

LivingWell

Summer 2025 • Volume 21 • Issue 3

A publication of



LINCOLN
Aging Partners

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Stroke Prevention: What You Need to Know to Stay Safe

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McGinn's Legacy Runs Far Beyond the Finish Line

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Driven by purpose and passion, Jerry McGinn gave 75,000 kids not just a track to run on, but a family to run with through the South Lincoln Track Club.



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Director's Corner

Age-Friendly Lincoln Steering Committee: Building Livable Community for All Ages



The Age-Friendly Lincoln Steering Committee is a dedicated group of community leaders, advocates and residents appointed by Mayor Leirion Gaylor Baird who are working together to make Lincoln a more inclusive and livable city for people of all ages, particularly older adults. This initiative is part of the AARP Network of Age-Friendly States and Communities, which encourages cities to adapt structures and services to better support an aging population.

The committee's goals

are grounded in the domains of livability identified by the World Health Organization. The committee is focused on three specific domains: transportation, communications, and housing. Efforts include enhancing transportation options, increasing affordable and accessible housing, promoting social inclusion and improving access to health services.

Current efforts involve using community input to identify priorities and collaborating with local agencies and stakeholders to implement strategic improvements.

Through thoughtful planning and community

engagement, the Age-Friendly Lincoln Steering Committee is helping ensure that Lincoln evolves into a city where residents not only live longer but live well, regardless of their age. **lw**

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* Spring 2025.

Periodical postal rates paid at Lincoln, NE and additional mailing offices. Issues printed: 14,741.

POSTMASTER-Aging Partners address changes to:

Living Well Magazine
600 S. 70th St., Building 2
Lincoln, NE 68510
Email: livingwell@lincoln.ne.gov
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 Coordinator: Skylar Loseke, 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!

This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

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The first South Lincoln Track Club in 1967

McGinn's Legacy

Runs Far Beyond the Finish Line

Editor's note: We were honored to work with Jerry on this article of his legacy before his passing on June 12. We offer our sincere condolences to all who knew him.

Driven by a desire to give his daughters, Deborah and Maureen, the same opportunities as boys through fitness, fun and the thrill of competition, Jerry McGinn made a bold and unconventional move by founding the South Lincoln Track Club (SLTC) in 1967 — five years before Title IX guaranteed equal protections for women in sports.

A natural athlete, McGinn started boxing young; and by high school, he had earned more than 30 college scholarships in four sports. He earned Hall of Fame status in boxing and played minor league baseball — being called up one season for the Milwaukee Braves.


He hoped to give youth the experience of healthy competition that he had grown to love. At the time, girls were limited to basketball and cheerleading. Determined to create more opportunities, McGinn set out to build a space where girls and boys could learn the fundamentals of sports in a competitive, supportive environment — regardless of skill level. From the beginning, the track club was rooted in love — a way for him to use his passion for sports, support others and give his daughters something more.

McGinn began searching for the best coaches he could find in the neighborhood. Guided by the motto, “You never stand so tall as when you stoop to help a child,” McGinn sought only the best of those who shared his passion and values.

“I just happened to be associated with and surrounded myself with the very best you could find,” he said. “They loved the kids and were so supportive.”

Not anticipating its future success, the SLTC was created for children ages 9 to 18 in south Lincoln — and named in its honor. As it grew, McGinn wished it had a more inclusive name, but that’s where the neighborhood club was first founded.

The first team had no fancy running shoes or uniforms — just determination. They trained on the cinder dirt track at the nearby Southeast High School; and in their premier season, they competed at

 **You never stand so tall as when you stoop to help a child.”**

the AAU Junior Olympics meet in Hastings, Nebraska.

"We were just learning," McGinn said. "We were focused on accomplishing what we could, but the No. 1 thing was always sportsmanship and loving your teammate."

Jumpin' Jive, Man Alive! The Green Machine Has Just Arrived!

In its third year, SLTC exploded — drawing such a huge crowd the sign-up line stretched five blocks from the Auld Pavilion Recreation Center.

"We had to send someone to make enough forms for all the kids," McGinn said.

By then, McGinn recognized it was time to expand the club's horizons beyond Nebraska, driven by a dream of winning a national championship. The SLTC soon began competing across the country; ultimately, winning its first national title in 1978.

"The girls won the first national championship in our history," McGinn said. "The boys came back two weeks later to win theirs; but the girls won first, and they never let the boys forget it."

As the club's success grew, so did its popularity — making fundraising a necessary task. No child was turned away, regardless of skill or financial ability. Those who couldn't afford uniforms were given the opportunity to earn them by selling World's Finest Chocolate Bars.

What set SLTC apart wasn't simply the competition and success, but the deep sense of family.

"When we traveled, we traveled big," McGinn said. "Parents, grandparents, fans — there was so much love, and it created a family atmosphere. Many of the kids who'd never had anyone cheering them on before were grateful to have people supporting them."

At the heart of SLTC was McGinn's unwavering encouragement — often closing practices and meets with a heartfelt, motivational speech that left a lasting impact.

"The kids just needed someone to inspire and motivate them," he said. "I tried to give them confidence and the courage to be the best version of themselves. Maybe they weren't good enough to make the national team, but they were learning and gaining the confidence they needed for life."

Golden Era

The SLTC went on to claim 19 national championships — an unmatched achievement in American history, with the next closest team securing only four titles. Drawing top athletes from across the state, the SLTC set a world record, produced countless Junior Olympians and many alumni who went on to break state or national records and became

Continued on page 6.

Preparing for Your Next Chapter



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Jerry McGinn is surrounded by the South Lincoln Track Club National Championship Team in 1980. Photo courtesy of the Omaha World-Herald.

McGinn's Legacy Runs Far Beyond the Finish Line

Continued from page 5.
college or professional athletes.

"We just had the right kids," McGinn said. "You can't win without the athletes."

Often during a four-day track meet, the team would have it won by the third day. The prestigious reputation earned them the title of "one of the finest track teams in age group history" from Track & Field News magazine in 1981. That same year, then Vice President George H.W. Bush was so impressed with the SLTC boys team that he spent 90 minutes with the coaches and athletes following their championship ceremonial team photo in Baton Rouge, Louisiana. The

team was even invited by the U.S. Olympic Committee to spend the night in the athlete facilities built for the 1984 Los Angeles Olympics.

Ebb and Flow

Building upon SLTC's success, South Lincoln Little Green Track Club was established for children ages 3 to 8. McGinn believed it wasn't about being the best, but about creating a fun, engaging way to introduce youth to healthy competition, mentorship and the fundamentals of athletics. Every child ran for ribbons and took home the same trophy or plaque.

"I enjoyed Little Green just as much as I did winning national

championships," he said. "I think I got as much out of it as they did."

A total of 75,000 children participated in SLTC and Little Green before it came to an end in February 2022, halted by the COVID-19 pandemic and the challenge of securing a stadium.

"I decided: I started it, I'm going to finish it," McGinn said.

Known as the largest and longest running youth-age track club in American history, SLTC holds a special place in many hearts.

"My heart swells with pride when I think of all the memories of athletes who have passed through the program," McGinn said in a statement

on the SLTC's Facebook page. "Not a day will go by when I don't think of our chant and smile! Jumpin' Jive Man Alive, the Green Machine Has Just Arrived! And arrive we did! For most of the '60s, '70s and '80s, our club left its footprint on the highest platforms of competitive track and field. What we did was special. It has withstood the test of time. Like true Nebraskans, we leaned in together and found our greatness. And to all of you, I will forever be grateful. I hope you will always remember your days with the South Lincoln Track Club."

McGinn's beliefs, energy, attitude and perseverance have all become a metaphor for life: Work hard, do your best, support each other and never give up.

Retaining Resilience

In addition to the positive impact he made through youth athletics, McGinn served 30 years as a firefighter before becoming the City of Lincoln's

chief fire inspector and later Building and Safety Department director until just before 2000. He also served as Nebraska State Athletic Commissioner for 16 years, serving under three governors. McGinn was a founding father of the Cornhusker State Games in 1985, along with Dr. Richard Hammer and O.W. "Bill" Smith.

Known for his energy, McGinn credits his strong work ethic and commitment to giving back to his role models, including his dad, Irish (Robert) McGinn, Boo (Buford) Grosscup, Bill Kropp, Babe Berka and Sister Marina. He said they guided him and instilled the importance of giving back.

McGinn had to rely on his no-quit, competitive attitude while battling stage 4 lung cancer since 2016.


"I went from healthy to living with a serious illness," he said. "I feel like I got cheated out of being old — it drastically changed my life."

McGinn hadn't been completely

healthy since then, but considered himself fortunate to be alive. His original prognosis was grim, but recent advancements in cancer research gave him a lifeline. He qualified for immunotherapy, which played a key role in saving his life — and he believes a wave of prayers from family and many others made an impactful difference.

"I totally believe that prayer is what brought me through it," he said. "It's all about love, being flexible to change and gratitude."

It continued to be a difficult journey, including new scan results in April that led McGinn to enter hospice care in May. Moving to Legacy Estates Assisted Living facility gave him the safety and support needed to live fully until his passing June 12.

The McGinn family would like to express their sincere gratitude to all who have reached out or kept them in their hearts during the last several months. 




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What is IRMAA?

