

LivingWell

Winter 2023 • Volume 19 • Issue 1

A publication of



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Continues to Score
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With 85 years of combined experience at Broadcast House, Fred and Jane Monnich have made a lasting impact in Lincoln. They look forward to positive experiences during retirement.



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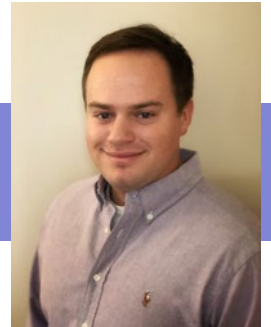
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Director's Corner


It's January. Time for my annual quest to resolve to change and improve myself. You would think I would have given up on this idea years ago. It's a fact that the majority of the time, my past New Year's resolutions have failed. And I would repeat them year after year – either a goal to lose weight, an exercise objective or cutting back on a harmful habit. It was an exercise in failure.

This year, I'm going to take a lesson from the Romans. Emperor Julius Caesar tinkered with the calendar and established Jan. 1 as the beginning of the new year in 46 B.C. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had

special significance for the Romans – believing that Janus symbolically looked backward into the previous year and ahead into the future. So, this year, I am looking back rather than forward. Somehow celebrating past successes and enjoying memories of past experiences is much better than recognizing my faults and hoping to change.

Looking back, each of us will celebrate different things. For me, it's the enjoyment of raising our son, greeting our first grandson, the satisfaction of being in a career that provides a positive impact on people's lives, spending alone time with my wife, the friendships developed along the way and the quiet times fishing

on the lake.

I will continue to resolve things in the future. After all, I've had many years of practice. But I think I will enjoy even more looking backward this year, celebrating and enjoying the best parts of my life and choosing to live them over again, if only through my memories. 

Happy New Year!



Randall S. Jones



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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* Fall 2022.

Periodical postal rates paid at Lincoln, NE and additional mailing offices. Issues printed: 16,601.

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 87,530 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!

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Finding Home in Lincoln, Broadcast House

While Broadcast House is home to KLIN, Froggy 98, B107.3, 105.3 The Bone and Red 94.5, it also carries a distinction as home to the careers of Fred and Jane Monnich, whose 85 years of combined service to the radio company helped contribute to its success.

The Beginning

Originally from Denver and Columbus, Nebraska, respectively, Fred said their shared story began under an umbrella. They met while studying radio journalism at the University of Nebraska-Lincoln in 1966, and Fred helped shelter Jane from the rain as he walked her home from class one day.

They connected and married shortly after graduation in 1967. Fred then attended the U.S. Air Force Officer Training School before being stationed at North Carolina's Seymour Johnson Air Force Base.

In January 1968, as part of the 4th Tactical Fighter Wing, Fred was stationed in Korea for six months during the negotiation to free the USS Pueblo's 83-person crew after North Koreans seized the American intelligence-gathering ship off its coast.

Fred returned home and continued to serve before leaving the Air Force in 1971 as a captain.

The Monnichs then moved to Cincinnati, Ohio, where Fred attended graduate school and Jane worked for a popular broadcast station. Later, the couple moved to Denver where Fred worked for ABC Radio Network, brokering airtime for 78 ABC stations; and Jane had a broadcast role with KLAQ.

Three years went by before they chose to return to the city that brought them together.

"We thought Lincoln would be a family-friendly place to raise our three children," Jane said, noting that they now also have eight grandchildren.

Finding Home in Lincoln

Upon their return to Nebraska's capital city, Fred was hired in February 1975 at Broadcast House in commercial production and sales, later moving into sales full time. Two months later, Jane joined Fred at Broadcast House as KLIN radio news writer at a time when there weren't many women in the industry.

"I didn't go on the air much at the beginning," she said. "I wrote stories; but eventually, I began covering more things and was put onto the air more. I just loved covering the news."

The Monnichs became quite active in the community through their work.

As a salesperson, Fred connected with people and was dedicated to helping local businesses grow.

"In a way, I felt like I was part of their businesses over time," he said.

Jane covered all news topics she could find — conducting interviews, attending news conferences and talking with community members and politicians to create hourly newscasts. She became a well-respected news anchor, who had a no-nonsense approach and won countless awards throughout her career.

"In radio, because the staff is small, you cover everything," she said. "We were competing against the TV news and newspaper, so it was fast-paced and driven."

Their love for their work was evident, according to Broadcast House General Manager Ami Graham.

"Everyone wanted to be like Fred and Jane," she said, adding how she considered herself fortunate enough



Everyone wanted to be like Fred and Jane."

*— Ami Graham, Broadcast House
General Manager*

to have worked with both. "Everyone admired their professionalism in the industry they love."

Graham noted one of Fred's mantras for sales was "business goes where it's invited."

"We continue that today in sales," Graham said. "We connect our listeners to business owners and invite them to do business."

In programming, Graham saw many women getting into the industry to be just like Jane.

"Jane was the consummate professional in the news industry and revered by so many," Graham said. "She led the way for people interested in news, but especially a lot of the female population. We are super proud to have had them both here. To have them spend most of their entire careers with us is incredible."

Changing With the Times

In their 40- and 45-year careers, respectively, Fred and Jane witnessed a lot of changes in the industry.

"We started by splicing and editing reels of tape," Jane said. "Then, it went to cassettes. Now, everything is done on the computer."

The technological advancements made it easier and more competitive. Jane found herself not only doing radio segments, but also writing for websites and various social media platforms.

Life Changes

In the fall of 1997, the Monnichs were forced to make some big changes when Fred was diagnosed with non-Hodgkin's lymphoma. Hopeful the

cancer was gone after a round of chemotherapy, they were devastated when it returned the following spring.

Through the Lied Transplant Center, Fred participated in a pilot program and received a blood stem cell transplant in August 1998. Utilizing the new-at-the-time cooperative care model, Fred was able to designate a caregiver for all his needs while living at the Nebraska Medical Center. Jane took an eight-week leave of absence from work to serve as Fred's caregiver, giving medications, taking vitals and providing other care around the clock.

The cancer was advanced. Physicians only gave Fred a 3 in 10 chance that the peripheral stem cell transplant would cure his cancer — but it did.

Nonetheless, it hasn't been smooth sailing since.

Fred was in a car accident requiring significant recovery in 2011.

In 2015, Fred retired from Broadcast House after 40 years, and he went on to serve three years at People's City Mission in donor relations.

"It was really a blessing and rewarding to work there," Fred said. "The people who work there are so dedicated and care about what they do."

In 2019, Fred suffered from ruptured diverticulitis, which led to a sepsis infection. It took him eight months in various hospitals and facilities before he came home in February 2020 — right before COVID-19 hit. As a "constantly on-the-go person," Jane's retirement that month coincided with caring for Fred full time, so she said it made her retirement an easier transition.

"There was so much to do; my focus was on Fred," she said.

Despite Fred's health challenges, he remains positive.

"He has a wonderful attitude and always lives for the day," Jane said.

Now in recovery, and with the pandemic waning, they are filling their time with other activities such as walks, reading, gathering with friends, short road trips, and listening to entertainment — of course, they still keep up on the news.

"We're news junkies," Jane said.

The Monnicks say they treasure Lincoln and its community for providing a home for them, their family and their careers.

"We are so pleased we moved back for our family," Jane said. "Lincoln has a lot to offer and is a great place to live." **lw**



Fred and Jane Monnick stand under their umbrella, which began their journey of life together.

A Lifetime of Basketball: Falos Continues to Score in Tournaments

As he often organized his elementary school classmates to shoot balls into a barrel, it wasn't much of a leap for anyone to expect that Bob Falos someday would be a physical education teacher and basketball enthusiast. Even now at 88, age doesn't deter him from stepping onto the basketball court.

He currently lives in Lincoln with his wife, Carlene, but his love for basketball began in Grand Forks, North Dakota. He played

on his high school team that won a state championship in 1952. The next year, Falos was drafted into the military during the Korean War. He played basketball and baseball while he served two years in the Army before returning to North Dakota in 1955.

"After that time, I thought I may be able to come home and play basketball better; but I played football, and I was successful at that," Falos said.

His freshman year at the University of North Dakota, he played on the basketball team and was all-conference quarterback for the state championship football team in 1958.

Upon graduation, Falos taught physical education and health in Minnesota and California for seven years before coming to Lincoln in 1966, teaching at several middle and elementary schools. He kept involved in basketball by officiating high school games for 25 years.

Making Basketball a Second Career

Things really took off when he retired from Lincoln Public Schools in 1994. He continued to maintain his health by exercising daily at Prairie Life Fitness, shooting baskets and playing pickup games there and at St. Mark's United Methodist Church. A friend then invited Falos to play on his Masters Basketball ages 50+ team, the Old Warriors.

"I was 60 when I started playing Masters Basketball," he said.

He played with the Old Warriors for 10 years, frequently going to tournaments across the country. He then played for other teams from Chicago, Texas, California, Oregon, Arizona and Detroit throughout nine years.

Falos' teams won the Masters National Championships twice, the 2009 age 70+ division with the Windy City 70s; and in 2021, with the USA Warriors from California



Bob Falos has traveled the country playing basketball, and he doesn't intend to stop anytime soon.

in the age 80+ division. In 2009, he was named age 70+ division Championship Most Valuable Player (MVP).

At the 2019 National Senior Games, Falos received the gold medal and was leading scorer for all the teams in the age 85+ division. His team, USA-CAL, won all six games.

