

LivingWell



Spring 2025 • Volume 21 • Issue 2

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A small town girl, Lori Seibel went on to make a big impact in the Lincoln community, serving 26 years as president and CEO of the Community Health Endowment. Schroder Park was created to give children in the area a safe place to be active.

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Director's Corner

While many of our community neighbors enjoy the benefits of living in Lincoln, they don't see the commitments, hard work, thoughtful planning and coordination that happens behind the scenes — just the results. People willing to provide those talents are what makes a great community.

For instance, Lori Seibel has been an influencer in making Lincoln a great community for years. Her successes were seen in her public service at the Health Department, as a mayoral aide under two mayors, and

as the founding director of the Community Health Endowment.

In an April 2024 Lincoln Journal Star article, Lori said, "Leadership is never static. Sometimes leadership is large, offering a loud voice of reason or dissent. Sometimes leadership is quiet, gently nudging people into action. A mature leader knows when, how and why leadership is needed, with a goal to 'produce more leaders, not more followers.'"

As mentioned in our cover feature, Lori is now retired from the Community Health Endowment. I know this is only the closing of one

chapter and the opening of another. We greatly appreciate the talents she shared and know that so much of her work will benefit the community for years to come. **LW**



Randall S. Jones

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

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Seibel Forges *Healthier Tomorrow* for Lincoln's Generations

Lori Seibel described her life as being simple and straightforward while growing up in the rural close-knit Nebraska town of Table Rock, population 400. At an early age, she learned the value of hard work from her parents, who collectively devoted 70 years of service to their community and the state of Nebraska in various elected public offices — ranging from mayor and fire chief, to county commissioner and state senator.

“I saw my parents solving problems, trying to create momentum in the community and raise issues that could perhaps help the town or state,” she said.

Seibel followed suit in this mission as well at an early age, answering local emergency service calls from her family living room, cutting weeds out of her father’s bean crops, waitressing at the local café and serving as a lifeguard

— sometimes all in the same day.

“It was a matter of being part of the greater good,” she said.

Unknowingly, Seibel’s parents instilled in her the devotion and determination that ultimately would lead her to a career impacting generations as the Community Health Endowment of Lincoln president and CEO.

Collecting and Engaging Data

Seibel earned a degree in epidemiology, which focuses on understanding how diseases spread, affect populations and can be prevented. She likened it to “being a medical detective,” solving problems through data and research. In 1986, she began working for the Lincoln-Lancaster County Health Department (LLCHD) as a health educator, helping aging adults improve their health through exercise, nutrition and stress management, a new approach at the time.

Seibel moved on to LLCHD epidemiologist, where she enjoyed collecting and analyzing data to improve the collective community’s health. She focused on pinpointing areas for improvement and promoting targeted established programs to enhance outcomes.

In 1997, then-Lincoln Mayor Mike Johanns asked Seibel to staff a task force to determine the use of proceeds from the \$37 million sale of Lincoln General Hospital to Bryan Health from the City.

“I told the mayor, ‘If I’m going to

do this, then I expect we’re going to listen to what the community says,’” Seibel said. “Mayor Johanns was very committed to doing that.”

After nine months of focus groups, community meetings, phone calls and public feedback, the task force outlined the development and eventual establishment of the Community Health Endowment (CHE) in 1998, with a vision for a healthier Lincoln. The CHE was designed to grow at the rate of inflation, ensuring it would be of the same value for future generations as it was when established. It would also be governed by a separate board responsible for deciding how the funds would be allocated.

The mayor appointed 12 individuals to serve on the board, along with the LLCHD health director and presidents of Bryan Health and CHI Health St. Elizabeth. Then, Johanns asked Seibel to take the lead.

“I’ve learned to not say ‘no’ purely out of fear, because every new thing comes with a certain amount of trepidation,” she said. “I didn’t say ‘no’ unless I felt I was totally unqualified. But if there was a way I could contribute, I wanted to give it a shot.”

Seibel became the first president and CEO of the CHE, where she served for 26 years until her retirement in December 2024.

