, you are faced with various challenges," said Sandy Lutz, a licensed independent mental health practitioner and Aging Partners program supervisor. "These caregivers have similar experiences and frustrations as their needs often take a back seat to those in their care. It can be hard to establish balance, and the different emotions involved with being a caregiver."

As she leads the meetings, Lutz provides professional guidance and helps caregivers develop long-term relationships.

"I am able to provide information and hopefully help these individuals find support for any mental health

concerns or issues they might be experiencing by caring for their loved ones," she said.


Each session will be different, but they all will be respectful, confidential, and focus on resources and the group's wants and needs.

"The groups are fun," Lutz said. "You never know what each attendee might bring to the group. Many times they're bringing resources in they may not even be aware of. We want to help those people recognize how they're resources to one another, themselves and the facilitator."

The Caregiver Support Group Meetings take place at Aging Partners' Downtown Senior Center, 1005 "O" St., or the Aging Partners Fitness Center, 555 S. 9th St.

Caregivers can attend the group, and loved ones can come along and utilize the fitness or senior center. The meetings began in February, but only two occurred before they were canceled due to COVID-19. When it is safe to do so, Aging Partners plans to start the group meetings again — the City will issue a news release indicating times.

Aging Partners offers a spectrum of services to support caregivers and their important work. This includes stress management, respite care, fitness and nutrition counseling, education and more.

For more information, call 402-441-7070 or email salutz@lincoln.ne.gov. More information on Aging Partners can be found at aging.lincoln.ne.gov. 



Social Isolation and Loneliness Can Lead to Depression

Loneliness and social isolation can affect the emotional health of older adults, according to the counseling and program development manager for Bryan Medical Center’s mental health services in Lincoln.

“Feelings of loneliness and isolation can result in serious health consequence,” said Dave Miers, Ph.D. LIPC “It’s important that we understand the risk factors and causes for isolation in seniors so we can work to prevent them.”

Social isolation and loneliness in many could be exacerbated by the COVID-19 health crisis, and it can be especially difficult for seniors.

Loneliness is described as distressed feelings of being alone or separated. For example, you can

still feel lonely while attending a Nebraska football game with 90,000 other fans. Social isolation, however, is described as the physical separation from other people such as living alone.

“Loneliness and social isolation are different but related concepts,” Miers said. “Social isolation can lead to loneliness, and loneliness can lead to social isolation. It’s possible that both could happen simultaneously.”

Research shows that the senior population is growing, but many baby boomers are feeling alone in the crowd.


“Those experiencing loneliness and social isolation share the potential for deteriorating health, and sensory or mobility impairments,” Miers said.



That can lead to depression. Depression isn’t a normal part of aging. It’s a mental condition that can be treated just like heart disease or diabetes.

Older adults are at an increased risk for experiencing depression.

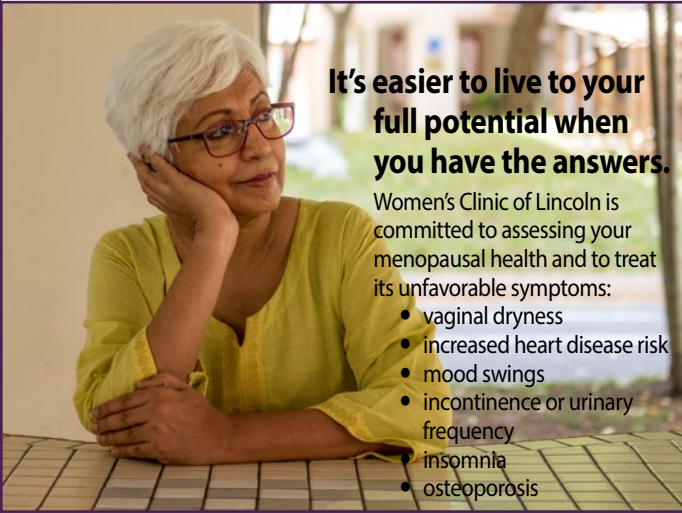
Continued on page 24.



Women’s Clinic of Lincoln, P.C.

Women’s Health • Aesthetics

Dr. Stephen Swanson



It’s easier to live to your full potential when you have the answers.

Women’s Clinic of Lincoln is committed to assessing your menopausal health and to treat its unfavorable symptoms:

- vaginal dryness
- increased heart disease risk
- mood swings
- incontinence or urinary frequency
- insomnia
- osteoporosis

Schedule a consultation with Dr. Stephen Swanson today by calling 402-434-3370.

220 Lyncrest Drive, Lincoln, NE 68510 • womensclinicoflincoln.com



Legal Aid OF NEBRASKA

During times of crisis, Legal Aid is your legal safety net. Our staff can answer your COVID-19 legal questions.

Are you 60 years of age or older?

We can help you with...