Falos most recently played for a team from Florida, which came in second in the 85+ age group at the May 2022 National Senior Games.

Because he plays with teams that aren't local, they don't practice as a team but occasionally will meet up the day before a competition.

Falos said he competes for the fitness and fun, and he enjoys the camaraderie basketball provides.

"As you get older and move up divisions, the less teams you run into," he said. "I see a lot of the same players, and I've made a lot of friends at these tournaments."

The people he has met and the places Falos has traveled are the greatest reward of participating.

"I've traveled from coast to coast, and from north to south," he said. "I got to see a lot of the country and world, as well as gain companionship of the men I played with and against."

Falos has played in the Masters World Championships in Helsinki, Finland, and Ljubljana, Slovenia, winning the gold in both tournaments.

He played high school basketball with Lute Olson, former head basketball coach at the University of Iowa and University of Arizona and played against Dale Brown, who coached Shaquille O'Neal at Louisiana State University. He also played Legion baseball against former Major League Baseball home run record holder Roger Maris.

Although not currently part of a team, Falos doesn't know when he will stop.

"My therapist tells me to keep playing, but only against people in their 70s and 80s," he said. "Basketball is different than a lot of other sports. You can just pick up a ball and go to the gym to play. You don't need a big team."

For now, he will continue to exercise, shoot baskets and play games when he can.



Bob Falos, center, with his Windy City team members in 2015.

"You don't stop playing basketball because you grow old; you grow old because you stop playing basketball," he said with a smile. **lw**



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Remedies Attainable for Depression

One in five individuals of all ages are affected by depression during their lifetime. Depression is a mood disorder, which is common among older adults, but it is not a normal part of aging.

“The risk for depression increases in people who have chronic health conditions such as diabetes, heart disease or high blood pressure,” said Dr. Dave Miers, Ph.D., LPC, Bryan Behavioral Health Services. “About 80 percent of older adults have at least one chronic health condition, and 50 percent have two or more. This puts older adults at a higher risk for developing depression.”

Depression is real and treatable, and it’s crucial that individuals seek and follow treatment recommendations both for chronic health conditions and depression. Untreated depression can make it difficult to follow treatment plans for a chronic health condition and can make conditions worse.

“Even without a chronic health condition, untreated depression can become severe or life-threatening, and could lead to other chronic health conditions,” Miers said.

Social isolation also can impact depression. Connectedness to family, friends and others in the community is vital for living a healthy life.

“As individuals age, they find themselves spending more time alone,” Miers said. “The COVID-19 pandemic worsened isolation over the past several years, as well. Research shows loneliness and social isolation are associated with higher rates of depression and substance use.”

Substance use of alcohol and prescription drugs among adults age 60 and over is one of the fastest growing health problems in the U.S. — but it can be treated successfully

in older adults. Miers said there’s hope, help and resources for both depression and substance use in our aging population.

Signs of Depression

Depression is different than having “the blues” or the emotions we feel when grieving a loss. It is a true medical condition that is treatable.

It’s important for everyone to understand the symptoms of depression and know how to seek help so they or those around them can enjoy life the fullest.

Symptoms of depression include:

- Feelings of hopelessness and/or pessimism.
- Feelings of guilt, worthlessness and/or helplessness.
- Irritability or restlessness.
- Loss of interest in activities or hobbies you used to enjoy.
- 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 or suicide attempts.
- Avoiding family and friends, spending more time alone.
- Persistent aches or pains, headaches, cramps or digestive problems that do not get better with treatment.

When any of these symptoms disrupt daily life for two weeks or more, it’s time to seek help.

Screening for Depression and Other Disorders

If you or someone you care about experiences any of these symptoms, seek help. Bryan Health offers a free, confidential depression screening at bryanhealth.org/mental-health.

Screenings also are available for substance use and other behavioral health disorders.

This screening will indicate if a person is at risk and provide information on next steps. Results can be printed to take to the next doctor’s appointment or meeting with a mental health provider.

The Bryan Counseling Center and Bryan Independence Center’s licensed professionals are trained to diagnose and treat the condition. The Counseling Center staff includes health psychologists who are specially trained to help people who have both depression and chronic health conditions.

Treatment Options

Far too often depression goes undiagnosed and untreated in older adults. Many don’t seek treatment because they believe it’s “normal” to feel the way they do. However, with appropriate treatment, individuals can feel better.

In most cases, outpatient care is all that’s needed to treat depression.

Outpatient care includes:

- Counseling (also known as therapy, talk therapy or psychotherapy) – This involves meeting one-on-one with a trained professional such as a counselor, psychologist, psychiatrist, social worker or nurse practitioner. Patients provide individual and family history at the first appointment, then continue appointments weekly or as needed. Research shows this treatment provides great results for older adults. If you are interested in visiting with a mental health professional, call the Bryan Counseling Center at 402-481-5991.

- Medication (also called psychopharmacology) – People with depression benefit from medication. In fact, research shows the quickest and most effective way to treat depression is a combination of counseling and medication. Psychiatrists, doctors, advanced practice registered nurses and physician assistants can prescribe medication to treat depression.
- Support Groups – Bryan offers the Wellness Recovery Action Plan (WRAP) group. This peer-led volunteer support group helps participants create a plan specific to their needs. This plan empowers individuals to achieve their goals through learning new skills and building support in their recovery journey. To learn more, please call 402-432-0158.

Sometimes outpatient care is not enough, and higher levels of care are needed. These include:

- Crisis Assistance – If you ever feel in danger or feel someone else is in danger due to depression, call 911 or the National Suicide Prevention Lifeline at 988. Bryan West Campus, 2300 S. 16th St., has a 24/7 mental health emergency department to determine if hospitalization is needed.
- Senior Mental Health Unit – Bryan Medical Center provides an inpatient senior mental health unit for people age 55 and older who need crisis stabilization. This is the most appropriate option for those who need the support and safety of an inpatient environment. This level of care provides individual, group and family therapy; recreational, occupational and physical therapy; and medication management.
- Partial Hospitalization – This option provides therapy and treatment for those who need the support of a mental health professional more than once a week but do not need around-the-clock inpatient hospitalization. Treatment occurs at Bryan Counseling Center during the day, and patients return home in the evening.
- Independence Center – Bryan Medical Center Independence Center offers evaluations, detox, residential, partial care, intensive outpatient, and outpatient levels of substance use treatment. Call 402-481-5268.

Not sure where to start? Bryan can help determine the best program to fit an individual's needs; call 402-481-5981.

Enjoy Life as You Grow Older - Improve Your Mental Health

Exercise, maintaining a healthy diet, sleeping seven to nine hours each night, being involved in activities you enjoy and staying connected with family and friends are



ways to promote good mental health – and to improve depression along with other treatment.

Depression is not something that should be “expected” or “tolerated.” It’s a medical condition that can be treated, and everyone deserves the ability to age gracefully and joyfully.

To learn more about Bryan Behavioral Health Services, visit bryanhealth.org/mental-health or call 402-481-5981. 

Will you be working when you turn 65?

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- ▶ 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?



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Utilizing Medicare's Special Enrollment Period Following a Stay in a Facility

Aging adults who have moved into, currently live in, or have been released or discharged from a place such as a skilled nursing facility or long-term care hospital, can make changes to their Medicare Advantage or Part D drug plan without having to wait for fall open enrollment.

This can be a common need for individuals who used a skilled nursing facility for some rehabilitation and then were discharged or moved from skilled nursing facility into assisted living or returned home. The Special Enrollment Period (SEP) allows them to join or make changes to their Medicare Advantage and Part D drug coverage during the time they live in the facility and the two months following release. Individuals also can switch from a Part D to an Advantage plan or vice versa.


"A person must have Part A and/or Part B in place in order to make the change into a drug plan and must have both A and B to enroll in an Advantage

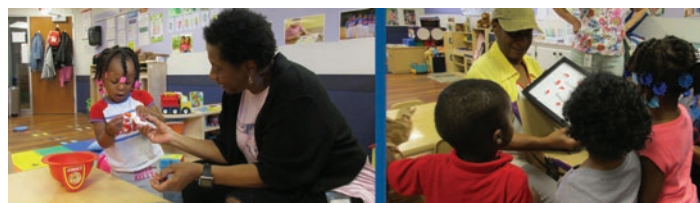
plan," said Molli Stolz, Aging Partners benefits counselor.

This option to make adjustments is important for older adults because often hospitals and long-term care facilities change a person's medications. Those new medications may not be covered by a patient's current drug plan, and the SEP allows them to choose the best plan that helps cover updated medications.

"A person could end up being discharged with very expensive medications that their current plan does not cover well or may not cover at all," Stolz said. "It's important to consider any current medications being taken, preferred pharmacies and make sure the pharmacy has the new drug plan card prior to filling medications."

If a person is considering switching from a Part D drug plan to an Advantage plan, it's important to understand the differences between the two and talk with someone who can help review the differences. Aging Partners benefits counselors or Nebraska SHIP can help guide individuals to consider the best plan for them.

To make any changes to Medicare plans during a SEP, individuals can change their plan themselves at Medicare.gov, contact Aging Partners at 402-441-7070, Nebraska SHIP at 800-234-7119, or work with a pharmacy representative trained in switching plans. 