By Molli Stolz, Aging Partners benefits counselor

Medicare can be confusing and difficult to navigate. The most frequently asked questions have to do with the cost. Those who are high earners may be facing a larger premium for both their Medicare Part B and prescription drug plans. These increased premiums are known as income-related monthly adjustment amounts (IRMAA). Medicare Part A typically has no premium for those who have worked and paid FICA taxes for at least 10 years. Medicare Part B has a standard premium of \$185 per month in 2025. However, just because this is the standard does not mean that this is what everyone is charged.

IRMAA only affects Medicare beneficiaries who have a modified adjusted gross income above \$106,000 (individual return) or \$212,000 (joint return). IRMAA is calculated on a sliding scale: those who have higher incomes will have a higher IRMAA.

The IRMAA premiums vary year to year and can add up to \$443.90 in additional Part B premiums. Following is a chart showing the increases in Part B premiums based on earnings and filing status.

Single Filers	Married/ Filing Jointly	IRMAA	Total Premium
Greater than \$106,000 and less than or equal to \$133,000	Greater than \$212,000 and less than or equal to \$226,000	\$74.00	\$259.00
Greater than \$133,000 and less than or equal to \$167,000	Greater than \$266,000 and less than or equal to \$334,000	\$185.00	\$370.00
Greater than \$167,000 and less than or equal to \$200,000	Greater than \$334,000 and less than or equal to \$400,000	\$295.90	\$480.90
Greater than \$200,000 and less than \$500,000	Greater than \$400,000 and less than \$750,000	\$406.90	\$591.90
Greater than or equal to \$500,000	Greater than or equal to \$750,000	\$443.90	\$628.90

It is important to note that Social Security will base an IRMAA premium off the last two years of tax returns. So, someone considered a high earner in 2025 will have an IRMAA until 2027. In 2028, the IRMAA premium would end and the Part B premium would return to the standard. Modified adjusted gross income is used to calculate total income, and this can include inheritances, capital gains and taxable portions of Social Security benefits.

Part D IRMAA premiums aren't nearly as expensive, but they do follow the same income guidelines and will increase on a sliding scale. Part D IRMAA can range from \$13.70 to \$85.80 per month (there is no standard premium for Part D).

Single Filers	Married/Filing Jointly	IRMAA
Greater than \$106,000 and less than or equal to \$133,000	Greater than \$212,000 and less than or equal to \$226,000	\$13.70
Greater than \$133,000 and less than or equal to \$167,000	Greater than \$266,000 and less than or equal to \$334,000	\$35.30
Greater than \$167,000 and less than or equal to \$200,000	Greater than \$334,000 and less than or equal to \$400,000	\$57.00
Greater than \$200,000 and less than \$500,000	Greater than \$400,000 and less than \$750,000	\$78.60
Greater than or equal to \$500,000	Greater than or equal to \$750,000	\$85.80

There is an appeal process for those who have experienced a change in income due to a life-changing event. These events can include marriage, death, divorce, work stoppage, loss of income-producing property, employer settlement payment or loss of pension income. Appeals are completed by filling out form SSA-44 and turning it into your local Social Security office.

If you are considering retirement soon, you may want to contact your local Social Security office or call Aging Partners at 402-441-7070. [lw](#)

Sources: [ssa.gov](#), [Medicare.gov](#)



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Senior Supporters Honored at Award Luncheon

Individuals dedicated to supporting older adults gathered at the Country Club of Lincoln on May 20 for the Seniors Foundation's 12th Keystone Award Luncheon.

Michele Magner, keynote speaker, shared her deep passion for supporting individuals through the journeys of aging and caregiving. She encouraged attendees to reconnect with the reason they chose this path — especially during challenging times. Magner emphasized maintaining a healthy balance between one's personal life and the responsibilities of caring for others.

She reminded attendees that aging agencies and organizations are interconnected, forming a vital network of support and resources for older adults and their families. Magner also

urged professionals to identify and fill service gaps, adding how even small efforts can create a ripple effect across the industry.

"We need each other to care for ourselves and the population we are serving," she said. "The Lincoln community has created a unique and rich tapestry of resources and support for families of the aging."

Dennis Buckley received the 2025 Seniors Foundation Keystone Award, honoring his enduring contributions to improving the quality of life for older adults in Lincoln. For nearly 40 years, Buckley served as a devoted storyteller and advocate, creating a legacy of positive journalism as the founding editor of the Neighborhood Extra at the Lincoln Journal Star. The publication



Seniors Foundation Board President Roger Lempke, right, presents the 2025 Keystone Award to Dennis Buckley for his contributions to Lincoln and the aging community.

focused on local nonprofits, service clubs, neighborhood associations and individuals who would otherwise have gone unnoticed.

Buckley also served on the Seniors Foundation Board, the Sowers Club of

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Lincoln, and the Tierra Homeowners Association, and he continues his involvement with the Lincoln Sunrise Optimist Club. His legacy is one of connection, compassion and a deep commitment to uplifting others through the power of storytelling.

This year's Seniors Foundation Remembers Award honored Kathleen "Kay" Green. Recognizing lasting contributions to Lincoln's aging community, Green was a dedicated educator for 28 years. She brought innovation and heart to the classroom which earned her the prestigious 35th Scottish Rite Distinguished Educator of the Year award in 1999.


Her passion for education reflected a deep respect for all generations, especially the unique value of older adults in the community. In 2011, Green co-chaired the committee that launched the Seniors Foundation's signature event; and her leadership, creativity, and continued support



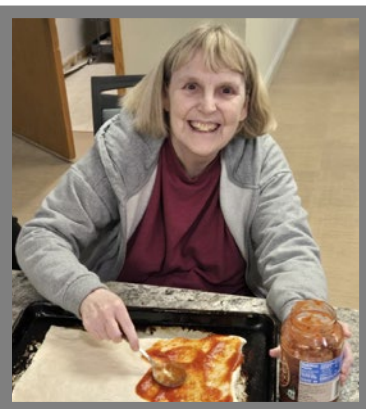
Kathleen "Kay" Green was recognized with the Seniors Foundation Remembers Award. Pictured from left are Green's son, Travis; husband, Regy; and Seniors Foundation Board President Roger Lempke.

helped establish a lasting tradition that thrives today.

This year's event was made possible thanks to the generous support of

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Moments That Matter: Connecting with Older Adults

Having an older adult in one's life offers a wealth of wisdom, perspective and a deep well of life experience. Those who have lived fully bring stories, traditions and lessons that help us connect to our roots and provide guidance through life's challenges.

While many older adults are eager to share their experiences and stay engaged, forming meaningful connections can be challenging, especially during transitional times like the loss of a spouse, move, or changes in health and mobility.

Jeannine Bryant considers herself blessed to have known many older adults throughout her life, including her four grandparents, great-aunts and uncles, as well as others from her small town. Today, as the owner of Changing Spaces Senior Relocation Services, she continues to work closely with older adults — further deepening her appreciation for the lasting impact of these purposeful relationships.

"There is so much wisdom to be gained from someone who has lived seven, eight or nine decades," she said. "Creating connection is important because our time together is limited. I know that true memories come from experiences and relationships, not stuff."

Recently, Bryant found herself wanting to move beyond the usual small talk with her 90-year-old mother-in-law which centered around weather, aches and pains or the Huskers.

"While these chats were always pleasant, there's not a lot of deep connection that comes from them," she said. "Sometimes, we just need a little inspiration to get ourselves out of a rut."

That inspiration planted seeds for Bryant's book, "101 Ways to Connect with a Senior." Released in April, it highlights various topics and activities designed to help families, caregivers and friends foster meaningful interactions with older adults. It covers categories ranging from connecting with nature, engaging the senses to celebrating their legacy.

"I wanted to inspire all of us to focus on making those connections, which will live on as our memories of our loved ones after they are gone," Bryant said.

For anyone seeking to bridge the generation gap or bring more joy into everyday interactions, the book offers practical prompts designed to spark conversation and connection to help inspire future generations.

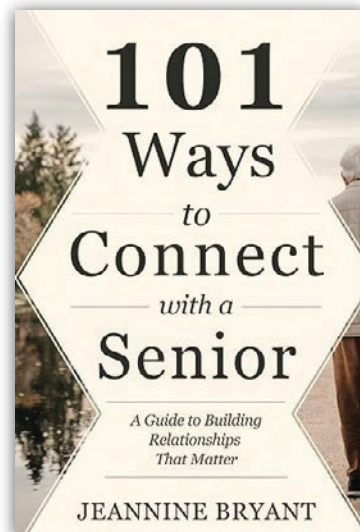
As an example, Way 6 encourages writing a letter with the loved one to future generations, discussing life lessons and sharing advice, allowing them to share a piece of themselves.

"How many of us would LOVE to have a letter like that written to us by our grandparents?" Bryant said. "That is sure to be an instant keepsake."

Additionally, there are ideas about activities to foster engagement and bring joy, such as Way 22: Teach the loved one how to use a voice assistant like Google Home, Alexa or Siri.

"I remember when we taught my mother-in-law to use her Google Home to listen to Frank Sinatra music any time she wanted — she loved it," Bryant said.

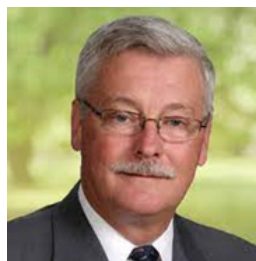
Other topics include using Google Street View to visit



A desire to keep older adults connected to their loved ones is what inspired Jeannine Bryant's book.