- Elder Abuse and Financial Exploitation
- Power of Attorney
- Collections
- Medicare/Medicaid
- Consumer Protection
- Simple Wills
- Advanced Directives/ Living Wills
- Homestead Exemption
- Tenant Issues
- And other legal concerns

Serving Nebraska’s seniors in all 93 counties

ElderAccessLine®
Toll-free: 1-800-527-7249
In Omaha: 402-827-5656



www.LegalAidOfNebraska.org

Social Isolation and Loneliness Can Lead to Depression

Continued from page 23.

“Roughly 80 percent of older adults have at least one chronic health condition, and 50 percent have two or more,” Miers said. “Depression is more common in those diagnosed with a chronic illness and have limited functioning, such as heart disease and cancer.”

In seniors, depression is often misdiagnosed and undertreated. Health care providers may mistake an older adult’s symptoms as a natural reaction to illness or life changes that occur during the aging process. In some instances, medication and illness also can display similar symptoms of depression. Therefore, medical providers may not see it as something that can be treated.

Symptoms of Depression

Symptoms and warning signs that a person may be experiencing mental health concerns include:

- Feelings of guilt, worthlessness and/or helplessness.
- Feelings of hopelessness and/or pessimism.
- Irritability, restlessness.
- Loss of interest in activities or hobbies once pleasurable.
- Fatigue and decreased energy.
- Difficulty concentrating, remembering details and making decisions.
- Insomnia, early morning wakefulness or excessive sleeping.
- Overeating or appetite loss.
- Thoughts of suicide, suicide attempts.

- Persistent aches or pains, headaches, cramps or digestive problems that do not get better, even with treatment.

Older adults go through various life changes; so it’s important to note that depression symptoms typically persist for more than two weeks.

“If you or someone you know is experiencing symptoms, you can refer them to a physician or mental health professional for an evaluation,” Miers said. “If you’re concerned about a loved one being depressed, offer to go with them to see a health care provider to be diagnosed and treated.”

Bryan Medical Center also offers a free confidential online screening available at bryanhealth.com/services/online-screenings.



CRUCIAL NUMBERS EVERY WOMAN NEEDS TO KNOW

Podcast with
Sara Hargreaves, MD,
Bryan Heart
Vascular Surgery

Find out what they are,
what they mean and how
you can improve them.

Listen now at:
bryanhealth.org/podcasts



AseraCare
HOSPICE

making moments matter

We're Here When
You Need Us.

We believe that the end of a person's life can be comfortable and peaceful. You and your family are not alone on this journey.

1-402-488-1363 | www.AseraCare.com



We are a team of hospice care
professionals, dedicated to supporting
people through the end-of-life journey.

- Around the Clock Admissions
- 24/7 RN Call Center
- Registered Nurses
- Personal Care Assistance
- Hospice Certified Physician
- Social Services and Planning
- Bereavement Counseling
- Spiritual Support
- Music and Pet Therapy
- We Honor Veterans Program

AseraCare – Lincoln
5715 S. 34th Street, Suite 100
Lincoln, NE 68516
facebook.com/aseracarelincoln



Equal opportunity provider
of healthcare services



If you or someone you know is in danger due to depression, go to the nearest emergency room, call 911 or call the National Suicide Prevention Lifeline at 1-800-273-8255.


Treatment options for depression are different for each person. The most common treatments include anti-depression drugs, psychotherapy — also known as talk or cognitive therapy — or a combination of both.

Combating Depression

Seniors living alone should take time to build relationships with family members and friends, either in-person, by phone, letters or email.

“It’s important to establish ways to increase senior’s social contacts but also to address the quality of those relationships,” Miers said.

Older adults can take steps to combat loneliness and prevent depression and other serious health concerns, such as:

- Discover hobbies or pastimes that interest you and share with your friends and loved ones.
- Ask your friends and loved ones to lunch or go on a Sunday drive.
- When friends or family can’t visit, call or write them.
- Develop a non-isolation plan and stay active. Have friends and family help you as needed to connect with groups or clubs with similar interests.
- Teach others about your hobby or pastime, including teaching those of younger generations.
- Connect with others by learning about their pastimes and hobbies. 

Nebraska Family Caregiver Support

LIFESPAN RESPITE NETWORK

*Taking care of yourself is
one of the best ways to
help your loved one.*

Respite allows the family caregiver time away to:

- Go to the grocery store.
- Visit the doctor.
- Have lunch with a friend.
- Take a nap.
- Do anything else needed to help reduce stress.

A family caregiver is a person who provides ongoing care for an individual unable to care for themselves. Caregiving is rewarding, but also demanding and stressful. To supply “help for the helpers,” the Nebraska Lifespan Respite Network offers information, education and support.

For more information, including funding sources or becoming an independent respite provider, just call or click:

**866-RESPITE (737-7483) or
402-274-3993
respite.ne.gov**

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Selecting and Storing Produce

Enjoying fresh fruits and vegetables can be nutritious and delicious! Including fresh produce in your favorite meals will not only enhance the flavor and appeal, but also make it more enjoyable. By carefully selecting and storing produce, you will be able to enjoy it for days to come and add healthy components to your diet.