GRANDMAS AND GRANDPAS NEEDED

**55 and older? Want to make a difference?
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To get started, contact Sam Bates at (402) 875-9320 or sbates@communityactionatwork.org



Homestead Tax Exemption Can Benefit Seniors

Nebraska is a great place to live thanks in part to programs such as Homestead Tax Exemption, which helps many older adults afford to stay in their homes. This program offers property tax relief for individuals and couples who own a home and are 65 years of age or over, as well as younger individuals with certain disabilities. Only one member of a couple needs to be age 65. This is a county-based program that may offer from 10 to 100 percent property tax relief, depending on your income and the value of your home.

Every year, individuals must apply for a Homestead Tax Exemption to receive the benefit. Homestead Property Tax Exemption forms are mailed by the county assessor after Jan. 1, provided the individual applied for the exemption in the prior year. If individuals have never applied for the Homestead Tax Exemption, they need to visit or contact their county assessor office to request the forms. The forms may also be downloaded from the County Assessor or State Department of Revenue websites.


The exemption is based on an adjusted household income, which is different than the IRS adjusted gross income. If you file income taxes, you would start with the adjusted gross income on your tax form, and then add back any untaxed Social Security benefits you received. Once you have that figure, you subtract health expenses, such as Medicare Part B premiums, Medicare supplemental payments, Part D premiums and copays, and long-term care insurance premiums, as well as eyeglass and dental expenses. If you do not file income taxes, add up your 1099 reported income for the previous year and start with that figure. When you have your household income from the previous year, subtract health expenses to arrive at an adjusted household income. Last year, a couple with an adjusted household income of \$53,600 or less received some property tax relief, depending on the value of their home.

Adjusted household income figures increase every year. It is important to stay informed on the newest household income figures and check every year to ensure you don't miss an opportunity for property tax relief. This is especially true if you or your spouse have experienced some higher-than-usual medical expenses this past year.

You have plenty of time to file for your



Homestead Tax Exemption. The filing period is Feb. 2 through June 30.

If you have questions about Homestead Tax Exemption or want assistance with the form, please call Aging Partners at 402-441-7070 or 1-800-247-0938 for more information. 

How are you feeling? *We'll get you on the right track*

Mental health is a key part of your overall health. Bryan Mental Health Services offers an online screening for:

- Depression
- Anxiety
- Alcohol use
- Bipolar disorder (manic depression)
- Post-traumatic stress disorder (PTSD)
- Psychosis

Take an online screening for yourself or someone you care about to learn more about your mental health.

Go to:
bryanhealth.org/mental-health

Bryan Health

Podcast: *Depression is Not a Normal Part of Aging*
Listen now at: bryanhealth.org/podcasts



Aging Dexterity Issues can be Addressed

Finding difficulties with seemingly simple tasks such as turning pages in a book, opening a jar or buttoning a shirt can be just a few of the challenges that come with the aging process.

Hand function and strength naturally decrease with age due to musculoskeletal, vascular and nervous system changes in the body. These age-related changes are often accompanied by other conditions including osteoporosis, osteoarthritis, rheumatic arthritis and more.

“In the past, people would have just lived with the condition,” said Bruce Bednar of Lincoln Orthopedic Physical Therapy, who specializes in hand and upper extremity rehabilitation. “Today, there are simple exercises and treatments we can do to help.”

Common Ailments

Aside from general decreased grip strength in the hands, many aging adults are faced with other conditions affecting the hand and wrist.

One such condition is De Quervain’s tenosynovitis, or

tendonitis of the tendons which run from the thumb to wrist. These inflamed tendons are irritated by repetitive grasping or pinching movements, which cause persistent pain at the base of the thumb and into the back of the wrist.

Arthritis is a big factor regarding hand and wrist health in aging adults. Arthritis causes joint inflammation and degeneration leading to stiff joints affecting general motion and weakness. Degenerative arthritis can cause pain at the base of the thumb during grasping and pinching, due to osteoarthritis and rheumatoid arthritis. Compensating due to increased pain with grasping, individuals can develop mild contractures — or hardening — of the web space between the thumb and index fingers.

Trigger finger and trigger thumb, also known as stenosing tenosynovitis, are conditions affecting movement of the tendons as they bend in toward the palm of the hand. A finger gets stuck in a bent position, and the finger may bend or straighten

with a snap — like a trigger being pulled and released.

This condition typically is caused by a thickening of the tendon or ligaments and often comes with pain as a finger is bent or straightened and tenderness near a nodule at the bottom of the finger or thumb. If this condition progresses, the finger can be locked into a bent or flexed position. It can be caused by rheumatoid arthritis, partial tendon lacerations, repeated trauma from pistol-gripped power tools, or long hours grasping a steering wheel. Infection or damage to the synovium causes a rounded swelling (nodule) to form in the tendon.

How to Combat Decreased Hand Strength

To help increase grip strength, older adults should do light strengthening in the upper arm and general exercise.

“Using a gripper or ball to increase strength doesn’t always work,” Bednar said. “It’s important to keep up your range of motion. Strengthening the forearm and wrist help the stability of the arm and can take the pressure off squeezing things harder.”

Just using 1- or 2-pound weights can help gain strength along with staying active.

“Individuals maintaining an active lifestyle within their tolerances is a huge part of it,” Bednar said. “Even staying active by walking or doing light exercise classes can help you prevent weakness and maintain the strength you have and do the things you enjoy for as long as you can — move it or lose it; motion is lotion for an inflamed joint.”

While some strength decline is



expected due to natural aging, it should be monitored. Once it affects your daily functioning, it may be time to talk to a primary care physician.

“It’s important to consult with a physician to find out what the trouble is,” Bednar said. “It could be arthritis, a pinched nerve or other health conditions. A physician can look at a patient’s medical history and other symptoms to find a diagnosis.”

Sudden declines in weakness could be a sign of stroke or other emergency, and medical attention should be sought.

Seeking Treatment

There are many forms of treatment and help, including simple exercises, splinting, medications, surgery and adaptive aids.

Hand therapy is one way to address and treat injuries and conditions affecting the hand, wrist, elbow and shoulder. Therapy can assist with the range of motion, strengthening the right muscles, balance overworked or underworked joints and muscles, treat pain and inflammation, as well as offer splinting and patient education about joint protection and task modification.

For arthritis, treatment has advanced — including medications and paraffin wax baths. Paraffin is a warm wax in which patients can dip their hands in to provide deep heat to the hand. The heat provides pain relief to the arthritic joints and can significantly increase range of motion. Lincoln Orthopedic Physical Therapy has five therapists and two occupational therapy assistants who specialize in hand therapy and can show patients how to use a paraffin bath at home with other exercises to treat degenerative arthritis in the thumb.

Modifications and Devices

Decreased grip strength and dexterity shouldn’t stop you from doing the things you love. There are many tools and adaptive aids that can help.

If you enjoy gardening, wear gloves and find modified tools with angled or large handles.

If you aren’t able to hold a book or newspaper for long periods of time, set them down on a pillow or table to avoid overusing the muscles or joints. Reading on an electric device may also be an option.

A shoehorn or sock puller can aid in putting on shoes and socks. An easy-to-grip key turner can help with home and vehicle keys and a pencil grip can help with writing. If you find holding a glass or eating utensils difficult, use a mug to drink and find larger-handled utensils.



Motion is lotion for an inflamed joint.”

– Bruce Bednar, Lincoln Orthopedic

Physical Therapy

If you love cooking, adaptive kitchen aids can be found online or in retail stores such as Bed Bath & Beyond. Such aids include electric can openers and angled or large-handled knives.


Modifying how you perform tasks can help, too.

“If you’re lifting a pan of water and find that you don’t have the strength to do it, use a hot pad with two hands instead of holding onto just the handle,” Bednar said.

If the hands are hurting by the end of the day, find a way to incorporate difficult tasks in the earlier hours or only do what you can manage.

For joint protection, Bednar suggests avoiding activities that are hard on your hands.

“When opening a bag of chips or frozen vegetables, use scissors instead of trying to rip it open to help protect your muscles and joints,” he said.

With medical treatments and advancements, older adults today no longer have to accept the difficulty and pain of arthritis and pain in the hands. Take charge of your health. 

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Numbness, Tingling can Improve with Treatment

Serving as the foundational part of your nervous system, nerves send electrical signals throughout the body to help you feel sensations and move the muscles. They also help control body functions such as digesting food and maintaining your heart rate.

However, a persistent feeling of tingling, burning, numbness and a weakness sensation in a part of the body could be peripheral neuropathy, which is damage or lack of function to the nerves outside of the brain and spinal cord, most commonly in the hands and feet.

“This is far more common in older patients because the body can’t heal itself in addition to other chronic conditions affecting how the body distributes adequate nutrients to the tissue promoting healing and growth,” said Dr. C. Weston Whitten, pain specialist at Nebraska Pain Institute.

Although peripheral neuropathy can affect all areas of the body and functions such as digestion, urination and circulation, it occurs most commonly in the feet, lower leg, fingertips and hands.

“Because the nerves rely on blood flow and the passageway to the legs is longer, they are more likely to be affected,” Whitten said. “The longer the nerve and smaller the nerve gets, the more predisposed it is to injury.”

Symptoms may not be as classic in older patients, but difficulty extending the toes, flexing the foot or determining whether the toes are moving up and down could be an indicator of peripheral neuropathy.

Causes and Treatment

While nerve damage can be caused by injuries or pressure to the nerve, it’s also caused by autoimmune diseases such as Sjogren’s syndrome, lupus, rheumatoid arthritis, Guillain-Barre syndrome and vasculitis; infections like Lyme disease, shingles, Hepatitis B and C, diphtheria and HIV; kidney and liver disease; hypothyroidism; vitamin B, D and E deficiencies; tumor; chemotherapy; and, most commonly, diabetes. In countless cases, neuropathy can be idiopathic, where no cause is identified. Repetitive motion may also be a cause.