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Mick has achieved MDRT recognition for multiple years. As a MDRT member the goal is to demonstrate exceptional professional knowledge, strict ethical conduct and outstanding client service.



former homes or neighborhoods; stargazing on a clear night; starting a small gardening project to spend time together; and baking or sharing a favorite dessert.

For Bryant, building these connections is a way to pass down a sense of belonging and appreciation for family heritage.

“I’ve always believed that we stand on the shoulders of our ancestors, because our lives really are impacted by those who came before us,” she said. “Hearing their stories and understanding where we come from is such a grounding experience. I worry that in our fast-paced lives, we miss the opportunity to truly connect with our loved ones in the last decades of their lives.”

“101 Ways to Connect with a Senior,” can be purchased for \$14.95 on Amazon.com, ChangingSpacesSRS.com or Changing Spaces SRS at 5 621 S. 50th St. 

Way 11: Start a small gardening project together

Starting a small gardening project with a senior can be a wonderfully therapeutic and rewarding way to connect. Begin with a simple plan like planting herbs, flowers, or a small vegetable garden. Use a small plot of land, or even a container or two on a patio, deck or outside space accessible to them. Choose easy-to-care-for plants suited to their environment, and if possible, incorporate plants that hold personal meaning, such as their favorite flowers or something they enjoyed growing in the past. Gardening allows for gentle movement, provides a sense of purpose, and can even spark meaningful memories or stories. This hands-on activity promotes relaxation and creates a lasting bond as you nurture and watch your plants grow together.

Way 48: Go stargazing on a clear night

Plan a quiet, relaxed evening together under the stars. Choose a clear night with minimal light pollution, ideally in a peaceful outdoor setting like a local park or even their backyard. Bring along cozy blankets or lawn chairs, a warm drink, and maybe a stargazing app to help identify constellations. The experience offers an opportunity to reminisce about past experiences, share stories, and simply enjoy the beauty of the night sky. Stargazing provides a sense of wonder and connection, making it an ideal way to bond in a relaxing way.




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Assistive Technology Within Reach

Adding assistive technology equipment and home modifications can be expensive, often making this out of reach — especially for those older adults living on a fixed income. But help is available.

Assistive Technology Partnership (ATP) has been a valuable resource for Nebraskans, helping individuals navigate daily life at home, work, school and in the community by connecting them with devices and modifications that promote independence.

From tools that aid with bathing and preventing falls, to technology that enables computer use, ATP identifies solutions tailored to each person's unique needs.

Offering services at no cost, ATP is a federally-funded state agency with offices in Lincoln, Columbus,

Kearney, Omaha and Scottsbluff.

"Our goal at ATP is to be the one-stop shop for anyone in Nebraska who has an assistive technology or equipment need," ATP Director Tobias Orr said. "If we can't get it, we may have an idea of where to get it. We can connect people to the appropriate referral source to get what they need. We want to make a difference in people's lives."

Two of ATP's programs often used by aging adults include home modifications and equipment reuse of no-longer needed items.

Home Modifications

ATP can help identify funding resources for modifications that allow individuals to remain safely and independently at home, such as accessible showers, grab bars, entrance ramps, lifts, handrails, or

door widening; and to obtain assistive technology such as automatic door openers, stairlifts and vehicle modifications.

Modifications must be made in the primary residence of the individual in need and be essential for living safely and independently at home.

While ATP does not directly fund modifications, the agency collaborates with organizations that fund equipment and modification costs. Some resources are restricted to a specific disability and others to the equipment purpose. ATP will identify potential funding that applicants may qualify for, as well as other options such as reuse and discount programs.



Moving to Senior Living?

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The first step is completing ATP's Service and Device application electronically at atp.nebraska.gov/ funding, or request a paper copy by calling 402-309-0374.

Loan and Reuse Program

ATP's equipment loan and reuse program connects equipment to individuals who need it. Open and available to anyone in Nebraska, this program does not have income or disability restrictions.

The program offers temporary equipment loans for individuals who are recovering from an injury or illness; need to borrow an item while waiting for an order or repair; or need an item and do not qualify for funding.

"This program is helpful for those who may need a ramp, knee scooter, walker or rollator for use after surgery or an injury," Orr said.

Other items often included in the reuse program include wheelchairs, canes, crutches, dressing aids, grabber reachers, easy-grip kitchen and household items, toileting aids, light switch extenders, writing and computer aids, amplified telephones or alarm clocks, caption telephones and, in some cases, power wheelchairs. Orr encourages people looking for these items to call 531-207-2226 to see if they can help.


"If needed, we can contact other partners and see if they have something to help especially in cases of larger needs such as a power wheelchair or a hospital bed," he said.

Items also may be listed for free, loan or sale at AT4all.com. Hosted by ATP, this website is open to all agencies, businesses and individuals who want to connect no-longer needed equipment to other Nebraskans.

ATP also accepts no-longer-needed equipment donations, most commonly: walkers, rollators, wheelchairs, power scooters, canes, grab bars, super poles, adaptive silverware, pillboxes, and other items. ATP does not accept unclean or broken equipment, battery-operated equipment without a working battery, and customized equipment. ATP works with many programs, independent living centers and agencies across the state to find use for equipment donations.

"If we can't take it, we'll try to find a home for it," Orr said.

To donate an item, call 531-207-2226 to schedule a drop-off appointment. Donations may be tax-deductible.

To learn more about ATP, visit atp.nebraska.gov, or call toll free at 877-713-4002 (in-state only). 



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Stroke Prevention: What You Need to Know to Stay Safe

Suffering a stroke can be a devastating medical event, significantly affecting a person's ability to speak, move and perform daily activities. Everyday tasks such as getting dressed or making coffee can suddenly become overwhelming. Being unable to speak clearly can be isolating even around loved ones, and the hardest part after a stroke often is accepting life has changed.

A stroke occurs when blood supply to part of the brain is blocked or when a blood vessel bursts, cutting off oxygen and nutrients. This interruption can cause serious damage to brain tissue and lead to life-altering consequences.

Most strokes are ischemic, a blockage in a blood vessel supplying oxygen to the brain; while a smaller majority are hemorrhagic strokes, a burst or leaking blood vessel in the brain. Transient ischemic attacks (TIA), otherwise known as mini-strokes, are a temporary blockage of blood supply to the brain. While a TIA may resolve in a few hours, it serves as a warning sign that a person is at risk for a more serious stroke.

Strokes can be mild, moderate or severe depending on the type, location in the brain and a person's overall health. Mild strokes may cause temporary weakness or numbness on one side, mild speech difficulties and a brief loss of balance; while moderate strokes may include more pronounced weakness or paralysis on one side, difficulty with speech and swallowing as well as potential cognitive or emotional changes. Severe strokes cause significant weakness or paralysis on one side of the body, acute speech and swallowing difficulties, cognitive impairments and potential loss of consciousness or coma.

Risk Factors

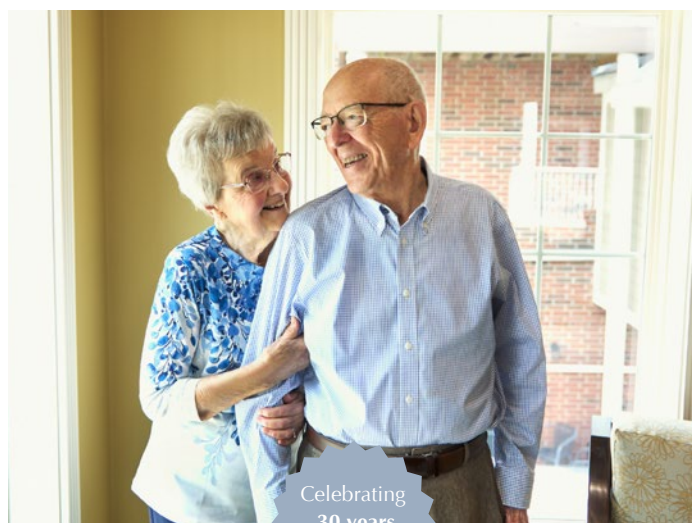
In 2021, there was 2.5 percent of men and 2.8 percent of females in Nebraska who had experienced a stroke. Anyone can have a stroke at any age, and statistics show strokes among individuals under age 45 are rising.

"Stroke traditionally has been associated with older adults, but we've seen in the last 10 years that there has been a noticeable increase in cases among younger individuals ages 18 to 50," said Aubrey Paulsen, Nebraska Stroke Association executive director. "While there is research being done to find the cause, we have been working to educate younger individuals across the state about what a stroke looks like and what to do."

High blood pressure is the leading cause of stroke. Other major risk factors include high cholesterol, smoking, poor mental health, a history of stroke or TIA (mini-stroke), heart disease, diabetes, obesity, and sickle cell disease.

Women are more at risk due to use of oral contraceptives, and pregnancy complications such as high blood pressure, endometriosis, premature ovarian failure, early-onset menopause.

The ways to help prevent stroke include maintaining a healthy weight, staying physically active, abstaining from tobacco, limiting alcohol, controlling diabetes, tracking blood pressure and cholesterol as well as taking medications as prescribed. It may also help to eat a Mediterranean diet including foods low in fat and cholesterol, high in fiber, limit sodium and eat many fruits and vegetables.