How to Select

There is never a surefire way to predict how good fresh produce will be by appearance or even how long it will store. However, there are many tips and tricks to ensure you have the best luck on your next grocery run. Choose items that are not visibly bruised or damaged. Bruised or damaged food items can be of poor quality and also have their freshness greatly reduced. The specific area where the product is damaged, such as a cut or a bruise, can be a prime location for mold and bacteria to grow. When buying items such as precut, bagged, or produce that is packaged such as half fruit or bagged salad mixes, only select those that are surrounded by ice or in a cooler. It is also extremely important to keep fresh produce away from raw meats, seafood and poultry. Selecting the freshest produce available also helps limit food waste, since that food will have a longer time frame to be used.

How to Store

Storing your local produce treasures can be both confusing and sometimes rather difficult. Certain fruits and vegetables do NOT mix well when stored together; some can even cause the others around them to spoil. We can't let one bad egg spoil the bunch and ruin our goodies, especially if they don't get along. Examples of produce you should keep out of the fridge are avocados, peaches, pears, plums, tomatoes and bananas. Examples of produce you can have in the fridge but stored away from others include apricots, figs, honeydew, apples and cantaloupes. Examples of items that must be stored in the refrigerator away from others because of their vulnerability are broccoli, cabbage, carrots, cauliflower, lettuce and leafy greens.

Helpful tips: Keep your fridge as clean as possible, checking every so often for soon-to-be-expiring food items (especially fresh fruits and vegetables). Be sure to

store all precut or packaged fruits and veggies in your refrigerator. Always check that your fridge is working properly and is 40 degrees or cooler.

Extending the Life of Your Fruits and Vegetables

Bananas: Bananas stay good on the counter for five to seven days. After that, you may notice them turning brown. Placing bananas in the refrigerator will help slow down the ripening process (the peels will turn brown, but the insides are still good).

Berries: Blueberries, blackberries, strawberries and raspberries are delicate and should not be washed until ready to eat. If washed too far ahead of time, water will contribute to mold growth. If berries are starting to get mushy before you have a chance to use them, place on a cookie sheet in the freezer. Once frozen, place in a sealed baggie. They're perfect for smoothies or an easy snack!

Carrots: You may notice that your baby carrots will start to form a white film on them after time. This

Charles Senior Housing



Welcome to Charles Senior Housing – a beautiful apartment community in the heart of Lincoln.

Features and amenities:

- recently furnished common area
- access to city bus routes and grocery store
- on-site building manager
- off-street parking and laundry facilities
- security entry system

These bright, beautiful apartments were designed to make you feel right at home. Come see for yourself!

1933 "G" Street
Lincoln, NE | (402) 730-3496




is often referred to as “white blush” or “carrot blush” and is a sign that the carrot is dehydrated. When baby carrots are exposed to air, the outer layer becomes dry. Carrots with “white blush” are safe to eat. Consider putting the baby carrots in a sealed bag after opening the original bag to help prevent air exposure. If eating raw, try putting in water for a few minutes to add back some of the moisture. If cooking, just add them along with the other vegetables.

Celery: Re-crisp limp or dehydrated celery by washing, cutting into strips and placing into a container of ice water. In a half hour, the stalks will absorb enough water to help transform it back into a crisp, crunchy celery.

Greens: Kale, spinach and collard greens don’t stay good for

long after you get them home. If you start to notice the wilt and know you won’t be able to use them all, seal in a zip-close bag and place in the freezer. These are perfect to add to smoothies or blend into soups.

Properly selecting and storing fresh fruits and vegetables is an important step to extend their shelf life, and it can also be a fun and nutritious way to add more color and creativity to your plate! 



We’re making home deliveries safer by direct-shipping from our automated distributors.

Our streamlined order fulfillment processes reduce human contact with your supplies, ensuring that you don’t have to worry when they arrive at your door. Stay safe, stay healthy, and thank you for social distancing.



(402) 434-5080
triumphhomehealth.com



INCONTINENCE • CATHETERS • OSTOMY • ENTERAL NUTRITION • COMPRESSION • WOUND SUPPLIES

Exercise and Resilience

By Peggy Apthorpe, Aging Partners Health and Fitness

Have you ever wondered why some people seem to remain calm in the face of disaster while others appear to come undone? People who can recover from or adjust easily to misfortune or change have what psychologists call “resilience,” or an ability to cope with problems and setbacks.

Resilience gives people the strength to address problems head on, overcome adversity and move on with their lives. They remain strong and carry on. Frequently, they are even able to offer emotional support to others affected by the same situation. A resilient person faces challenges with flexibility, adaptability and an “I can do this” attitude. Resilience is boosted by remembering or reminding someone how they faced and overcame previous challenges.

The recent social isolation and social distancing mandated by the COVID-19 pandemic has challenged all of us in many different ways. Aging Partners Health and Fitness staff was not surprised to see how program participants reacted to the directed health measures in a selfless, positive and creative manner. The resilience they have demonstrated is inspiring.

Positive social connections with family and friends and/or a close-knit community of mutual social support helps build resilience. A healthy, active lifestyle is also predictive of higher resilience.