While it’s not an emergency, neuropathy will worsen if not appropriately addressed. Nerves are sensitive and slow to heal; and if badly damaged for an extended time, the neuropathy may be permanent.

Avoiding treatment for peripheral neuropathy can have consequences on an older adult’s health, leading to depression, sleep disorders, falls, medication misuse, adverse drug reactions and slow rehabilitation.

The best way to treat peripheral neuropathy is to manage the underlying medical condition. A primary care physician can help determine the cause and develop a treatment plan.

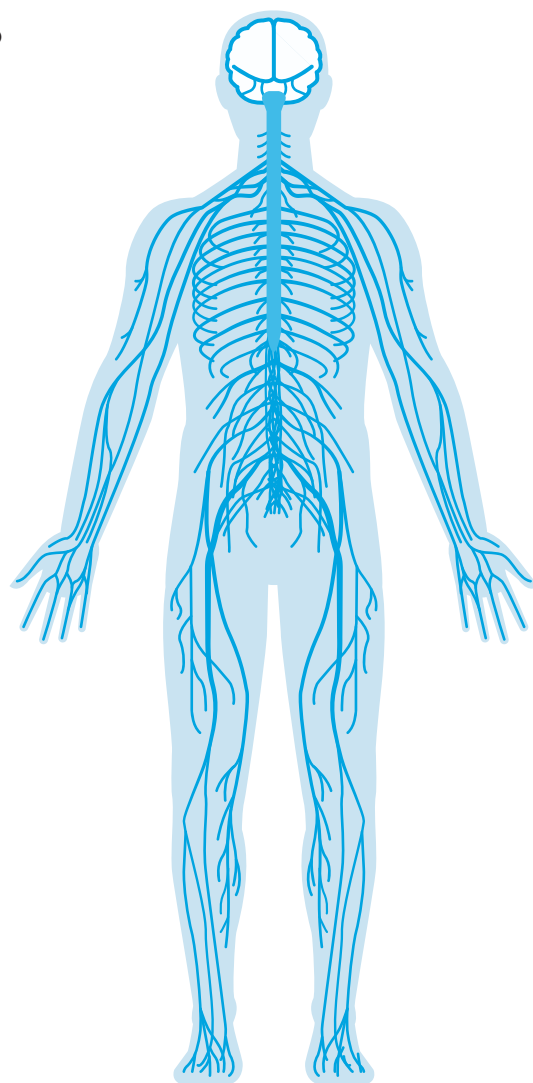
According to the Mayo Clinic, more than half of diabetics will develop some type of peripheral neuropathy.

“The elevated blood sugar associated with diabetes will damage even the smallest nerves because the excess blood sugar causes issues with vessels within the body and are not able to deliver

adequate nutrients to the nerves,” Whitten said. “The smallest nerves begin to die off because of the lack of proper nutrition.”

For diabetics, untreated and permanent numbness in the feet will leave them unable to feel their feet, which can often develop sores that can become infected and lead to illness or amputation.

“We encourage diabetics to do routine foot care and foot checks to make sure they’re not getting infection,” Whitten said.




Eating a diet rich in fruits, vegetables, whole grains and protein can help improve overall nerve health. Whitten also encourages regular exercise since many metabolic conditions are a disease of the vessels which can negatively impact nerves.

“Anything that gets the blood pumping and circulation moving can be beneficial,” he said.

In more severe peripheral neuropathy cases, a patient may be referred to a neurologist or pain specialist. Neuropathic pain medicines may be prescribed to calm the pain signals the nerves send.

“These medicines treat the pain associated with neuropathy, but not the function of the nerves,” Whitten said. “That’s why we have to treat the underlying cause.”

There are more advanced treatments for patients who have severe and significant pain, but many have tried and failed, or can’t tolerate the medicines available. A device can be implanted under the skin to stimulate the spinal cord to counteract the neuropathy in patient’s feet and legs.

“You don’t have to live with the pain from neuropathy,” Whitten said. “There are medicines and other ways to treat it.” 

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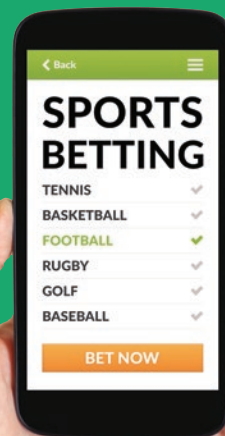
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The Nebraska Gamblers Assistance Program (GAP) pays for confidential counseling with certified problem gambling providers to Nebraskans and their families who suffer a gambling addiction. A list of all GAP-certified counselors in Nebraska is found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

problemgambling.nebraska.gov



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Don't Delay; Make Your Estate Plans Today

Putting off estate planning can leave a person's wishes undocumented. Heightened by uncertainty during the pandemic, it became evident that many who hadn't solidified their estate plans were looking to complete them quickly.

"Anyone who had put off getting a will or trust done or hadn't thought about it previously, called us," said Attorney Andrew Loudon with Ball, Loudon, Ebert & Brostrom LLC.

This scenario also exhibited two reasons to not delay completing estate plans before they're needed — mental capacity and undue influence.

Mental capacity is an important part of signing legal documents, and an estate planning attorney must determine if the person is mentally capable to sign the documents.

"If it's not readily apparent, we have to involve a doctor; and if time is of the essence, it can slow things down, and we won't get the plans done before they pass," Loudon said. "Even if I had met with the person earlier and knew what they wanted, they have to be mentally capable when signing the document."

Undue influence is when a person is influenced by a child or loved one into making decisions they do not want.

It's important to determine wishes and sign legal documents before they're needed, without stress and pressure.

Trust or Will?

The No. 1 question in estate planning is whether to choose a will or trust.

"Either approach works," Loudon said. "It just depends on a person's personal views and assets. There's no right or wrong answer."

A will is a simple document stating where property goes, who the executor is and does not go into effect until after a person passes.

According to law, if a deceased person has more than \$50,000 in real estate, the property must be admitted to court and go through probate. That can take more than a year and will include attorney fees for your loved ones.

A trust is more efficient, as property does not need to go through probate.

"A trust is like a contract you make with yourself," Loudon said. "It can own personal property and investments while you're alive — but you still own and control the property until you die."

Many individuals also choose a trust for privacy. With

a trust, only the beneficiaries of the estate will know the assets and where they'll go. In probate, the will is admitted to court and is a matter of public record.

"A will is simple when you're alive but more time consuming and expensive after your death. A trust is more complicated while you're alive, but quick, inexpensive and private after death," Loudon said.

Creating Plans

Most people make estate plans around life events. Oftentimes, a will is created when children are born, and then at or near retirement, or after a loved one dies.

"When a parent, grandparent or spouse dies, that's a natural time to think about your estate plans," Loudon said.

Aside from estate planning, creating a healthcare or financial power of attorney can be more important than a will or trust. A power of attorney is a loved one you designate to help with financial and medical decisions if a doctor says you are no longer able to make those decisions.

"The pandemic highlighted that everyone, even if they don't have a will or trust, should have a power of attorney so you can tell them how you want things handled and



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how you would want to be taken care of,” Loudon said.

While many spouses list each other, it’s important later in life to update power of attorneys and list a loved one or adult child as a successor.

Anytime is a good time to work with an estate planning attorney, who knows the intricacies of comprehensive estate planning and can ensure documents contain the proper wording for all scenarios. If the original law office for a will, trust or power of attorney is no longer in business, individuals may find another lawyer to update it.

It’s also important to check and update beneficiaries for life insurance, IRAs, annuities, or the pay on transfer on death (TOD) for a bank account.

“A beneficiary designation is more powerful than a will or trust,” Loudon said. “It doesn’t matter what a will says, the funds will go to the person listed as beneficiary.”

If a beneficiary isn’t listed, the funds will go to your estate and the will can designate where the asset goes.

One of the most important decisions of estate planning is choosing an executor or trustee.

If you choose to name a child or family member, you should consider their proximity to where you live; someone with good business sense, is financially responsible, reliable, hardworking and comfortable talking with lawyers, counselors, and financial advisors.


“Do not just name the oldest child,” Loudon said. “It’s important to choose the right person who will be business-minded, get things done and not get into family drama.”

Loudon recommends naming an independent third party as executor or trustee to remove any family dynamics. Nebraska is fortunate to have numerous corporate trust departments — many can be found at local banks.



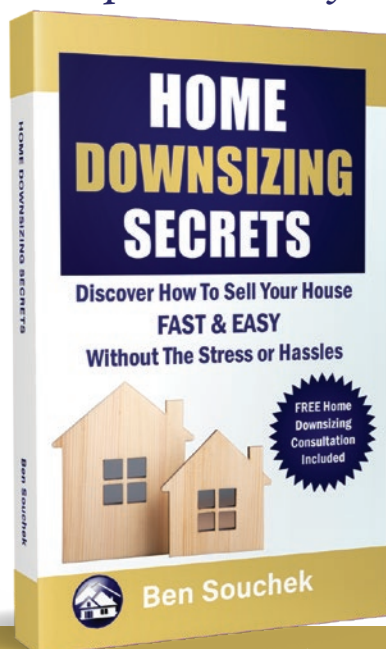
Don’t Delay Your Estate Planning

The pandemic highlighted how many have delayed their end-of-life plans, but technological advancements can allow for a smoother estate planning process.