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Signs and Symptoms

Strokes are serious medical events which require immediate emergency care. Recognizing stroke symptoms can make a life-saving difference and drastically improve the chances of recovery. Recognize the signs of a stroke through the acronym, **BE FAST**:

- **Balance:** Sudden loss of balance or coordination.
- **Eyes:** Blurry or double vision in one or both eyes.
- **Face:** One side of the face has drooping or numbness; ask the person to smile.
- **Arms:** Weakness or numbness in one arm. Ask the person to raise both arms. Does one drive downward?
- **Speech:** Slurred or difficult speech.
- **Time to call:** Call 911 immediately if ANY of these symptoms appear.

Life After Stroke

No one can prepare for a stroke, and its effects can leave survivors with a long list of resources to find, often proving especially difficult in rural areas.


"If someone is discharged from the hospital, resources can look different in an urban area compared to rural area," Paulsen said. "Survivors in the more rural areas may need to figure out caregiving, nursing, rehabilitation and access to food."

Nebraska Stroke Association strives to connect stroke survivors with rehabilitation resources, including physical, occupational and speech therapy to support their recovery journey with its resource map at www.nebraskastroke.org/resources/find-resources.html. The association's mission is to serve Nebraskans through stroke

prevention, education, advocacy and support services. Through education, the association strives to reduce stroke occurrence and help every Nebraskan understand the critical importance of stroke awareness and timely medical intervention.

"We want to help connect support services to those who need it," Paulsen said.

For instance, the resource map also includes information about in-person and virtual support groups, various types of therapy, caregiver support, transportation, food and housing assistance.

To find more information for individuals, families and health care professionals about stroke care, prevention and support services as well as navigating the challenges of stroke recovery, go to Nebraskastroke.org. 

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From Refugee to Future Nurse: Tania's Journey through Lincoln Literacy

Escaping Haiti's deepening crisis, Tania arrived in the U.S. as a refugee in June 2023.

Knowing only Haitian Creole and French, Tania was connected with Lincoln Literacy, an organization whose mission is to strengthen the community by teaching English and other literacy skills to people of all cultures.

In 2024, Lincoln Literacy served 2,250 learners from 87 countries, offering more than 100 free English language and literacy classes weekly for each fluency along with educational childcare classes.

Lincoln Literacy also offers preparation courses to obtain a Commercial Driver License (CDL) or become a Certified Nursing Assistant (CNA), paraeducator or teacher, along with other services related to driving, career navigation, and computer, community and health literacy. Its CareerLadder program helps licensed or degreed individuals return to their occupations after relocating.

"We help prepare people for success, but we don't do it for them," said Bryan Seck, Lincoln Literacy executive director.

Though Tania worked as a teacher in Haiti, she had always dreamed of becoming a nurse. Upon completing Lincoln Literacy's Refugee Welcome class, she quickly moved through beginner, intermediate and advanced English courses.

"It typically takes our students up to five years to learn English, depending on their motivation and school history," Seck said. "Tania went through our levels incredibly

quickly — within a year."

Once fluent in English, Tania completed Lincoln Literacy's computer and health care pathways courses, gaining technology skills and knowledge of the U.S. health care system. She then completed the CNA program taught by Dr. Jeri Brandt, a retired Nebraska Wesleyan University nursing professor.

Next, Tania enrolled at Southeast Community College and earned her certification. She's now employed as a CNA. Having gained real-world experience, Tania is pursuing her Licensed Practical Nurse (LPN) certification through SCC. Anticipating graduating in May 2026, she already has a job offer from Bryan Health.

For Brandt, volunteering is a simple way to give back and help shape the future of a student's life, and in many cases, the community with more health care workers. While she interacted and worked with Lincoln Literacy in the past, Brandt began volunteering consistently after she retired in 2020 and became the CNA prep instructor in 2021.

"I don't know a better way to spend 90 minutes each week than to



From left are Dr. Jeri Brandt, Lincoln Literacy CNA prep instructor; Tania and Bryan Seck, Lincoln Literacy executive director.

do this," Brandt said. "I'm amazed every week by my students."

Giving Back Through Giving Hope

Lincoln Literacy relies on more than 200 volunteer tutors to teach English. No education degree or knowledge of another language is required, just a desire to help others and be trained.

"Our rule is you have to read, write and speak English to tutor. All of our classes are taught in English, so you don't have to know another language," Seck said.

Volunteer tutors teach students various skills, from learning to speak, read and write English to preparing for a General Educational Development (GED) or U.S. citizenship test.

Currently, Lincoln Literacy offers a combination of online and



We help prepare people for success."

— Bryan Seck, Lincoln Literacy executive director

in-person tutoring opportunities. Volunteers should expect to commit to one hour per week for one year.

“A long-term commitment allows tutors and students to build a relationship; that’s really where the learning happens,” Seck said.


There are three types of tutoring available:

- Class group tutoring, where a tutor meets with three to eight people online or in-person for one to 1.5 hours either once or twice a week. Classes are based on student skill levels and placed according to English fluency. Tutors may also teach skills classes such as GED prep, math or computer literacy and more.
- Conversation group tutors meet with a group of students to practice their conversation skills.
- Job mentors help students continue their education or search for jobs, which includes



Two students participate in a Lincoln Literacy class, building skills and confidence together.

completing applications, editing resumes and practicing for interviews. Volunteers may serve as a tutor and job mentor at the same time.

For more information on volunteering and applying, visit lincolnliteracy.org/volunteer, call 402-476-7323 or email info@lincolnliteracy.org. 

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ADRC 101:

Connecting People to Support Services

Navigating appropriate resources and support can often be overwhelming, particularly when individuals are uncertain where to begin or unaware of what services are available. The Aging and Disability Resource Center (ADRC) in Nebraska is a trusted, one-stop resource for information and assistance for older adults; individuals of any age with physical, intellectual or developmental disabilities; and their families, caregivers and advocates.

Confidential assistance provided at no cost, the ADRC helps guide people to the right information and services, enabling them to make informed decisions about their care and well-being.

The ADRC provides information and referral services, benefits counseling, identifies unmet service needs and connects individuals with appropriate community resources. The most common include housing, medical or financial needs, meals in the home, adaptable equipment, in-home care, understanding eligibility for public benefits and the application process, and senior living options such as independent, assisted living and skilled nursing home care.

“The ADRC helps support aging adults, individuals with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term support options, while respecting an individual’s rights, dignity and preferences,” said Valerie Franssen, ADRC program supervisor, Aging Partners.

Area Agencies on Aging across Nebraska have ADRCs,



From left, Valerie Franssen, ADRC program supervisor; and Kristy Essink, ADRC counselor, offer tailored support for individuals with a disability or over age 60 through the Aging and Disability Resource Center.

which started in April 2016 as a pilot project by the Nebraska Legislature. Service is provided by Aging Partners in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties.

While Aging Partners serves individuals age 60 and over, the ADRC expands the agency’s offerings to individuals with disabilities of any age. This structure allows for efficient coordination and shared resources, while still ensuring the distinct needs of both populations are met.


The ADRC can be a beacon of hope in a sometimes confusing and dark path.

“Many people who come to us are at a place where they don’t know what to do,” Franssen said. “They’ve exhausted all their resources and internal supports and they think there is no help available — but we can help.”

Franssen and Kristy Essink, ADRC counselor, strive to be a source of hope through listening without judgment and offering tailored support, reminding people they’re not alone in their journey.

“Serving people is a deeply rewarding experience,” Franssen said. “It offers me both personal and professional growth, and results in a greater development of empathy and understanding. It has a positive impact in the lives of others.”

Contact ADRC

For those living in Aging Partners service area, which includes Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties, call 402-441-7070 and ask to speak with an ADRC counselor, or visit Aging Partners at 600 S. 70th Street. For those outside of this service area, call 844-843-6364 to find the appropriate ADRC office. 



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Braille and Audio Books Bring Reading to Everyone

For those with visual or physical impairments, the simple joy of reading a book can seem unreachable. Traditional print material often present barriers that make reading difficult or even impossible. Fortunately, the Nebraska Library Commission's Talking Book and Braille Service (TBBS) offers accessible formats and resources to help bridge this gap.

TBBS began in 1952, part of a nationwide network of libraries run by the National Library Service (NLS), a division of the Library of Congress. The NLS was established in 1931 when Pratt-Smoot Act became law, providing library services to blind adults. The program was opened to blind children in 1952, and it expanded in 1966 to recognize blindness was only one of

many disabilities that impairs a person's ability to read regular or standard print material, therefore opening it to persons with other disabilities.

Nebraska residents with a visual or physical condition, or reading disability that limits their ability to use standard print may be eligible for the TBBS library service which offers free audiobooks, audio magazines and braille material by mail — at completely no cost to the user. Schools and care facilities also may use the service if they have at least one individual who is eligible.

While originally distributed by vinyl records and later cassette tapes; today, material is distributed through digital cartridges, which resemble USB drives. These cartridges can hold anywhere from one to 15 books on average. The



The Nebraska Library Commission has a variety of braille books for children.

cartridges are played on specially designed, easy-to-use playback devices, all sent to and from patrons free of charge through the U.S. mail.