Studies on exercise and stress find four ways exercise can boost your psychological stress resistance:


- It's a leg-up for your immune



system. If you overdo it and take your workouts to extreme levels, the stress can wear you down and wreck your immune health. In moderate doses, plenty of evidence suggests regular exercise is great for immune function. Consistent regular exercise builds up your immune system. When the psychological stress comes, your body will be ready.

- It blunts the hormonal stress response. Like physical stress, psychological stress initiates a cascade of hormones. Cortisol is probably the best known, but there are others like norepinephrine. If you've ever been startled and suddenly had a huge surge in physical energy, you've felt norepinephrine in action. Regular exercise reduces baseline levels of stress hormones and blunts the hormonal response to sudden psychological stress. Mental or emotional stressors will feel less intensely stressful and do less damage to your body and brain.

- It changes your gene expression. Everyone is born with a certain set of genes and there is little or nothing we can do about that. We can change the expression of our genes – which genes get turned on or off. This is called epigenetics. A recent study conducted at the National Institute of Health indicated that, in general, exercise has numerous epigenetic benefits. Among them are changes in gene expression that increase mental stress resilience. If you are genetically prone to stress, a consistent exercise program can actually help reduce that problem.
- It is anti-inflammatory. Regular workouts, which should include enough breaks to recover, have been shown again and again to reduce inflammation. Recent research suggests that reducing inflammation might help to reduce stress and anxiety.

For more information on Aging Partners Health and Fitness, contact 402-441-7575. 

Living At Home

Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

As I write this column in early May, it's a beautiful, sunny spring day in Nebraska with a high of 82 degrees expected. I plan to finish up some borders around my flower beds tonight so I can go chase *Ictalurus punctatus* (aka channel catfish) tomorrow night.

So far this spring, the catfish have been doing a darn good job of social distancing from me, with the exception of a nice 6-pounder I landed in late April.

So with everything that is or isn't happening related to COVID-19, this column will touch on the "staying self-sufficient" basics. Our programs are still going strong, but not to the degree they normally do this time of year. I can't even begin to guess what level we'll be functioning at when you're reading this around Independence Day.



Mitch Sump and his 6-pound catfish

Home Handyman

Our team is only doing outdoor work to help keep our clients and themselves safe. If one of your quarantine projects was house cleaning, you may have turned up some old cleaning supplies, yard chemicals, etc. And you're probably looking forward to our Safe Homes for Seniors program being available again.

LifeLine

Monitoring and service of existing clients continues, but we are limiting new clients to those able to do the physical installation themselves or with assistance from family. If you have had some concerns during the current situation and have thought about possible outcomes, you might want to consider getting your personal emergency response system when they become available.

Continued on page 30.

Age is an honor.

Throughout life, he's always known just what to do. **And he still does.** Age doesn't take away our wisdom. It enhances it. Age doesn't take away our dignity. It intensifies it. We are the sum of all of our years of experience. Age is an honor. Not a disease. Let's end ageism.



legacyretirement.com



Staying Self-Sufficient

Continued from page 29.

Transit

The senior centers are closed, so there is no current transportation other than limited trips for Lancaster County Public Rural Transit. A few drivers are staying busy delivering meals to seniors in the community.

Durable Medical Equipment

We have more-or-less shut down this program for the time being. We are currently not accepting anything new and are only distributing items in extreme situations.

OK, enough of the depressing recap. The team and I want to make sure each and every one of you is staying as safe as possible. So please read on about keeping yourself safe in your home with the proper equipment.

Smoke Detectors

Most everyone knows how important smoke detectors are and that we need to check them every six months. However, many people don't do it correctly. When you push the button on the unit, all you are testing is the battery, not the unit's sensors. To properly test a smoke detector, you actually need to use smoke. You can use a match, a candle or canned smoke by gently waving the smoke toward the unit. If it doesn't start beeping, try spraying the unit with some compressed air. Then retest. Dust, small insects and other things can get into the unit and cause the sensor to not work. If it fails, just replace the unit completely with a new one. This is not the item to go bargain hunting for. Most smoke

detectors have a life span of about four to eight years. I don't recommend using a cigar to test them as it can make spouses very irate!

Fire Extinguishers

This is an item every home should have at least one of – personally, I have four. And you must ensure they are of good quality and working. Check the extinguisher to make sure the gauge is “in the green.” This means the unit has pressure from the propellant (probably air) and will probably discharge the powder. Please note I said “probably;” the powder in extinguishers will become compacted over time if left alone. Every once in a while as you walk by them, pick them up and turn upside down a few times. Inverting the extinguisher



Helping seniors and
persons with disabilities
live independently!

402-200-5555

www.sunlightseniorcare.com



info@sunlightseniorcare.com


Locations in Lincoln, NE & Omaha, NE

**SPECIAL
OFFER**

Mention *Living Well* Magazine and get
one free day of service after your first month.

causes the powder to fall and stay loose so you know it works when it is needed.