“It was a 26-year career of creating, modifying, growing and learning; as well as always reflecting on what the community wanted,” she



Lori Seibel, center, is pictured with her brother, Kim Vrtiska, right, and sister, Terri Vrtiska, with a photo of their parents, Floyd and Doris Vrtiska.

said. “In some way, I think that’s why the endowment has been successful. We never lost sight of what the community asked us to do.”

The early years were technical, drafting bylaws and policies, securing a place in the city’s municipal code, and researching similar organizations.

“However, there’s not anything like CHE in the country,” Seibel said. “But we drew bits and pieces from various places.”

Next, came the investment strategy, aiming for portfolio diversification. The Nebraska constitution though prohibited cities from investing in the stock market.

“We had a pool of money we wanted to invest and grow at the rate of inflation, but if we couldn’t diversify the portfolio, our hands were tied,” Seibel said.

Told that changing the constitution was impossible, Seibel and the CHE board spent years exploring options while investing in bonds — good at the time, but not guaranteed. They worked to get the Nebraska Legislature to put a constitutional amendment on the ballot for a statewide vote, but it ultimately failed.

Believing it was still the right thing to do, though the Legislature was unlikely to put it on the ballot again, Seibel and CHE tried again, successfully pushing for the change and traveling the state to build a stronger case — ultimately winning approval.

“It was a pivotal moment,” Seibel said. “That was a game changer, because shortly after, diversification became more important and is one of the reasons CHE has grown with inflation to more than \$75 million today.”

Since its creation, CHE has returned more than \$42 million to the community. Tapping into Seibel’s

experience in analyzing data, the endowment was able to focus on health issues directly affecting the community. In 2015, CHE published its first Place Matters project, a collection of maps identifying gaps in the community.

“With the maps, we can pinpoint where high-risk individuals live for issues like kids lacking physical fitness, women not receiving prenatal care or limited access to healthy food in neighborhoods,” Seibel said. “This helps the CHE invest more deeply, wisely and strategically.”

Place Matters continues to be published every two years and has become a resource planning

document for organizations throughout Lincoln.

“People are intrigued by maps — it’s a personal way of looking at what’s affecting the community,” Seibel said.

CHE turns insights into action, investing in healthy food and living while collaborating with businesses and agencies to identify where and how to focus efforts.

“With every project, the delight for me has been to watch a group of individuals come together with a common cause and determine a solution together,” Seibel said.

CHE has partnered with many organizations to create impactful

Continued on page 6.

During her tenure at the Community Health Endowment of Lincoln, Lori Seibel played a key role in establishing Schroder Park in west Lincoln in 2019.



Seibel Forges Healthier Tomorrow for Lincoln's Generations

Continued from page 5.

projects including the BraveBe Child Advocacy Center, Health 360 Clinic, Lincoln Fresh food truck and Schroder Park. These initiatives address a variety of issues, such as integrating mental health and medical services, tackling adverse childhood experiences, improving youth fitness, expanding access to healthy food, supporting youth mental health and offering health career development for immigrants and refugees — all focused on transforming the landscape of healthy living in Lincoln.

“These organizations function independently, but come together to create something bigger,” Seibel said. “It is amazing to see what a group of committed people can do together. While the endowment has a part to play in that, the real work is being done by the community.”

Looking Back and Moving Forward

While CHE has contributed greatly to the community, Seibel has gained much as well, she said. She notes a sense of accomplishment in balancing her role as a working mom, especially as part of the “sandwich generation” — raising young children while caring for aging parents.

“I learned it’s hard work,” she said. “You have to give yourself grace sometimes and express to the people around you what you need. I had a husband, children, brother and sister who worked together to honor our parents as they aged, as well as the good fortune of doing something I really loved. When you combine those things, it really wasn’t ever work for me, but more of contributing and giving back to the community on a daily basis.”

Seibel’s decision to retire came not because she was tired of the work, but in knowing with CHE’s strong foundation that it was in good hands.