Specific books may be requested through the service, and there is no waiting period to receive a book.

Users also may access books and magazines through the Braille and Audio Reading Download (BARD)

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website or app. Books can be played directly from the app or downloaded and placed onto a digital talking book cartridge for use in the specialized players.

"We are more than happy to serve patrons who feel comfortable using apps and those who aren't quite as tech savvy," said Gabe Kramer, TBBS director.

TBBS also has a collection of children and youth braille books, and contracts with the State of Utah's Library for the Blind for additional titles. Additionally, TBBS offers digital braille through no-cost refreshable braille display devices.

For locally produced books and magazines, TBBS relies on volunteer narrators, who are an essential part of its success in Nebraska. Each week, approximately 25 volunteers read print material during two-hour recording sessions. These locally produced items include *Living Well*, *Nebraska Life*

Magazine, *Nebraskaland*, and other Nebraska-based magazines and books.

More than 100 locally recorded books have been posted on BARD for users across the nation. TBBS's most popular local book is "The Worst Hard Time: The untold story of those who survived the Great American Dust Bowl" by Timothy Egan.

Those interested in volunteering, should contact Miranda Shreves at 402-471-4033.

Eligibility

"Any resident of Nebraska who cannot see or read regular print, or hold a book to turn its pages can qualify for TBBS," Kramer said. "We serve Nebraskans who are blind, visually-impaired, or have a physical condition that does not allow them to read regular print. That can include someone who can't physically hold a book, or people with reading disabilities such as dyslexia."

Continued on page 24.



Volunteer narrator Connie Healey reads books and other publications for the Nebraska Library Commission's Talking Book and Braille Service for the visually and physically impaired.

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Braille and Audio Books Bring Reading to Everyone

Continued from page 23.

TBBS serves 2,600 people of all ages, but the average patron is 80 years old.

“Most of our patrons have lost their sight later in life,” Kramer said.

To apply, visit nlc.nebraska.gov/tbbs/applyforservice.aspx. Applicants must be an individual or institution such as a school or care facility with a qualified individual.

Those who qualify, include U.S. citizens who:

- Have visual acuity 20/200 or less in the better eye with corrective lenses, or if their field of vision is no wider than 20 degrees at its widest point.
- Have visual disability, with correction and regardless of optical measurement prevents them from reading standard printed material as certified by a competent authority.
- Is certified by a competent authority

as unable to read or use standard printed material as a result of physical limitations.

- Is certified by a competent authority as having a perceptual or reading disability of sufficient severity to prevent reading printed material in a normal manner.


Applications require a certifying authority — which can be a doctor, nurse, ophthalmologist, social worker, psychiatrist, teacher, principal or librarian — to validate the impairment. Minors under age 18 also need parental acknowledgement.

Once an application is received, applicants will get a phone call to confirm details and information about creating a patron profile to generate reading lists. Listening players and cartridges will be mailed free of charge after that. Those interested may use the



The Talking Book and Braille Service program uses easy-to-use machines, such as the refreshable braille display, left, for the blind and a digital talking book machine that are available at no cost to qualified users.

BARD website or app, available on iOS and Android devices.

For questions about the TBBS, visit nlc.nebraska.gov/tbbs. Applications can be found on that website, or to request a paper application, call 402-471-4038, or if outside Lancaster County, call 800-742-7691. 

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Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

“Did you hear about the very happy flowerbed? It was so excited summer had arrived it wet its plants!”

A little boy in my neighborhood told me this a few years ago and I remembered it as I was thinking about an introduction line. Since this article will have a lot of information about outdoor care for your property, it seemed a good fit!

Summer is our Handy Home Services (HHS) section's busiest season with mowing and outdoor projects while still doing the occasional indoor job. This program needs your help. Several of our HHS techs have decided to retire for various reasons. We wish them all well and thank them for all their hard work in helping our clients

stay in their homes, be safe and stay self-sufficient. However, that leaves us short-staffed for lawn mowing. If you or someone you know would be interested in being a tech, give me a call at 402-441-8815.

We receive requests to mow grass as short as possible, so it doesn't need to be done as often. Doing this puts stress on your lawn and gives weeds and pests opportunities to take over. Mowing more frequently and cutting less makes for a healthier yard. Making sure the blade is sharp also creates a cleaner cut for a better looking, less-stressed lawn.

I use a commercial company for my weed and fertilizing needs; but if you apply your own, I suggest going with a four- or five-step system. They range in price and are available at

various hardware stores. To spot-kill weeds like thistles and dandelions, I mix up a homemade remedy that I've had good luck with. I add one gallon of white vinegar to one cup of pickling salt and a tablespoon of dish soap in my handpump sprayer. Prior to using it, I shake up just in case sediment has formed, then I apply directly to the weeds while avoiding the grass as much as possible. I apply liberally to my sidewalks, driveway and rock areas around my garden hoses. It is inexpensive, works great and has limited effect on pollinators like bees.

If you ask 10 people when the best time is, how much and how often to water, you will probably get 10 different answers. And that's OK because everyone's situation is different regarding sunlight, type



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of plants, etc. My house and yard are a mixture of full sun, partial sun and shade, so it's a bit tricky. I prefer to water in the mornings since it's cooler, less shocking to plants and soaks in better without evaporating as much. But as I noted above, do what works for you. However, I strongly suggest avoiding watering in the evenings because water on plants at night is a good way to have mold and funguses develop.

I assume that you, like me, might have a few bottles, cans and other containers of various yard chemicals sitting around your basement, garden shed or garage that you are no longer using and would like to discard. The Lincoln-Lancaster County Health Department's HazToGo website is an option for disposing of these old chemicals safely and, in most cases, the cost is negligible, sometimes even free for homeowners. The facility at 5101 N. 48th St. is just south of the landfill. It is only open from 9 a.m. to 1 p.m. Wednesdays, but the process is simple and quick. You can call them at 402-441-8021 for more information.

So, after working hard in the yard, you have probably worked up a pretty good sweat. The solution of course is to go inside, get a big glass of water and sit down in front of a fan! You don't have a fan? Well, you are in luck! Aging Partners is again providing the "Be A Fan To Seniors" program. If you are over 60 and would like a fan for your home, please call us at 402-441-7030 to request one. Unfortunately, we cannot deliver them, but you can pick one up at our Victory Park Senior Center at 600 S. 70th St. We ask that you call prior to coming so someone with the program can be available to assist you and ensure that we have enough fans available. If you would like to donate fans to the program, we will happily accept them. We prefer three-speed box fans due to their light weight and volume of air moved.

I am out of space, so enjoy the summer and keep staying self-sufficient! 


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Smile Strong: Importance of Oral Health

By Devin Mueller, Aging Partners Nutrition

While your mouth, teeth, and gums play a key role in eating, their function goes beyond that. They are essential for chewing food thoroughly, making it easier to



swallow. Together, these actions mark the first steps in the body's digestive process.

Think of your mouth as the first point of contact with food and its nutrients. What you eat directly affects your overall health — including your teeth and gums. Research shows that poor nutrition often reveals its first signs in the mouth. Let's explore what the American Dental Association (ADA) says about the connection between diet and dental health.

Food That Damages Your Teeth

To protect your dental health, it's important to be aware of foods that can damage your teeth and limit your exposure to them.

Hard candies and ice can be

harmful to your teeth, especially if you are chewing them. Hard candies are considered empty calories with no nutritional value and can pose a risk due to the exposure of high sugar levels. The ADA recommends trying sugarless gum in place of hard candies. Be sure to look for the ADA seal when purchasing sugarless gum. Chewing on ice also can be damaging to your teeth. Chewing ice may be a mindless habit for some, but ice can damage the tooth's enamel, the protective covering.

Some foods are enjoyable because of their taste, but it's important to monitor how much you consume. Foods strong with citrus, like lime or lemon, can erode your teeth, which can lead to possible decay over time.



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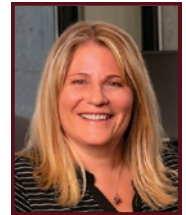
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Coffee drinkers often add sugar for taste, but they may want to start skipping that step. When added to coffee, sugar can lead to cavities, which can lead to tooth pain and other issues in the future. Sticky foods aren't ideal for your teeth, as they can get lodged in hard-to-reach areas and are difficult to remove. Starchy snacks and trail mixes taste good but are not recommended by the ADA. These types of snacks can be trapped in and on your teeth. If you choose to consume these foods, remember to drink water and floss every day to prevent tooth problems.

The last type of food that should be avoided are sodas, alcohol and sport drinks. Carbonated drinks like soda can attack your teeth with their acidity. Alcoholic beverages consumed on a regular basis can lead to decreased saliva production, leading to tooth decay and gum disease. Heavy intake of alcoholic beverages can lead


to an increased risk of oral cancer. Finally, keep the sport drinks for the athletes — they are often loaded with sugar.

Foods That Are Good for Dental Health

Let's look at the brighter side and review foods that are good for our health and well-being. Water is the undisputed champion and always will be. Fluoride found in water helps make teeth stronger against the damage acid can do to our teeth.

Foods considered good for your teeth include dairy products, like cheese and yogurt, and various types of meats, fruits and vegetables. Dairy products are often low in sugar and high in calcium, which helps strengthen your teeth. Similarly, foods like meat, poultry, milk and eggs are rich in phosphorus, a mineral that also supports strong teeth. Fruits and vegetables are high in water and

fiber; a good balance to the sugars you consume. Fruits and vegetables also help clean your teeth while you chew, which can lead to the production of more saliva to help wash away the acids and food particles that might be taking a free ride on your teeth.