If you don't have one or need to replace an old one, I strongly recommend a "BC" extinguisher. The most common one you can buy is an ABC. The code means: "A" – wood, paper and cloth fires; "B" – electrical fires; and "C" – flammable liquid fires. I like the BC extinguishers for a couple reasons. First, the chemical in it is basically baking powder, and it's easy to clean up; whereas, the powder in an ABC is more caustic, very fine and a pain to clean up. Secondly, if you have a small fire with wood, paper or cloth, just throw a pan of water on it!

Well, once again the editor is leaning over my shoulder and counting words while glancing at the clock, so I better wrap it up. Please stay safe and reach out to us if there is something we can help with! 



Still Working, and Approaching Age 65?

Trust us to help you navigate the maze of Medicare questions such as:

- ▶ Should I enroll in Medicare Parts A & B now or remain on my current group health plan?
- ▶ If I enroll in Medicare, should I use a Medicare Supplement and separate Prescription Drug card or a Medicare Advantage Combination plan?
- ▶ If I remain on my current group health plan, is the prescription drug benefit portion of that plan "creditable" by federal definition or will I face a future penalty?

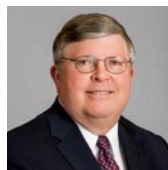


Karla Wilson

Vice President
Benefits Advisor

402.434.7242

kwilson@unicogroup.com



Bob Grundman

Senior Benefit Strategies

402.489.9171

grundman@inetnebr.com

Get in touch with an advisor today!



UNICO



**Do I have a problem with money?
Or do I have a problem with gambling?**

You or someone you know may have a problem with gambling.

Help is just a phone call away.

CALL NOW FOR HELP OR INFORMATION
24/7 Helpline: 402.476.2300
CONFIDENTIAL. 24 HOURS A DAY, 7 DAYS A WEEK.



Local Provider -
CHOICES Treatment Center
127 S. 37th Street, Suite B,
Lincoln, NE 68510

www.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 located at

www.problemgambling.nebraska.gov
Nebraska 24/7 Helpline—Call 1-833-238-6837
This ad sponsored and paid by the Nebraska Gambling Assistance Program

Caregiver Corner

The Role of Professional Caregiver

While many care for family or friends, others take on the role of professional caregiver as a career. A professional caregiver is someone who assists another in a way that enables them to live as independently as possible. They have many job titles — some offer medical care while others help with daily activities — but they all provide direct care.

Professional caregivers advocate for seniors in many ways. They can help individuals obtain resources or apply for eligible benefits, in addition to helping with various daily tasks that allow them to live at home.

Caregiving in professional roles is both vital and honorable.

The Physical Caregiver

The most common type of professional caregiver works directly with patients in a health care facility.

Lisa Campbell, a certified nursing assistant (CNA) and medication aide, cares for residents at Legacy Retirement Communities. Along with bathing, she assists with various daily activities and medication delivery.

Campbell began serving food at an assisted living facility when she was 16.

“I quickly realized I loved helping the residents in other ways,” she said.

Now, Campbell advocates for older adults by serving as

their caregiver, and using her knowledge to advise them.

“I believe that I advocate for seniors through shower care,” she said. “I do a head to toe assessment and make sure there is no skin breakdown or sores.”

Campbell also serves as a sounding board for resident concerns, helps provide information and suggestions, and informs the charge nurse of issues when needed.

The most rewarding part of her job is keeping residents happy, cared for and content.

“Knowing I’ve met their needs is rewarding to me,” Campbell said.



Barbara Straus, center, and her mother, Kathleen and grandson, Luke



Lisa Campbell and her grandmother, Marilyn

The Social Work Caregiver

As an Aging Partners social worker, Barbara Straus' role is to assist elders in receiving the help and services they need.

"When possible, I meet with the individual to identify their problems, needs and concerns," she said. "I let them know what the community options are to serve them, such as housing, home health care, transportation and financial benefits."

Straus works with the individual to develop a plan.

"I always tell people I'm a resource so they can make more informed decisions," she said. "Our agency's goal is to help people stay as independent as possible and maintain their quality of life."

Straus knows everyone has their own story and unique circumstances — and that "one size fits all" is not the best approach. She helps individuals make phone calls, fill out

applications, understand programs and find resources.

Before joining Aging Partners in 1986, Straus worked with seniors in a variety of roles. She learned how an individual's needs changed as he or she aged.

"The most rewarding part of my job is having the opportunity to get to know and help so many people," Straus said. "The most challenging aspect has been trying to get help for people when the resources are limited and sometimes insufficient."

Separating Professional and Family Caregiver Roles

Drawing from her experience at work, Straus shares that information, when requested, with her 96-year-old mother, Kathleen, who lives in Michigan.

"Just like in my job, I learned not to tell her or anyone else what to do," Straus said. "I respect her right to make her own decisions. If

she asks me for help or information, I'm happy to provide as much as I can. But usually, it's very clear to me that she's fully in charge of her own life and doesn't need my professional assistance."

Outside of work, Campbell also cares for her elderly grandmother. She can find it difficult to separate her professional and family caregiver roles, but appreciates it.

"I feel caring for family can be easier at times because you can say and do more for them," she said.