“Many of our clients who live an hour or more away feel confident in using technology which allows us to do much of the estate planning process over the computer and make these decisions known before they’re needed,” Loudon said. 

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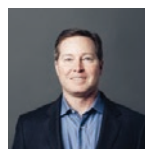
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Respite Available for Caregivers of Individuals with Dementia

Caring for a loved one with dementia is honorable, but it can be a weary task. That's why taking a break through respite can be incredibly rejuvenating for caregivers.

Understanding this concept served as the motivation for the Messiah Respite Project, which was implemented to help individuals who serve as the primary support caregivers for anyone with symptoms related to Alzheimer's, Lewy body dementia, Parkinson's dementia and vascular dementia.

During a free, two-hour event, individuals with dementia are paired with a trained volunteer as their

"friend," who will assist with safe, age-appropriate and stimulating on-site activities. This allows caregivers to find temporary relief from their role and leave to take a break or seek on-campus supportive opportunities such as dementia resources, peer support, or pastoral support and counseling.

"Although we provide on-campus services for caregivers, we highly encourage the caregiver to leave campus during this time so they can benefit from a full break to recharge," said Mollie George, co-creator of the Messiah Respite Project and University of Nebraska Omaha gerontology doctoral student.

Possessing a background in gerontology and having worked in long-term and memory care, George's dream has been to create a dementia adult day program.

"I love working with older adults, and I just developed a passion for those who need memory care and support," she said. "Their hearts and the lessons they have provided me and offered this

world are so incredibly valuable."

Realizing the difficulty to find a safe and loving environment for caregivers of individuals with dementia though, George sought to create a place that provides care and education, allowing caregivers to be less isolated and reduce dementia stigma.

George met Stan Fehlhafer, director of Senior Ministry program at Messiah Lutheran Church, whose desire is to provide a free care service in the community. They combined efforts to create the Messiah Respite Project.

The planning for the project has been more than two years in the making. It is patterned after other respite programs, with support and resources from the Nebraska Caregiver Coalition, ARCH National Respite Network, Respite Care Association of Wisconsin, and support and a grant from Nebraska Lifespan Respite Network.

Mission-minded professionals and members of Messiah Lutheran Church's Senior Ministry Team and Healthcare Ministry Team came together as the planning team of the project. This includes retired nurse Connie Johnson, retired educator LaVonne Uffelmann, retired nurse practitioner Kathy Carter and other members of Messiah staff who provide support.

"Messiah Lutheran has provided — and continues to provide — so many areas of support and resources that it has been such an amazing blessing,"



Volunteers with the Messiah Respite Project help caregivers of those with dementia get some much needed time to themselves.



The Messiah Respite Project serves the primary caregivers of individuals with dementia for a free, two-hour event every couple of months.

George said, "We have seen God's hand supporting this mission every step of the way."

George believes in the importance of educating others about care for older adults and awareness of dementia to help with changes and laws, as well as encourage societal change against ageism — especially for families and caregivers.

"There's a need to educate, not only families about dementia, but also the general public about how

Continued on page 20.



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

For more information about the Lifespan Respite Services Program, becoming a respite provider, or any other respite-related questions, please call:

866-RESPITE (737-7483) or (402) 471-9188 or visit the Nebraska Lifespan Respite Network website at respite.ne.gov.

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Respite Available for Caregivers of Individuals with Dementia

Continued from page 19.

to communicate with someone who has dementia,” she said. “Caregivers, whether professional or family caregivers, often feel isolated and undervalued in our society. Destigmatizing dementia for those with the diagnosis and their caregivers — while creating avenues for communication and education within the community has always been a passion of mine.”

Registration and Care

The Messiah Respite Project takes place at Messiah Lutheran Church, 1800 S. 84th St., every three months on a Saturday for two hours.

The pilot launched in October,

and the next events are scheduled for Jan. 28, April 29 and July 29 from 10 a.m. to noon. Space is limited and advanced registration is required. For registration, contact Mollie George at molliegeorge@unomaha.edu, 308-325-5550. Registration deadline for the Jan. 28 event is Jan. 6.

A one-time application must be completed. Caregivers are asked to provide a Plan of Care that details social and medical history for participants and a Declaration of Consent, which includes a liability waiver, emergency consent and a photo release consent.

Caregivers can know their loved ones are taken care of with trained

volunteers and on-site management of health care, gerontology and education professionals.

Volunteers Needed

Volunteers serve a vital role that includes one-on-one friendship and relationship fostering. If you are interested in volunteering, contact Mollie George at molliegeorge@unomaha.edu, 308-325-5550.

“We cannot do this program without our volunteers,” she said. “You do not need to be an expert in dementia care to volunteer, just have a love for older adults and dementia.” ^{LW}



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Meetings Provide Support, Hope to Caregivers

Oftentimes, caring for a loved one can leave a person with feelings of loneliness and isolation. Sharing experiences with others who understand and face similar challenges can help create a sense of camaraderie and reassurance.

The Aging Partners' Caregiver Support Group is designed to facilitate this and provide hope, information and a safe environment for caregivers to share concerns. These meetings are open to individuals of any age who provide informal or unpaid care for an adult age 60 and over; those caring for an adult with Alzheimer's disease, a brain injury or brain disorder; and

individuals age 55 and over raising a grandchild.

The sessions begin with greetings, support from Aging Partners and St. Mark's United Methodist Church, as well as a review of the group's two rules — respect and confidentiality.

"Typically, caregivers are eager to talk about concerns or experiences," said Sandy Lutz, licensed independent mental health practitioner. "Issues of safety, support, services, prognosis and loneliness often come up. There's lots of support and compassion shared among people."

Attendees appreciate the opportunity to share their experiences and seek suggestions



It helps to hear how others are handling caregiver frustrations."

— Caregiver Support Group

Attendee

or resources.

"It helps to hear how others are handling caregiver frustrations," one attendee said.

Another agreed, "It's just good to meet with others who understand."

Lutz leads the meetings and provides professional guidance to assist caregivers in developing long-term relationships with other caregivers. She also urges them

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to build care teams, so they're not shouldering the caregiving role alone.

"The team composition depends upon individual needs, but it always begins with family," she said. "I encourage honest communication with family and then exploring other supports such as friends, neighbors, church, agencies like Aging Partners and doctors. The goal is for caregivers to feel comfortable seeking and accepting help."


Building a caregiving team formalizes roles and often simplifies the processes. An example of this process would be having a family meeting and a son agrees to take Dad for a car ride every Saturday while the daughter agrees to mow the lawn weekly; or a caregiver has an agreement with a neighbor to stop by for 20 minutes every Monday so the caregiver can take a walk. Caregivers also can contact Aging Partners to arrange for weekly senior center outings. Lutz says it's important for caregivers to build relationships with doctors. Usually the best way is to speak with the office nurse.

Caregivers are regularly reluctant to approach other family members with concerns and often face loneliness and frustration because of this hesitation. Sometimes, the desire to protect their loved one has resulted in reluctance to tell friends of a dementia diagnosis.

"My hope is for caregivers to have good experiences in these sessions. That might be new friendships, hope and information," Lutz said. "Sometimes it's simply having the opportunity to speak what is in your heart or on your mind. Sometimes we cry, but we always laugh."

The Caregiver Support Group Meetings are scheduled for the second Tuesday of each month from 5 to 6 p.m. at St. Mark's United Methodist Church, 8550 Pioneers Blvd. Come into the building on the north side at Entrance 6, where there are no stairs. Participants also may enter on the south side at Entrance 9 and go down a short flight of stairs. It is recommended that caregivers come alone, so others are comfortable to freely share their thoughts and reactions.

For more information about this group or Aging Partners, call 402-441-7070. 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. 



The advertisement for Legacy Retirement Community is divided into two main sections. The top section shows a bright, modern common area with large windows, a green sofa, and a sign that reads "LEGACY". Several people are seated at tables, and the text "Live & A GREAT PLACE TO" is overlaid. The bottom section shows a man in a white shirt and red bow tie smiling at a woman, with the text "Work" overlaid. At the bottom, the website "LegacyRetirement.com" and phone number "402.436.3000" are displayed.

Rising Rent Leaving Residents Rattled

High occupancy rates, rising inflation, supply chain issues, increasing property assessment and tax rates all contribute to the record high rent prices that is leaving a limited supply of affordable housing in Lincoln. Rent has continued to rise since COVID-19 began in 2020, and many people are struggling to afford a place to live and still have living essentials heading into the coldest stretch of the year.



Lincoln Housing Authority (LHA) has seen an increased need for affordable housing. LHA provides rental assistance to 4,500 Lincoln households, many through its Housing Choice Voucher program. About 800 private landlords rent to LHA-assisted tenants in this program. Tenants pay a portion of their rent based on income, and LHA makes up the difference using federal funds.

Since March 2020, LHA has seen steady rent increases, and those increases lately have been coming in more frequently. While many rent increases are about \$50 to 100 per month, LHA has also seen some requests at more than \$500 per month, which typically displaces the tenant.

“Rent increases force tenants to determine if they can afford to stay in the unit or if they need to move somewhere else — and that’s if they can even find somewhere else they can afford,” said Jodie Williams, LHA tenant-based housing manager.