This last food I'll mention is one that you might not think about, but nuts are as important as anything when it comes to nutrition and our oral health. Nuts contain minerals and protein which are important, not only for your overall health, but also your oral health. Nuts are low in carbohydrates, so they don't pose any unnecessary risk for causing cavities to your teeth. Nuts typically require a lot of chewing, and research shows that more chewing stimulates increased saliva production. Having more saliva can lead to a decreased risk of tooth decay, which can help keep your teeth strong and happy for many years. 

Source: www.mouthhealthy.org

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

Help is just a phone call away!



127 S. 37th St., Suite B,
Lincoln, NE 68510

3116 18th St., Suite 55,
Columbus, NE 68601

402-476-2300

ChoicesTreatmentCenter.net

Confidential.

24 Hours a day, 7 days a week.

Local Helpline: 402-476-2300

Nebraska Helpline:

1-833-238-6837

National Helpline:

1-800-GAMBLER



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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gmail.com

Stop Sitting After Meals: Truth About Walking Right After You Eat

By Lisa Lavene, PT, CPT, Aging Partners Health and Fitness personal trainer

You've probably heard it your whole life: "Relax after eating or you'll get cramps," or "Rest so your food can settle." Modern research has debunked this outdated advice and reveals that walking immediately after eating significantly can improve digestion, balance blood sugar and even help you manage your weight.

Let's unpack the science, bust some outdated myths and help you take your first post-meal steps toward better health.

Myth #1: Walking After Eating Causes Cramps or Indigestion

Truth: Walking actually aids digestion.

The myth comes from outdated and oversimplified interpretations of how digestion works. While intense exercise like sprinting or heavy lifting immediately after a meal may cause discomfort, a light to brisk walk does

not divert blood away from the digestive system — in fact, it supports it.

Walking enhances gastrointestinal motility, the efficient movement of food through your digestive tract. This leads to less bloating, gas and constipation for most people. It may also reduce the likelihood of acid reflux, especially when compared to lying down or sitting still after a meal.

Myth #2: You Should Wait 30 Minutes Before Moving After a Meal

Truth: Blood sugar rapidly spikes the first 30 minutes after eating — and walking helps reduce it.

A 2022 study published in Sports Medicine found that as little as two minutes of light walking after a meal significantly reduced blood sugar levels more effectively than sitting or standing still.

Another study, published in 2016, revealed that blood sugar levels were significantly lower when participants with type 2 diabetes walked for 10 minutes after each main meal compared to a single 30-minute daily walk. Researchers noted that the improvement was particularly striking after a carbohydrate-heavy meal.

Timing is critical. The after-meal window of opportunity allows muscle to act like a sponge, sopping up the glucose in your bloodstream. This reduces blood sugar elevation that can contribute to insulin resistance, type 2 diabetes, weight gain and fatigue.

Myth #3: Walking After Meals Won't Help With Weight Loss

Truth: Post-meal walking can support weight loss over time.

How to Start: Easy Post-Meal Walking Tips

Building new habits doesn't have to be overwhelming. Start small:

- Set a timer — start with 10 to 15 minutes, or even as little as two minutes!
- Walk indoors or outdoors — either works, even laps throughout your home or workplace count.
- Make it social — encourage a friend or co-worker to join you.
- Keep it light — a comfortable pace will do. This isn't exercise in the traditional sense; think of it as active digestion.
- Consistency is key — start with walking after one meal a day and build from there. Over time, it will become a healthy habit and part of your daily rhythm.

A case report published in the International Journal of General Medicine demonstrated that walking for 30 minutes immediately after two meals per day for one month resulted in more weight loss than doing the same walk one hour after eating. Walking pace also had an impact — a brisk walk resulted in greater weight loss than a slower pace. Walking immediately after meals also resulted in lower blood sugar levels for participants.

While improved blood sugar levels won't directly cause weight loss without the addition of a calorie deficit, it can increase the likelihood of a calorie deficit occurring. Let's dive



into the science behind this.

Insulin is a hormone that regulates blood sugar. Insulin resistance occurs when your body doesn't respond well to insulin. This leads to high blood sugar. Insulin resistance can also increase appetite, triggering increased food consumption and subsequent weight gain. Although the causes of overeating are complex, the primary factor behind weight gain is consuming more calories than the body burns. Insulin resistance and a lack of blood sugar control can play a role in the process.

Alternatively, better insulin sensitivity and optimal blood sugar regulation can facilitate appetite control and reduced calorie intake, which can in turn lead to weight loss. ^{LW}



Is Walking a Struggle?

Aging Partners will soon have a class for that! This summer, Aging Partners will introduce "On the Move." This group exercise class is designed to improve the ease and coordination of walking and is intended for older adults who can walk independently with or without a cane.

"On the Move" Group Exercise

Grace Lutheran Church

2225 Washington St.

Tuesdays and Thursdays

1 to 2 p.m.

July 8 through Sept. 25

Class size is limited; call

402-441-7070 to register!

Call to Action: Take the First Step Today

Forget the outdated advice and step up to the challenge, literally! After your next meal, simply get up and walk. Whether it is around your home, neighborhood, work or a restaurant, establishing this simple habit could spark a positive, lasting impact on your health.



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Invite vitality back into your life and let us surprise you with all the perks of glorious senior living!

Greene Senior Living
600 Church St. in Seward
tutera.com/location/greene-senior-living/

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Bryan  Health

Caregiver Corner

Raising Next Generation as a Primary Caregiver

Grandparents play an important and special role in families — bringing extra love, wisdom and support to positively influence their grandchildren's lives and future generations. Whether through sharing stories, teaching life lessons or just being there with open arms and warm hugs, a grandparent's presence often creates lasting memories and a strong sense of connection across generations.

In some situations, grandparents take on a larger role by becoming the primary caregivers for their grandchildren or other younger family members. This arrangement is known as kinship care, when a child is cared for by a relative or close family friend if the parent is unable to provide care. This can happen for a variety of reasons including financial instability, abuse or neglect or parental incapacity. Kinship ensures children remain with family and maintain connections to their home, siblings, friends and school — preserving cultural identity and minimizing trauma.

Across Nebraska, 17,000 children are being raised via kinship care by their grandparents, aunts, uncles and other relatives or close family friends covering all socioeconomic, educational, ethnic and racial backgrounds.

While it can be a solution for a challenging situation, navigating this can be difficult. Kinship care caregivers often feel alone as they embrace raising children a second time. This can often be more complex due to being older, living on a fixed income, having a chronic health issue or close relationships with the child(ren)'s

parents, requiring navigation of complex family dynamics.

Tips for Kinship Care

Creating stability can make a meaningful difference. One of the most effective ways to ease the transition into kinship care is by establishing a consistent routine. Structure offers a sense of safety for children and can reduce stress for caregivers, helping everyone adjust to their new normal with greater confidence. Talk about expectations, bedtimes, screen time limits and household chores. Establish a routine to help children learn boundaries and practice self-discipline.

Children may ask about the situation, and it's important to build trust by being truthful in an age-appropriate manner. Reiterate how much they are cared for by so many people.

It can be difficult balancing primary caregiver and grandparent roles. Kinship caregivers provide reliable, responsible care at a time when a parent is unable. While just being present in the role is integral, it's also

important to connect through play and find activities to do together — creating special memories and traditions by visiting the park, watching movies, going on a walk or scavenger hunt, splashing in puddles, reading books together, trying a new recipe, playing a board game or gardening together. It doesn't have to be elaborate or expensive to demonstrate how much you love the child.

Remember also to care for yourself. While providing care for a child is a priority, ensure you are caring for your physical, mental and emotional health. Make it a priority to eat well, exercise and get consistent sleep. If you don't care for yourself, you can't care for others.

To aid in the journey, kinship caregivers also can look to community resources. Nebraska Children's Home Society (NCHS) can help provide education, resources and support for kinship caregivers to focus on their own needs as well as the children in their care.

"NCHS believes every child in



Nebraska deserves the opportunity to grow and learn in a supportive, loving, safe home environment while retaining family, cultural heritage and community ties,” said Jen Samuelson, marketing and communications manager.

Kinship Navigator

With programs across the state, NCHS provides resources and connections as an ongoing support system. In 2021, NCHS started the first Kinship Navigation program that addresses unique needs of families formed through kinship care.

Available to Nebraskans, Kinship Navigation connects families with specially-trained staff, called Kinship Navigators, who partner with kinship caregivers to identify resources such as public benefits, parenting classes, legal help, peer support, economic self-sufficiency, coaching and other ongoing support to meet each family’s unique needs.

To qualify, families must live in Nebraska, care for children under the age of 19, and have a family formed through kinship care outside the formal child welfare system.

To access support and resources call NCHS toll-free at, 888-315-7347 or email kinship@nchs.org. More information can be found at kinship.nchs.org.