Campbell can be more involved in her grandmother's care; whereas, as a CNA, she can advise and give suggestions, but ultimately leaves it up to the patient.

There are many types of caregivers, and professional caregivers make the choice to care for others and often at home. They are a vital resource in our communities, caring for our loved ones when we cannot. **LW**

Prepared and confident

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

There's a Lifeline solution for you.

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.



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 in an effort to ensure the independence and full life of the people we serve.

Being Well

NUTRITION

402-441-7159

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers.
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers.

HEALTH AND FITNESS

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

- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - Pilates, yoga, stretch and tone classes are available at several locations. Daily fitness programs on LNKTV City (ALLO Channel 2, Spectrum Channel 1300 and Kinetic Channel 1005) and LNKTV Health (ALLO Channel 3, Spectrum Channel 1301 and Kinetic Channel 1010). ▲
- **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.
- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Aging and Disability Resource Center (ADRC)** - The Aging and Disability Resource Center assists seniors and persons of all ages with disabilities to obtain information, services and supports.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible 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 FINANCIAL 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. 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 four 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 LNKTV City (ALLO Channel 2, Spectrum Channel 1300, Kinetic Channel 1005) and video-on-demand at lincoln.ne.gov (keyword: vod) or Live & Learn's YouTube channel at lincoln.ne.gov (keyword: live & learn). View on LNKTV City or online at lincoln.ne.gov.

- Mondays at 11 a.m.
 - Wednesdays at 5 p.m.
 - Thursdays at 7 p.m.
 - Fridays at 11:30 a.m.
 - Sundays at 3:30 p.m.
- These are minimum airing times. Show re-airs at various other times throughout the month.

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Joyce Kubicek

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Amy Theis, 402-747-5731
- Saline County
Michele Tesar, 402-826-2463
- Saunders County
Allison Blake, 402-416-9376
- Seward County: 800-247-0938
- York County, Jerri Merklinger
402-362-7626

MULTI-COUNTY PROGRAMS

- Butler County Senior Services
Diana McDonald, 402-367-6131
- Fillmore County Senior Services
Brenda Motis, 402-759-4922
- Polk County Senior Services
Aaron Phillips, 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
402-759-4921

Polk County

- Osceola Senior Center
441 Hawkeye St., Osceola
402-747-8227
- Polk Senior Center
230 N. Main St., Polk
402-765-2311
- Shelby Senior Center
230 N. Walnut St., Shelby
402-527-5158
- Stromsburg Senior Center
118 E. 3rd St., Stromsburg
402-764-8227

Saline County

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

Seward County

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

York County

- McCool Junction Senior 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

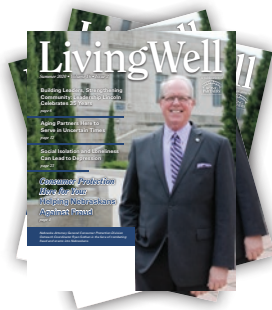
- 402-441-7070 or 800-247-0938

Aging Partners News and Events

All Health and Fitness programs and services and Senior Center events are subject to cancellation or changes at any time due to the current COVID-19 pandemic. Public health social distancing and sanitation guidelines will be followed. Class size may be limited to 10 people or less. Please call early to register and confirm class status. Thank you!

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 Fitness Center

555 S. 9th St.
Monday through Friday
8 a.m. to 4 p.m.

The fitness center will be operating by appointment only. Please call 402-441-7575 to make an appointment. This will be necessary as long as health directives related to social distancing and no large gatherings are in place.

All ages are welcome at the fitness center. Cardio and strength training equipment, free weights, and balance and exercise aids are available.

\$10 monthly suggested contribution for age 60 and over and family caregivers of any age. \$15 fee for under age 60. A certified personal

trainer is available Tuesday and Thursday afternoons **by appointment only** and at no additional cost.

For most Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over and family caregivers of any age, or a \$5 per class fee for under age 60. 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 are subject to cancellation.

Evidence-Based Tai Chi – Moving for Better Balance Classes

Evidence-based programs are supported by the Nebraska Department of Health and Human Services Injury Prevention Program and the State of Nebraska Unit on Aging.

Note: Because all Tai Chi – Moving for Better Balance Classes are progressive, no registrations will be accepted after the fourth class of each session.

Chair-Assisted Tai Chi

This class is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants meet twice weekly for 12 weeks and are taught simple movements they can practice sitting or standing near a chair. There are many benefits of Chair Tai Chi for all abilities. It strengthens the legs and upper body and improves balance. Participants work progressively toward standing Tai Chi. Suggested contribution is \$2 per class or \$48 per session.

- St. Paul United Methodist Church
1144 “M” St. (dining room)
Tuesdays and Thursdays
9:30 to 10:15 a.m.
Sept. 8 through Dec. 1
(no class Nov. 26)

Tai Chi – Moving for Better Balance (Level I)

This class is for people new to Tai Chi or those wanting to continue working on the basic Tai Chi Moving for Better Balance 8 Forms. It is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Suggested contribution is \$2 per class or \$48 per session.