Housing options are limited; and application fees and security deposits have also increased to cause additional strain on residents seeking affordable

A black and white photograph of a man helping a young boy ride a bicycle outdoors. The man is leaning over the boy, holding the back of the bike. The boy is sitting on the bike, looking forward. The background shows trees and a path.


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units. LHA has reported low voucher utilization because voucher holders are unable to find units available.

“We’re issuing more vouchers now than we have before, but people are struggling to find a place that’s available, affordable and accepts a voucher,” Williams said.

For many, it may be more affordable to purchase a home, but that's not always an option. While many may be seeking to decrease debt and increase their credit score, there just aren't many homes available at a comfortable price for first-time homebuyers. And for seniors and those with disabilities, maintaining a home may not be possible.

While many families struggle to make ends meet, it may be more challenging for aging adults and those with disabilities on fixed incomes.

LHA reports it hasn't seen a rise in evictions, but there has been an increase in older adults it serves. LHA provides project-based vouchers at its three senior-only properties — Burke Plaza, Crossroads

Continued on page 26.

Lincoln Housing Authority

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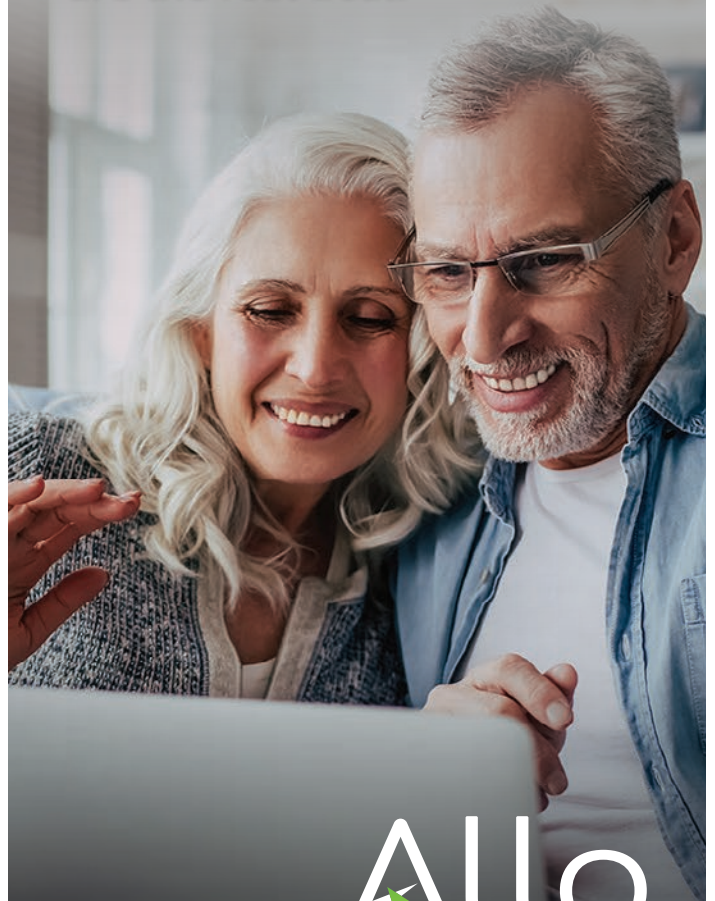


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Rising Rent Leaving Residents Rattled

Continued from page 25.

House and Mahoney Manor — and has various complexes and single-family homes throughout the city.

Older adults with limited resources often need income-based housing, but don't apply because they've got retirement funds.

"To qualify for a voucher, we look at 2 percent of a person's assets," Williams said. "We look at the percent of their assets for their income, plus earned and unearned income. We don't want older adults to deplete their retirement just because they can't afford housing."

To apply for a LHA voucher or learn more about accepting vouchers as a property owner,

visit www.L-housing.com, or call 402-434-5500.

What Can be Done?

If a household's rent is increasing and can no longer be afforded, tenants can try to negotiate for a lower rent — but prices are increasing everywhere, and negotiation may not be successful. Finding ways to reduce spending is another alternative.

If faced with an eviction notice, there are several options for legal assistance. The Tenant Assistance Project provides free legal representation to those facing eviction. Information can be found at lincoln.ne.gov (keyword: tenant assistance project).

Legal Aid of Nebraska provides information, referrals, advice, self-help services, limited assistance and representation to qualifying low-income individuals. For information, visit www.legalaidofnebraska.org/how-we-help/what-we-do/housing.

Community Action Partnership offers tenant support on eviction prevention, landlord and tenant mediation and information regarding tenant rights and obligations. Information is available at: www.communityactionatwork.org/tenant-support.^{lw}



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Living Well | 27

Aging Partners' Program Provides Nutrition, Education and Independence

By Jill Engel, Aging Partners Nutrition

The Areawide Programming and Nutrition Division (APN) at Aging Partners provides a variety of programs throughout our service area which includes Butler, Fillmore, Lancaster, Polk, Saline, Seward and York counties. Nutrition education, Farmers Market Coupons, congregate and home-delivered meal services are just a few of our programs.

Nutrition Education

Monthly handouts are distributed at all senior centers in our service area. Educational programs are also presented at senior centers, apartment complexes and other organizations throughout the community. A variety of topics are covered such as tips for food preparation, healthy eating and food safety. All information is approved by a registered dietitian.

Meal Services

Congregate meals provide a great opportunity for older adults to socialize in a group setting while eating a nutritionally well-balanced meal. APN coordinates with Aging Partners' Community Activities and Services Division and the Central Kitchen for congregate meal menu development. All meals must meet the Older Americans Act nutritional requirements and are approved by a registered dietitian. Along with meeting the nutritional requirements, other factors such as color, texture and plate appearance are taken into consideration with menu development. All senior center menus in our partnered counties are also reviewed and approved by the registered dietitian. Plate waste

studies are completed on a regular basis. These studies allow us to observe how much food is consumed by senior center participants as well as gather feedback on likes and dislikes. We review this feedback in detail and make menu adjustments as necessary.

One of our goals is to help older adults maintain independence in their home for as long as safely possible. One way we address this is by providing home-delivered meal services. While there are current services that provide home-delivered meals to individuals in Lincoln, we needed a way to fill the gap for individuals residing outside of Lincoln. We have partnered with a company to provide meals to individuals living in rural areas who are unable to attend a congregate meal site. These meals are freshly prepared and delivered directly to the individual's home. Clients can choose their own meals based on dietary preferences with breakfast, lunch and dinner options available. All meals must meet the Older Americans Act nutritional requirements and are at a suggested contribution, meaning that services will not be denied based on ability to contribute. There are certain eligibility requirements that must be met to qualify for the program. This is a great resource for older adults who are no longer able to safely prepare a well-balanced meal due to physical or mental conditions.


Congregate meals are served weekdays at Aging Partners Senior Centers in Lincoln. We also partner with two housing complexes in



Lincoln to serve meals six days per week. Residents can enjoy their meals in a group setting for lunch and order a cold meal option for dinner.

Senior Farmers Market Nutrition Program

This program is funded through the Department of Agriculture and administered through local Area Agencies on Aging. This program provides \$48 in coupons that can be exchanged for eligible foods at farmers markets, roadside stands and community supported agriculture programs. The coupons are good for fruits, vegetables, honey and fresh-cut herbs. There are certain age and income requirements that must be met to participate in the program. Coupons are distributed in early June and are valid through October. Historically, there have been over 700 Lincoln and Lancaster County individuals participate in the program. Participants must reapply every year, and coupons are never guaranteed.

There are a variety of other services the APN division provides. If you have any questions or need more information, contact Jill at 402-441-3480. 



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3 Lincoln Locations

Aging Partners Health and Fitness

Diabetes Alert Day Observed on March 28

On March 28, the American Diabetes Association (ADA) will observe Diabetes Alert Day, a “one-day wake-up call” to raise awareness about the seriousness of diabetes and its risk factors. Everyone is encouraged to take the Diabetes Risk Test at www.diabetes.org/diabetes/risk-test.

Diabetes is a chronic health condition that occurs when blood glucose is too high. If a person's body does not produce enough insulin or is unable to process insulin as well as it should, the glucose stays in the blood and can cause serious health conditions including stroke, heart disease,

nerve damage, vision problems, kidney disease and foot problems.

Type 1 diabetes occurs when the insulin-producing cells in the pancreas are attacked by the body's immune system, requiring insulin every day to stay alive. This form of diabetes is usually diagnosed in children or younger adults.

Type 2 diabetes is the most common, affecting up to 95 percent of all cases. This form occurs later in life, often in middle-aged or older adults. Risk factors include obesity, excessive abdominal fat, family history of diabetes and a sedentary lifestyle.

African Americans, Hispanic/Latin Americans and Native Americans are more susceptible to the disease than other populations. Excessive hunger and/or thirst, excessive urination, irritability, fatigue, weight loss, infections, blurred vision and increased infections are symptoms of Type 2 diabetes.

While Type 1 diabetes is incurable, many symptoms of Type 2 diabetes can be reversed through lifestyle changes. Almost all people develop prediabetes



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(402) 327-6300 | southlakevillagerehab.com

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before they develop Type 2, which may be reversed by eating a whole-food clean diet, limiting sugar and excess carbohydrate consumption, exercising, weight loss and working with a dietary nutritionist.

Several tests can determine whether an individual has prediabetes or diabetes:

- A1C testing. This test measures average blood sugar over several weeks. If a person's A1C is below 5.7 percent, the results are normal. If it ranges from 5.7 to 6.4 percent, the individual is determined to have prediabetes; and anything over 6.4 percent indicates diabetes.
- Random blood sugar test. If a person's blood sugar is over 200 mg/dL, the tests indicate

the patient has diabetes.