As a kinship caregiver, it’s possible to provide discipline and guidance while also nurturing a loving environment that leaves a lasting, positive impact on a child’s life. **lw**

Lincoln Housing Authority

5700 R Street | 402-434-5500

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

www.L-housing.com

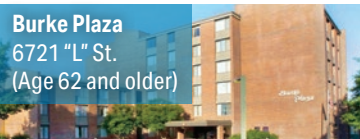
Mahoney Manor
4241 N. 61st St.
(Age 50 and older)



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



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



- Secure Entry Systems
- Handicap Accessible Units
- Elevators
- Group Transportation
- Coin-Operated Laundry
- Small Pet Allowed
- Community Room
- Organized Special Activities



All utilities paid, smoke-free facilities

** Must meet eligibility requirements*

Nebraska Family Caregiver Support

LIFESPAN RESPITE NETWORK



We Care for Those Who Care for Others

Respite allows a provider to step in and give unpaid caregivers a break from their responsibilities.

1-866-RESPITE

1-866-737-7483

respite.ne.gov

DD-OTH-40 5/2025



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

AGING PARTNERS

600 S. 70th St., Bldg. 2
Lincoln, NE 68510
402-441-7070 or 800-247-0938
lincoln.ne.gov/Aging
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.

BENEFITS COUNSELING AND LEGAL ASSISTANCE

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 Homestead Tax Exemption.
- **Legal Counseling** – Free legal advice and referral services for those who meet financial guidelines.

NEIGHBORLNK

This program 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

HANDY HOME SERVICES AND TRANSPORTATION

- **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
- **Handy Home Services** – Minor home repairs and maintenance including mowing, leaky faucets, painting and broken light fixtures. ▲ 402-441-7030
- **Ride within Lincoln to the Centers** – Schedule a ride to your Aging Partners Center (handicap accessible). ▲ 402-441-7158
- **Lancaster County Public Rural Transit** – Scheduled transportation to and from Lincoln to rural Lancaster County areas. (handicap accessible). ▲ 402-441-7031

A listing of other options in the community is available at 402-441-7070.

- **Alzheimer's Disease** – Information and referral. 402-441-7070 or 800-247-0938
- **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. ▲ 402-441-7575
- **Health Education Programs** – A variety of topics assisting individuals to make healthy lifestyle choices.
- **Nutrition** - Noon meals, selected evening meals with entertainment and special holiday meals are available at some centers. 402-441-3480

HEALTH, FITNESS AND NUTRITION

- **The Schmieding Foundation Center for Active Living Fitness Center** – Cardio and strength training equipment. A certified personal trainer is available by appointment. ▲ 402-441-7575
- **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). ▲
- **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

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.

LIVING WELL MAGAZINE

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

To receive Living Well by email instead of in the mail, call 402-441-6146 or email delrod@lincoln.ne.gov.

LIVE & LEARN

A monthly TV show for and about older adults on LNKTV City (ALLO channel 2, Spectrum channel 1300, Kinetic channel 1005) and LNKTV.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-air at various other times throughout the month.

SENIOR CENTERS, EVENTS AND ACTIVITIES

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 Centers

- Belmont Center: 402-441-7990
Belmont Recreation Center
1234 Judson St., Lincoln
- Northeast Center: 402-441-7151
6310 Platte Ave., Lincoln
- Washington Street Center
402-441-7157
Grace Lutheran Church
2225 Washington St., Lincoln
- Victory Park Center: 402-441-7154
600 S. 70th St., Lincoln
- Bennet Center: 402-441-6590
American Legion Hall
970 Monroe St., Bennet
- Firth Center: 402-441-6590
Community Center
311 Nemaha Blvd., Firth
- Hickman Center: 402-441-6590
Hickman Community Center
115 Locust St., Hickman

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.
- **Assisted Living and Nursing Facilities Resource Listings**

SENIOR CARE OPTIONS AND MEDICAID WAIVER

402-441-7070 or 800-247-0938

- **Nursing Facility Level of Care** – Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.

MULTI-COUNTY CARE MANAGEMENT SERVICES

Providing professional assistance in assessing needs, planning and coordinating home care.

All Counties: 800-247-0938

Jean Holt, Coordinator

Providing professional assistance in assessing needs, planning and coordinating home care.

- 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
Shannon Mitchell, 402-416-9376
- Seward County
Shannon Mitchell, 402-416-9376
- York County
Becky Romshek, 402-367-4537

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
Mark DeMers, 402-764-2711
- Saline County Aging Services
Lori Moldenhauer, 402-821-3330
- Seward County Aging Services
Alison Rook, 402-646-7110
- 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 Diners
c/o Village Hall
323 E. “M” St., McCool Junction
402-724-2525
- York Leisure Home (meal site only)
215 N. Lincoln Ave., York
402-362-5900
- York Senior Center
725 Nebraska Ave., York
402-362-2496

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.

Aging Partners News and Events

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

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

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Contact Deb Elrod at 402-441-6146 or delrod@lincoln.ne.gov to sign up.



Health and Fitness

Schmieding Center for Active Living Fitness Center

600 S. 70th 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 ages 60 and over. A \$15 fee is required for individuals under age 60. A certified personal trainer is available by appointment at no extra charge.

For all Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over. A \$5 per class fee for those under age 60 is required. For all workshops, there is an \$8 per week suggested contribution for age 60 and over and a required \$10 per week fee for those under age 60. Preregistration is required for all classes by calling 402-441-7575. Please register early. Classes that do not have sufficient enrollment will be canceled.

Evidence-Based Tai Chi Classes

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

Tai Chi for Arthritis and Fall Prevention

Level I

Eastridge Presbyterian Church
1135 Eastridge Drive
Tuesdays and Thursdays
1 to 2 p.m.

Aug. 5 through Oct. 9

This class is beneficial to people with or without arthritis and can help prevent falls. Each session includes breathing techniques and warmup and cooldown exercises. Participants will practice one or two movements per lesson, progressively leading to completing the core movements. Please note updated information: Suggested contribution is \$4 per class or \$80 per session (20 classes).

Tai Chi for Arthritis and Fall Prevention

Level II

American Lutheran Church
4200 Vine St.
Mondays and Wednesdays
10 to 11 a.m.

July 14 through Sept. 15

This class is only available to those who have completed at least one full session of the Tai Chi for Arthritis and Fall Prevention Level I. Please note updated information: Suggested contribution is \$4 per class or \$72 per session (18 classes).

Evidence-Based StrongBodies Strength Training Program

Victory Park Center, Classroom 105
600 S. 70th St.
Tuesdays and Thursdays
Beginners: 8:15 to 9:30 a.m.
Intermediate: 9:45 to 11:30 a.m.
Intermediate: 11:45 a.m. to 1:30 p.m.
Aug. 12 through Oct. 30

The benefits of strength training for older individuals have been studied extensively and include:

- Increased muscle mass and strength.
- Improved bone density and reduced risk for osteoporosis and related fractures.
- Reduced risk for diabetes, heart disease, arthritis, depression, and obesity.
- Improved self-confidence, sleep, and vitality.

The exercises in StrongBodies work all the major muscle groups, utilizing a combination of dumbbells, adjustable ankle weights and body weight. StrongBodies is an evidence-based fall prevention class and meets twice per week for 12-week sessions. Class size is limited. Please note updated information: Suggested contribution is \$4 per class or \$96 per session (24 classes).

Evidence-Based On the Move: Group Exercise for Improved Mobility in Older Adults

Grace Lutheran Church
2225 Washington St.
Tuesdays and Thursdays, 1 to 2 p.m.
July 8 through Sept. 25

This will be a group-based exercise program for older adults, designed to improve the efficiency and quality of walking. The program will include warm-up, stepping patterns, walking patterns, a range of motion exercises, and cooldown exercises. This class is for older adults able to walk independently with or without a cane. It is not appropriate for individuals who require the use of a walker. Suggested contribution is \$4 per class or \$96 per session (24 classes).

Chair Yoga

Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 9:30 to 10:30 a.m.
July 16 through Oct. 1
Fridays, 9:30 to 10:30 a.m.
July 18 through Oct. 3

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 while standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners are welcome.

Dance for Life

Each class focuses on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm up from the chair, move to standing, transition to dance then cool down with standing and seated movements.

- American Lutheran Church
4200 Vine St.
Mondays, 1:30 to 2:30 p.m.
April 14 through Aug. 18
(no class May 26)
Sept. 8 through Dec. 8
- Auld Pavilion
1650 Memorial Drive
Wednesdays, 10 to 11 a.m.
Sept. 10 through Nov. 26

Qigong Refresh and Recharge

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.

- American Lutheran Church
4200 Vine St.
Tuesdays, 9:30 to 10:30 a.m.
April 1 through Aug. 19
Sept. 9 through Dec. 9
(no class Nov. 11)
- Auld Pavilion
1650 Memorial Drive
Thursdays, 1:30 to 2:30 p.m.
Sept. 18 through Nov. 20
(no class Oct. 9)

Introductory BikeLNK Bike Share Class

21st and “Q” streets
Monday, July 21, 9 to 11 a.m.

Monday, Aug. 18, 9 to 11 a.m.

Monday, Sept. 8, 9:30 to 11:30 a.m.

Aging Partners Health and Fitness will be partnering with the City’s BikeLNK bike share program to host introductory classes this spring and summer. We will meet at the location above. Bikes and helmets will be provided at no charge. Feel free to bring your own helmet, if you’d like.