- Irving Recreation Center
2010 Van Dorn St.
Tuesdays and Thursdays
9:30 to 10:30 a.m. or 11 a.m. to noon
Sept. 10 through Dec. 3
(no class Nov. 26)
- Eastridge Presbyterian Church
1135 Eastridge Drive
Mondays and Thursdays
1 to 2 p.m.
Sept. 21 through Dec. 14
(no class Nov. 26)

Tai Chi – Continuing 24 Form*

Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 1 to 1:30 p.m.
Sept. 14 through Nov. 30

This class is suggested for those who have completed the 24 Form instructional classes.

** Classes are open to join at any time during the session, but registration is still required.*



Tai Chi – Moving for Better Balance (Level II)

This class is for people who have completed one or more sessions of Tai Chi Moving for Better Balance (Level I). Classes are designed for people who want to continue with the traditional 8 forms with less instruction and some variations. Suggested contribution is \$2 per class or \$48 per session.

- Eastridge Presbyterian Church
1135 Eastridge Drive
Mondays and Thursdays
2:30 to 3:15 p.m.
Sept. 21 through Dec. 14
(no class Nov. 26)

Dance for Life* (formerly Dynamic Movement)

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.

- Auld Pavilion
1650 Memorial Drive
Wednesdays, 10 to 11 a.m.
Sept. 9 through Dec. 2
(no class Nov. 11)
- St. Mark's United Methodist Church
8550 Pioneers Blvd.
(church gymnasium)
Thursdays, 3:30 to 4:30 p.m.
Sept. 10 through Dec. 3
(no class Nov. 26)
- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
Sept. 14 through Nov. 30

Chair Yoga*

(ongoing beginning again the second week of September)

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 welcome.

- Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 1:30 to 2:30 p.m.
Begins Sept. 9
- East Lincoln Christian Church
7001 Edenton Road
Fridays, 11 a.m. to noon
Begins Sept. 11

Qigong Refresh and Recharge*

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

- Auld Pavilion
1650 Memorial Drive
Wednesdays, 2 to 3 p.m.
Sept. 9 through Dec. 2
(no class Nov. 11)
- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 10:30 to 11:30 a.m.
Sept. 14 through Nov. 30

Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services will be by appointment only during the months of August and September. This is to assure all social distancing and sanitation guidelines are followed. Please call 402-441-7506 to make an appointment for clinic services.

Vermeer Education Center

Senior Health Promotion Center
4000 S. 84th St., (located north of St. Mark's Church)

Services available to people age 60 and over include comprehensive foot care; blood pressure, blood glucose, cholesterol and osteoporosis screenings; and health education.

\$15 suggested contribution will help these services continue.

- Wednesdays
9:30 a.m. to 1:30 p.m.
Aug. 5 and 19 (foot care only)
Sept. 9, 16, 23 and 30

Downtown Senior Health Promotion Center

1005 "O" St., lower level

Services available to people age 60 and over include comprehensive foot and ear care; blood pressure, blood glucose and cholesterol screenings; and health education. \$15 suggested contribution will help these services continue.

- Thursdays
9:30 a.m. to 1:30 p.m.
Aug. 6 and 20 (foot care only)
Sept. 10, 17 and 24

Continued on page 38.

** Classes are open to join at any time during the session, but registration is still required.*

Aging Partners News and Events

All Health and Fitness programs and services and Senior Center events are subject to cancellation or changes at any time due to the current COVID-19 pandemic. Public health social distancing and sanitation guidelines will be followed. Class size may be limited to 10 people or less. Please call early to register and confirm class status. Thank you!

Continued from page 37.

New! Foot Clinics at Lancaster County Rural Senior Centers

Regular foot care might be more important than you think. Years of walking, working and injuries can be hard on your feet. A registered nurse from Aging Partners will examine your feet, trim your nails, file your calluses and advise you on comfort measures for your feet. There is a foot massage at the end for a special treat! Appointments between 9 a.m. and 12:30 p.m.

- Bennet Senior Center
American Legion Hall
970 Monroe, Bennet
Thursday, Sept. 17 and Nov. 19
- Hickman Senior Center
115 Locust St.
Wednesday, Nov. 4
\$15 suggested contribution. Call Paula at 402-416-7693 to register or for more information. Your feet will thank you!

Senior Center Events

Dessert and a Show

Downtown Senior Center
1005 "O" St., dining room
Dessert: 6 p.m.

Show: 6:30 p.m.

\$4 round trip van transportation
\$5 show and dessert fee

Reservations and payment due by noon the Tuesday before each event. (Registered guests get seating priority over walk-ins.) Call 402-441-7158 for reservations. Limited seating! No refunds!

Co-sponsored by Butherus, Maser & Love in cooperation with Aging Partners.