- Glucose tolerance test. A patient ingests a liquid that contains glucose and fasts overnight, the medical provider will do a blood draw and have the patient drink more of the liquid. The patient's blood sugar will then be measured at intervals. A blood sugar level under 140 is normal, 140 to 199 indicates prediabetes and 200 or above indicates diabetes.

The American Diabetes Organization has three suggestions for individuals to observe Diabetes Alert Day:

- Take the American Diabetes Association risk test at www.diabetes.org/diabetes/risk-test.
- Donate to charitable organizations. Even if an

individual does not have a current risk for diabetes, they can help others by donating to organizations that help fight diabetes.

- Encourage others to assess their level of risk. The American Diabetes Association encourages individuals to reach out to family members and friends to assess their own diabetes risk. ^{LW}

Sources: <https://www.checkiday.com/da71a8a928469cddd585bc58c0cec08d/american-diabetes-association-alert-day>
<https://diabetes.org/>
<https://www.cdc.gov/diabetes/basics/diabetes.html>
<https://nationaltoday.com/american-diabetes-alert-day/#:~:text=American%20Diabetes%20Alert%20Day%20is,it%20falls%20on%20March%202028>.

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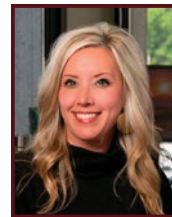
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Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

Frustration! It seems like at least once, maybe twice a week we conclude a phone call with a client and we're both left frustrated, knowing we can't help in certain situations. I'm not writing this for sympathy; instead, it's just to let you know that we do understand your feelings and take no joy in not being able to help.

Personally, I can take this one step further. In October, I took a tumble and ended up with a severely strained rotator cuff and some deep tissue bruising across my chest and shoulders. I was very limited in my driving, what I could lift and doing jobs around the house; and the worst part was I couldn't fish or play golf! So please understand when we can't help. We recognize your situation and wish we could do more.

Lancaster County Public Rural Transit (LCPRT) has been the subject of some confusion lately. Many people are under the misconception that LCPRT is only for seniors and can only be used for trips

involving medical appointments and shopping. That is not the case at all! LCPRT is intended for any resident of Lancaster County (plus the nearby communities of Adams, Ceresco, Cortland, Eagle and Greenwood). Riders must be at least 13 to ride alone, and the other guideline to be met is that one boarding of the bus must occur outside Lincoln city limits. So, going to visit friends in Waverly or riding into Lincoln from Roca for lunch with friends are both perfectly acceptable. We just can't pick you up in Lincoln and take you to an appointment in Lincoln! For more details regarding scheduling a ride, please call 402-441-7030.

If you are looking for transportation to grocery shop on a regular basis, we offer this service through our senior center transportation service. Riders who want to grocery shop can sign up through the senior center in their area of town. Riders get picked up in the morning and partake in the senior center's daily activities, lunch included, at the center. After lunch,



RE/MAX CONCEPTS

MyHomeInLincoln.com
402-441-4120

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

Senior Estate Specialist

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


the riders who have signed up for shopping are driven to whichever store is scheduled that week and then driven home after shopping concludes. If you think this might be a good way to spend a day and do some shopping, please call 402-441-8815 to learn more about the center in your area and how to go about signing up for grocery shopping. Please call even if you don't necessarily want to go shopping but have an interest in attending the center in your neighborhood for fun, food and friendship.

Lifeline Emergency Response System continues to help our clients stay safe in their homes. We have had some issues with supplies of late, but we've never had to turn anyone down for services. We have three different options to meet the needs of our clients. They range from units that work through your landline phone service to units that work anywhere in the United States. Please feel free to reach out to Mike at 402-441-8816 for information and assistance.

Health and Fitness is something new I will be mentioning in this column going forward. Hopefully, you are all aware of our fitness center and the wide variety of classes available. If not, consider yourself notified! With the upcoming move to Victory Park, we will be getting new state-of-the-art fitness equipment that, in some cases, is designed specifically for seniors. For more details about the fitness center and classes, please reach out to Susan at 402-441-7575.

Handy Home Service techs continue to do work on jobs inside and are gearing up for the spring season. If you need simple home repairs done around the house, please contact Diana at 402-441-7030 or Linda at 402-441-7032 to discuss your situation and see if we can help.

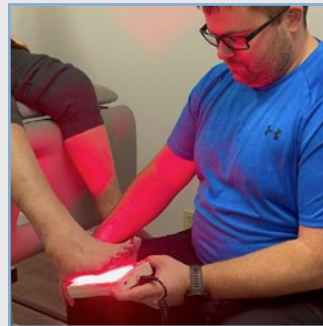
Amazingly, I find myself with a little bit of space left, which hardly ever happens. So here are few things to keep in mind as spring approaches. Now is the perfect time to get mowers, tillers and other power-driven yard tools into a small engine shop for seasonal tuneups. If you wait until closer to spring, they tend to fill up. Another thing to get scheduled now is lawn treatment if you use a professional service. I personally use one and have been very happy with the cost and the service. By the time you figure out what you spend on the chemicals to do it yourself, the service is very reasonable.

OK, now my editor's watching, and I am out of space! Stay safe and warm! 

The Lymphedema Clinic

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

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A Pioneering Area Agency on Aging



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AGING PARTNERS

1005 "O" St., Lincoln, NE 68508-3628,
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aging.lincoln.ne.gov
Serving Butler, Fillmore, Lancaster, Polk,
Saline, Saunders, Seward and York counties.

Key for Services: ▲ = Lancaster only

MISSION

Aging Partners plans, coordinates and advocates for older people in an eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community to ensure the independence and full life of the people we serve.

Being Well

NUTRITION

402-441-3480

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

HEALTH AND FITNESS

- **Fitness Center** - Cardio and strength training equipment. Certified personal trainer is available by appointment. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide comprehensive foot care along with blood pressure, cholesterol, glucose and bone density screenings by appointment. ▲ 402-441-7506 or 402-441-7575
- **Caregiver Support Services** - Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information and a safe environment to share concerns. Sessions are led by a Licensed Independent Mental Health Practitioner. ▲ 402-441-7575

- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Exercise** - Tai Chi, chair yoga, Qigong and dance classes are available at several locations. Daily fitness programs on LNKTv City (ALLO Channel 2, Spectrum Channel 1300 and Kinetic Channel 5) and LNKTv Health (ALLO Channel 3, Spectrum Channel 1301 and Kinetic Channel 10). ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **Durable Medical Equipment** - Providing items that address short- and long-term needs. We have various lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers. 402-441-7032
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button. ▲ 402-441-8816
- **Handy Home Services** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **NeighborLNK** - Connects qualified, authorized volunteers with homebound seniors (age 60 and over) and persons with disabilities who seek additional support such as grocery pickup and delivery, errands such as food and medication delivery, and friendly phone visits. ▲ 402-441-6076 or 402-441-7575

- **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 goal is to assist Nebraskans in accessing services and support to help meet their long-term care needs.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible and choose to live at home or use community-based services.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Assisted Living and Nursing Facilities Resource Listings**

Planning Ahead

HEALTH INSURANCE AND BENEFITS COUNSELING

402-441-7070 or 800-247-0938

- **Medicare** - what you need to know when you turn age 65; working past age 65; Parts A, B, D and Advantage Plans; Medicare supplements, yearly changes, updates and open enrollment; complaints, errors and appeals; low-income assistance programs.
- **We also help with:** Social Security overview; Medicaid; long-term care insurance; budgeting and bill paying; and Homestead Tax Exemption.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.

SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit seniorsfoundation.org.

Staying Involved

SENIOR CENTERS

Social events and activities, health and educational programs. We offer noon meals, selected evening meals with entertainment and special holiday meals. Transportation to the centers is available for a suggested contribution. Four centers in Lincoln and three in Lancaster County. ▲ 402-441-7158

LINCOLN/LANCASTER COUNTY SENIOR CENTERS

- 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
- Washington Street Senior Center
402-441-7157
Grace Lutheran Church
2225 Washington St., Lincoln
- Downtown Center: 402-441-7154
1005 "O" St., Lincoln
- Northeast Center: 402-441-7151
6310 Platte Ave., Lincoln

Other Services

INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938
Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.

TRANSPORTATION

- Ride within Lincoln to the Centers
▲ 402-441-7158
- Lancaster County Public Rural Transit
Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.
▲ 402-441-7031

• Other Options in the Community

Listings available at 402-441-7070.

LIVING WELL MAGAZINE

This quarterly publication features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call David Norris at 402-441-6156 or email dnorris@lincoln.ne.gov. To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email delrod@lincoln.ne.gov.

LIVE & LEARN

A monthly TV show for and about older adults on LNKTU City (ALLO channel 2, Spectrum channel 1300, Kinetic channel 1005) and LNKTU.lincoln.ne.gov, or Live & Learn's YouTube channel at <http://lincoln.ne.gov/LiveAndLearn>.

- Mondays at 11 a.m.
- Wednesdays at 5 p.m.
- Thursdays at 7 p.m.
- Fridays at 11:30 a.m.
- Sundays at 3:30 p.m.

These are minimum airing times. Show re-airs at various other times throughout the month.