Topics will include:

- What is the BikeLNK program?
- How to check out BikeLNK bikes.
- Two types of bicycle styles will be available for participants to try out: classic and electric pedal assist (otherwise known as “e-bikes”).
- Basic safety tips.

Riders will have the opportunity to take the bikes on a short ride on the nearby trails after the demonstration.

Spots are limited, so please call 402-441-7575 to register. (It is important that all riders arrive on time so as to not miss important information shared.)

Evidence-Based Stepping On – Building Confidence and Reducing Falls

Victory Park Center, Classroom 105
600 S. 70th St.

Mondays, 1:30 to 3:30 p.m.

Sept. 8 through Oct. 20

This is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls. Suggested contribution of \$8 per class for age 60 and over and a required \$10 fee per class for those under the age of 60.

Evidence-Based Living Well with Chronic Conditions Workshop

Victory Park Center, Classroom 105
600 S. 70th St.

Fridays, 9 to 11 a.m.

Oct. 10 through Nov. 21 (no class Oct. 31)

This interactive workshop is facilitated by trained leaders and helps

individuals with chronic conditions take steps to manage their health and live happier, healthier lives. Topics include action planning, communication, healthy eating, physical activity, and medication management. Register early as class size will be limited! Suggested contributions of \$8 per class for age 60 and over and a required \$10 fee per class for those over the age of 60.

Foot Clinics

Aging Partners Foot Clinics are by appointment only and are held at several locations. See the following listed locations along with the numbers to call for appointments. Sanitation guidelines are followed. Services are available to those aged 60 and over.

- Victory Park - UNMC Senior Health Promotion Services/foot clinics are held at Victory Park Center (600 S. 70th St.). The following services are available on most clinic dates only at Victory Park throughout the year: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care, and health education. A \$25 suggested contribution will help these services continue.

Please call 402-441-7506 or

402-441-7575 for more information or to make an appointment for clinic services only at Victory Park.

- Northeast Center (second Monday of each month), 6310 Platte Ave. Call Center Manager, Ciji Mays, at 402-441-7151 to schedule an appointment.

For rural Lancaster County foot clinics, call Center Manager Monte Peck at 402-416-7693 to schedule an appointment. These clinics are held every other month.

- Bennet Center, American Legion Hall, 970 Monroe St., 970 Monroe St.
- Firth Center, Firth Community Center, 311 Nemaha St.
- Hickman Center, Hickman Community Center, 115 Locust St.
- Malcolm Resource Center, Malcolm Village Hall, 137 E. 2nd St.

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

Aging Partners Events

Call 402-441-7158 for information and reservations.

Senior Center Meals

Call the individual centers at least two days in advance to reserve a meal. See page 35 for a complete list of centers. \$5 suggested contribution age 60 and over; \$10 fee under age 60. \$5 suggested transportation contribution for age 60 and over.

Belmont Senior Center

1234 Judson St., Room 002
402-441-7990

- Chair Yoga at Belmont Senior Center
1st and 3rd Tuesday of each month
10:45 a.m.

Certified yoga instructor Chery Bieber leads this gentle 30-minute yoga session using a chair for balance and stability. Perfect for beginners!

- Live Music with Dos Marcos
Friday, July 25, at 10 a.m.

Join us for great renditions of your classic country and folk favorites with the two Marks!

- Music BINGO with Elliott Piper
Monday, Aug. 18, at 10 a.m.

Get ready for a toe-tappin' good time with Music BINGO with Elliott Piper. Reminisce over classic standards and forgotten favorites from the golden age of rock 'n roll!

- Live Music with Chris Sayre
Friday, Sept. 5, at 10 a.m.

Lincoln musician Chris Sayre performs a variety of traditional and contemporary folk music.

Northeast Senior Center

6310 Platte Ave.
402-441-7151

- BINGO
Wednesdays, at 10 a.m.

The event is free, and no reservation is needed. If you would like to stay for lunch, please call two business days in advance.

- Pitch Party
Tuesdays and Fridays, at 10 a.m.

This event is free, and no reservation is needed. If you would like to stay for lunch, please call two business days in advance.

- The Lincoln Fresh Food Truck
First and third Tuesday each month,
10:30 to 11:30 a.m.
They hand out free healthy fruits and vegetables.
- Art with Anna at 10 a.m.
Thursdays, July 10; Aug. 14 and Sept. 11
Join Anna Alcalde as she leads participants through some easy beginner painting techniques (class is free and limited to first 10 individuals to sign up that day).
- Live Entertainment at 10 a.m.
July 11 – Dos Marcos
July 25 – Johnny Ray Gomez
Aug. 8 – Bill Chrastil
Aug. 22 – Denise Howe
Sept. 5 – Jimmy Mack
Sept. 19 – Rick Clarence

Victory Park Center

600 S. 70th St.
402-441-7154

- Grateful Growers Flower Arrangements
Thursday, July 3, at 10 a.m.

The Grateful Growers will bring the bounty of their gardens! There will be buckets and buckets of flowers for you to arrange, as well as an opportunity to help make arrangements for hospice patients. Donations of old vases welcome!

- July birthday party with music by Bill Chrastil
Thursday, July 17, at 10 a.m.

We'll celebrate our July birthdays while listening to a performance by Nebraska favorite Bill Chrastil! A recipient of multiple Branson Show Awards and Music Hall of Fame inductions, Bill always packs the house with his renditions of classic songs and his famous Elvis moves!

- Grateful Growers Flower Arrangements
Thursday, Aug. 7, at 10 a.m.

The Grateful Growers will bring the bounty of their gardens! There will be buckets and buckets of flowers for you to arrange, as well as an opportunity to help make arrangements for hospice patients. Donations of old vases welcome!

- August birthday party with music by Aunt Bunnie's Parlor
Thursday, Aug. 14, at 10 a.m.

We'll celebrate our August birthdays while listening to the bluegrass and folk music of Miss Katie Rae and Aunt Bunnie's Parlor!

- Music BINGO with Elliott Piper
Monday, Sept. 8, at 10 a.m.
Take a journey back through the decades of music with Elliott and win some BINGO at the same time! The toes are always tapping, and voices are always singing along during Music BINGO!
- September birthday party with music by Jimmy Mack
Thursday, Sept. 11, at 10 a.m.
We'll celebrate our September birthdays while listening to Lincoln vocalist and performer Jimmy Mack!

Firth Community Center

311 Nemaha St., Firth

- Scam Alert
Monday, July 21, at 12:15 p.m.

Colleen Ship joins us to discuss the latest scams targeting the aging population and what steps we can take to protect ourselves.

- Live Music with Chris Sayre
Monday, Aug. 4, at 12:15 p.m.

Equipped with an eclectic array of instruments and performing Americana-folk classics of yesteryear, Chris never ceases to entertain... especially when he gets out his musical saw!

Bennet American Legion Hall

970 Monroe St., Bennet

- Movie Time
Tuesday, July 15, at 10:30 a.m.

Hoof it on down to the American Legion Hall for a movie, popcorn, and a special snack celebrating our monthly mystery theme!

- Music BINGO with Elliott Piper
Thursday, July 10, at 12:15 p.m.

Join us for a unique BINGO experience chock-full of classic rockin' tunes from the '50s and '60s. Let the good times roll!

- Live Music with Ash Sharp
Thursday, July 31, 12:15 p.m.

Local musical journeyman visits Bennet for and special afternoon performance. Often seen as a utility player in some of Lincoln's top bands, Ash also has a style and voice all his own. Get ready for a real treat!

- Grateful Growers
Thursday, Aug. 14, at 10:30 a.m.

Weaving a web of care across our community by connecting people to plants and nature, Grateful Growers are stopping by to demonstrate interesting gardening

surprises and techniques! (Music afterwards by the talented Denise Howe.)

Hickman Community Center

115 Locust St., Hickman

- Aromatherapy with Deb
Wednesday, July 9, at 10:30 a.m.

Our good friend Debra Quandt-Smerda stops by to give a demonstration on Aromatherapy, the therapeutic use of essential oils from plants for the improvement of emotional, physical, and spiritual wellbeing.

- Strength and Balance
Wednesday, Aug. 27, at 10:30 a.m.

Bryce Rolenc from Peak Performance leads us in a mix of physical activities (including strength and balance training) crucial for maintaining health and independence.

Support Groups

Aging Partners 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.

Lincoln Parkinson's Disease Support Group

Sheridan Lutheran Church
6955 Old Cheney Road, Lincoln
4th Sunday of the month at 2 p.m.

Where understanding, encouragement and camaraderie await for families, caregivers and loved ones. Each month, we will share key information, tips, ideas and best practices for Parkinson's patients. Attendees will receive "Living Better with Parkinson's" from the Parkinson's Foundation.

- Free event
- Family and friends welcome

For more information, visit LPDSG.org or call 402-780-1211.

Lincoln Alzheimer's Caregiver Support Group

Charles H. Gere Branch Library
2400 S. 56th St., Meeting Room #2
Lincoln, NE 68506


Second Thursday of the month
6:30 to 7:30 p.m.

Build a support system with people who understand.

Alzheimer's Association Nebraska Chapter Support Groups are conducted by trained facilitators and are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

If you have questions, contact Karla Frese at 402-780-1211. Visit www.alz.org/nebraska to learn more about caregiver programs and resources.

To further extend your network of support, visit ALZConnected®, our online community, at alzconnected.org. 

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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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