- Janet Jeffries
Thursday, Aug. 20
Janet Jeffries regularly entertains audiences with a variety of music including country rock, classic country, folk, American standards, patriotic, gospel, frontier period songs, tunes from the Big Band era and the 1920s, Czech, and more. She is formerly of the Kramer Sisters, a long-running duo.
- Bill Chrastil
Thursday, Sept. 10
Bill's high-energy show is a salute to music Legends – Elvis Presley, Conway Twitty, Johnny Cash, Willie Nelson, Neil Diamond, Roy Orbison, Buddy Holly, Tom Jones, Jerry Lee Lewis and The Ventures. Bill's show includes hits from the '50s and '60s, '70s and '80s, Country, Classic Rock and Bill's original songs.

Nebraska History Lunch Series

Downtown Senior Center
1005 "O" St., lower level
\$5 fee for sack lunch
11:30 a.m. to 1 p.m.

Join us for a brown-bag lunch and a fascinating historical program by some of Lincoln's favorite historians. Lunch is served at 11:30 a.m. and the program begins at noon. Reservations and payments are due by noon the Monday before the event. Reservations are required even if you are not having lunch. Call 402-441-7158 to make your reservations today.

- History of Nebraska's State Capitols
Matthew Hansen, AIA, Capitol Preservation Architect

Wednesday, July 15

This presentation will explore the history, design, and construction of the three Nebraska State Capitols that have stood on State House Square in Lincoln. Come learn about why the two previous buildings failed prematurely, and how Nebraska resolved to get it right on the third try.

- History of Nebraska's Death Penalty
Bill Kelly, Senior Producer at NET News
Wednesday, Aug. 19
Bill's presentation will be based on his 2012 documentary "Until He Is Dead: A History of Nebraska's Death Penalty," which has been praised for its balanced treatment of this controversial topic. It is often used in high school and college classrooms across the state.
- History of the Nebraska Legislature
Kate Heltzel, Legislative Council
Wednesday, Sept. 16
This presentation provides an overview of the creation of the Nebraska Unicameral and the evolution of the nation's only one-house legislature.

Lincoln Children's Zoo

Tuesday, Aug. 11

10 a.m. to 2 p.m.

Zoo tickets: \$6

Transportation fee: \$6

Lincoln Children's Zoo is home to over 40 endangered animals such as the Sumatran tiger, Humboldt penguin, snow leopard and the tree-kangaroo. This tour is self-guided. Lunch is TBA. Reservations are due by noon Friday, Aug. 7. Call 402-441-7158.



September is National Senior Center and Older Americans Month

Make Your Mark! – Share your COVID-19 Story

Life has changed so much since the spread of COVID-19. By sharing your story with us, we can advise community-based organizations and policymakers on how they can help us all going forward. It's a chance to reflect on what's different, what you're hopeful for and what you and others are doing to help. Share your story (500 words maximum) with us. Email it to Beth Schuster by Friday, Sept. 4, at eschuster@lincoln.ne.gov or mail to Beth Schuster, 1005 "O" St., Lincoln, NE 68508. Please include what year were you born, your name and contact information.

Root Beer Floats and Outdoor Entertainment

Auld Pavilion/John Shildneck Memorial Bandshell in Antelope Park
Tuesday, Sept. 15
1 to 3 p.m.
Cost: \$10 for entertainment and floats
Transportation fee: \$6

Come celebrate National Senior Center and Older Americans Month with us and enjoy a cold root beer float along with great outdoor entertainment.


Reservations are due by noon
Friday, Sept. 11. Call 402-441-7158.

See the Parks of Lincoln – Ride Along!

- Tuesday, July 21
9 a.m. to 1 p.m.
Reservations due by Friday, July 17.
- Tuesday, Sept. 22
9 a.m. to 1 p.m.
Reservations due by Friday, Sept. 18.

Touring the Lincoln Parks are a great way to take in fresh air and relieve stress.

- **Pioneers Park** – drive through this glorious and historical park.
- **Sunken Gardens** – every season, this Lincoln treasure comes to life with thousands of annual flowers. Let's stop and smell the flowers.
- **Holmes Lake** – enjoy a sack lunch and a gentle stroll.

Seating is limited. Call 402-441-7158 to reserve your spot for either date. Cost: \$15 for sack lunch and ride. 

To check on the status of a class or event, call Health and Fitness at 402-441-7575 or the event line at 402-441-7158.

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.
Lincoln, NE 68508-3628

"When you provide a check as payment, you authorize us either to use the information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution."

A special invitation to the 57,200 age 60 and over adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

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

___ Check or money order payable to *Living Well* enclosed.

Sorry, we don't accept credit cards.

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

Name: _____
(Mr., Mrs., Miss, Ms.) Please print

Street: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Spouse's name: _____

Date of birth: ____/____/____ Spouse's DOB: ____/____/____

Email address required to receive *Living Well* online:



Call Today!
402-261-2067



Compassionate Care at home for all ages



Meal Prep



Errands & Appointments



Housekeeping



Medication Reminders



Elder Care



Care for all ages

... and more!



Hospice Care



Personal Care



Interested in caregiving? ... We're hiring!
Visit our website to apply today!
www.synergyhomecare.com/lincoln

Proudly Serving Southeast Nebraska