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Jean Holt

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Becky Romshek, 402-747-5731
- Saline County
Kelly Grimes, 402-441-7070
- Saunders County
Allison Blake, 402-416-9376
- Seward County: 402-441-7070
- York County
Camery Nielsen, 402-362-7626

MULTI-COUNTY PROGRAMS

Coordinator Jill Engel

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

MULTI-COUNTY SENIOR CENTERS

Butler County

- David City Senior Center
592 "D" St., David City
402-367-6131

Fillmore County

- Exeter Senior Center
217 S. Exeter Ave., Exeter
402-266-2133
- Fairmont Senior Center
519 6th Ave., Fairmont
402-268-2831
- Geneva Senior Center
1120 "F" St., Geneva
402-759-6729

Polk County

- Osceola Senior Center
441 Hawkeye St., Osceola
402-747-8227
- Polk Senior Center
230 N. Main St., Polk
402-765-2311
- Shelby Senior Center
230 N. Walnut St., Shelby
402-527-5158

Saline County

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

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

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

Aging Partners News and Events

Call 402-441-7575 for Health and Fitness classes or 402-441-7158 for event information.
aging.lincoln.ne.gov

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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.

All are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance, and other exercise aids are available. There is a \$10 monthly suggested contribution for age 60 and over. A \$15 fee is required for under age 60. A certified personal trainer is available Tuesdays and Thursdays by appointment only at no extra charge.

For most Health and Fitness classes, there is a \$4 per class suggested contribution for people age 60 and over. A \$5 per class fee for those under age 60 is required. Preregistration is required for all classes by calling 402-441-7575. Please register early. Classes that do not have sufficient enrollment will be cancelled.

Evidence-Based Tai Chi Classes

NOTE: Because all Tai Chi for Arthritis and Fall Prevention classes are progressive, no registrations will be accepted after the fourth class of each session. Tai Chi class sizes are restricted due to space limitations; therefore, classes fill up quickly.

Tai Chi for Arthritis and Fall Prevention

Eastridge Presbyterian Church

1135 Eastridge Drive

Tuesdays and Thursdays

Two class options - 11 a.m. to Noon or 1 to 2 p.m.

Jan. 24 through April 13

This class is beneficial to people with or without arthritis and can help prevent falls. Each session includes breathing techniques and warm up and cool down exercises. Participants will practice one or two movements per lesson, progressively leading to completing the core movements. Suggested contribution is \$2 per class or \$48 per session.

Chair Yoga

Eastridge Presbyterian Church

1135 Eastridge Drive

Wednesdays, 9 to 10 a.m.

Feb. 15 through March 29 (7 weeks)

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated, or the chair is used for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners are welcome.

Dance for Life

Auld Pavilion

1650 Memorial Drive

Wednesdays, 10:30 to 11:30 a.m.

Jan. 11 through Feb. 22 (7 weeks)

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.

Qigong Refresh and Recharge

St. Mark's United Methodist Church

8550 Pioneers Blvd.

Thursdays, 2:30 to 3:30 p.m.

Jan. 12 through Feb. 23 (7 weeks)

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

Caregiver Support Group

St. Mark's United Methodist Church

8550 Pioneers Blvd., Room 137 (Enter through door 9 on south side of St.

Mark's, turn left and go downstairs)

2nd Tuesday of every month

5 to 6 p.m.

Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information, and a safe environment to share concerns. The Aging Partners Caregiver Support Group is led by a Licensed Independent Mental Health Practitioner.

Eligible caregivers are:

- An individual of any age providing care for an older adult, age 60 and over
 - Providing care for a person with Alzheimer's disease, brain injury or a related brain disorder
 - Over the age of 55 and raising a grandchild
- Registrations are not needed, walk-ins welcomed.

Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only. They are currently held at St. Mark's United Methodist Church's Vermeer Education Center and the Downtown Senior Center but will soon be moving to our new location at Victory Park (600 S. 70th St). Social distancing and sanitation guidelines are followed. Please call 402-441-7506 for more information or to make an appointment for clinic services.

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

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

Energize Your Body, Mind and Spirit

Friday, March 10

9 a.m. to noon (check-in at 8:45 a.m.)

Jack J. Huck Continuing Education Center

301 S. 68th St. Place, Room 303

Cost: \$29

Preregistration required. Call 402-437-2700 to register or register online at <http://bit.ly/RegisterCE> (online registration keyword: Course). No walk-ins the day of the event. Registration deadline is March 6.

Space is limited, so register early.

Join us in person or via Zoom for an informative and relaxing morning as we explore the interconnections between body, mind and spirit. This mini retreat is designed for anyone who is looking for a day to relax or those who are caring for others.

Sessions include:

- **9 a.m. – Building Resistance to Stress and Aging**
*Richard Dientsbier, PhD, Professor Emeritus,
Department of Psychology – UNL*

How can we prevent and possibly overcome the damage to our brains by chronic stress and aging? Mental challenges, physical exercise, being socially engaged, meditation, and even affectionate activities can help toughen up our brains.

This presentation will dive into the science behind

those relationships by explaining how those activities affect our brain's structure and chemistry, and in turn how those physical modifications preserve our mental capacities.

- **10 a.m. – An Informed Approach to Evaluating Health Information**

*Bob Rauner, MD, MPH, Chief Medical Officer,
OneHealth Nebraska, ACO (Accountable Care Solutions)*

We are bombarded daily with the latest in “scientific” health studies: in newspapers, on social media and in television reporting. Discover how you can assess the health information you encounter, relevant to your own health. We will enable you to discern the source of the story, to ensure it's credible, free of bias and from commercialization. Let your critical thinking with your “skeptical mind” help you to appreciate trustworthy health news reporting.

- **11 a.m. – Music BINGO**

Elliot Piper

A fun and exciting take on the classic game of bingo. Music bingo is great for mental stimulation, recall, starting conversations, and reliving memories with others.

Co-sponsored by Southeast Community College, Aging Partners, and OLLI.

Continued on page 38.

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Aging Partners News and Events

Continued from page 37.

Senior Center Events

Brad Husak, Accordion

Belmont Senior Center

1234 Judson St.

Thursday, Jan. 12

10:30 a.m.

\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60.

Call 402-441-7990 to reserve a meal.

Get ready to slap your knees and tap your toes as accordion play Brad Husak entertains us with his musical talents.

Native American Flute Concert

Northeast Senior Center

6310 Platte Ave.

Friday, Jan. 13

10 a.m.

\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60.

Call 402-441-7151 to reserve a meal.

We're in for a special treat!

Eldonna Rayburn will perform a Native American flute concert along with history, storytelling and humor thrown in. Reserve your lunch and join us for this relaxing and beautiful time of music.

The Importance of Diabetic Footwear

Belmont Senior Center

1234 Judson St

Thursday, Jan. 19

11 a.m.

\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60.

Call 402-441-7990 to reserve a meal.

Belmont is looking forward to a presentation by Certified Pedorthist Jack Pietenpol, Diabetic Outreach. This information will benefit everyone.

Medicare Updates

Washington Street Senior Center

Monday, Jan. 30

10:15 a.m.

\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60.

Call 402-441-7157 to reserve a meal.

Colleen from the Nebraska SHIP office will be here to keep us informed of current updates of Medicare and supplements. It is always an ever-changing field.

Abraham Lincoln: The Personal Side

Northeast Senior Center

6310 Platte Ave.

Thursday, Feb. 23

10:30 a.m.

\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60.

Call 402-441-7151 to reserve a meal.

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Lincoln's greatness as president resulted from a life of continual progress and transformation. The obstacles Lincoln faced and the characteristics he expressed are the subject of this presentation by Professor of History speaker Spencer Davis. Join us for lunch as we celebrate Presidents' Day with this interesting Humanities Nebraska program.

St. Patrick's Day Party

Northeast Senior Center

6310 Platte Ave.

Friday, March 17

10 a.m.

\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60.

Call 402-441-7151 to reserve a meal.

There's no one who does St. Patty's Day music better than Chris Sayre! Join us for lunch and live music to start your weekend off right. Special party treats provided by Ambassador Health-Lincoln.

2023 Dinner and Show and Nebraska History Lunch Series

The 2023 Dinner and Show season will feature a cavalcade of Lincoln's finest musicians, including the Lightning Bugs, Bobby Gadoury, Lloyd McCarter and 3 Chords and a Cloud of Dust! Second Thursday of the month, 5:30 to 7 p.m., April through September at the Auld Pavilion. Catering by ChefauChef, LLC. Dinner fee is \$12 and transportation within Lincoln is \$5.


2023 Nebraska History Lunch series will spotlight the institutions that make Lincoln the Star City. Learn about the history of Lincoln's City government, the library system, the police department, and much more! On the third Wednesday of each month, April through September, noon to 1:30 p.m., at Gere Library. Sack lunch is available for \$4. The program is free.

Seating is limited for both events. For reservations, call 402-441-7158 beginning March 6.

2023 Senior Center Daytrips

Watch for soon-to-be-scheduled 2023 senior center-sponsored daytrips by reading our monthly publication *My Center News* (available in senior centers). For more information and to reserve your spot, call 402-441-7158 beginning March 6.

Severe Weather Closings

In the event of severe winter weather or dangerous conditions, if Lincoln Public Schools (LPS) are closed, as a rule, Aging Partners senior centers and all classes or special events will be cancelled. Please listen to KFOR 103.3 FM or 1240 AM, or KLIN 1400 AM or 99.3 FM for the most accurate and up-to-date Aging Partners senior centers/LPS closing information. 

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This magazine is for the 87,530 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.

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