“As a person of faith, I believe God nudges you in certain directions, the question is whether or not you push back or move forward,” she said. “I have no doubt the endowment will continue to do great things in the future.”


Upon reflection, Seibel attributes her success to her formative years.

“The whole idea of being part of the community and caring about the direction it’s moving and the people who live there was just the norm for our family,” she said. “I’m grateful there were so many people in my hometown who invested in me and were part of the story because of something they contributed to me along the way — they gave me a job, cheered for me at sporting events or taught



Lori Seibel, second from right, enjoys a hiking adventure in Iceland with her family. From left are Anna, daughter-in-law; Trey, son; Bryan, husband; Lori; and Thea, daughter.

me in Sunday School. Those things matter to the person you become, and I’m grateful for how that contributed to my life.”

In her next chapter, Seibel looks forward to more adventures with her husband, son, daughter and daughter-in-law. 

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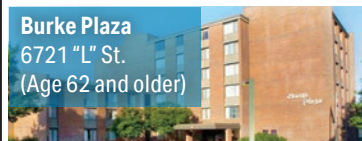
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Dr. Julie Masters, University of Nebraska Department of Gerontology professor, interviews Dr. Tom Osborne, right, for Aging Partners' Live & Learn TV show.

Osborne Offers Insight, Perspective on Aging

Aging often is seen through a lens of loss — of youth, vitality or time — but rethinking it as a process for growth and opportunity can shift that perspective. Each passing year can provide deeper understanding, wisdom and a collection of experiences, bringing joy and fulfillment to the aging process.

A legendary figure in Nebraska, Dr. Tom Osborne, who has earned a master's degree and doctorate in educational psychology, is best known for his successful career as the Nebraska Cornhuskers football coach, amassing an impressive record and establishing himself as one of the sport's greatest coaches. After coaching, Osborne served as congressman, Nebraska's athletic director and founder of TeamMates Mentoring program.

A remarkable array of achievements, the 88-year-old shared his thoughts on the aging process in a Live & Learn TV interview. While young, people tend to live day-to-day, event-to-event.

"You see old people walking around and realize you're going to look like that someday, but it's a long ways off," he said. "Then all of a sudden, it sneaks up on you, and there you are — you're an old person."

Now, Osborne considers "young" and "old" states of mind.

"You can label yourself as really old and begin to feel that way, or you can feel like you still have a lot to do and a lot to give, that there's more down the road," he said. "It depends a little bit upon your attitude."

Osborne says he has noticed there are some things that don't come as

easy to him now as they once did, but he still has many interests to keep him busy and active. He reflects while many people avoid thoughts of the end of life, it's that awareness that can impact the aging process — that how you live in the younger years has a bearing on what will happen later in life.

Osborne's faith has served as a steady influence, guided by the scripture verse Matthew 16:25: "For whoever wants to save his life will lose it, but whoever loses his life for my sake will find it."

"To me, that simply meant a lot of times we try to save our lives by self-centered activity — making more money, more popularity, more positions," he said. "The idea was if you serve and honor God with your life, those things begin to fit and fall into place. I'm not too far from the end of

my life now, I'm very aware of that, but my faith is as important as it ever has been."

Osborne views his most valued title as father, praising his wife, Nancy, for her work raising their children when his coaching took up much of his time.

"I'm proud of my kids and grandkids, and I'd say they're all spiritually grounded and good people," he said. "That meant a lot to me; and at this stage of my life, my family has been very important."

Role Models and the Power of Mentoring

Society today puts a lot of emphasis on accomplishments and monetary success, but Osborne believes its relationships that more people wish for toward the end of life.

Even now, hardly a day goes by that Osborne doesn't hear from a former football player. His coaching philosophy of caring and listening to these young



You can label yourself as really old and begin to feel that way, or you can feel like you still have a lot to do and a lot to give, that there's more down the road. It depends a little bit upon your attitude."

– Tom Osborne

men in their formative years, better understanding what they were facing, made a long-term impact and fostered long-lasting relationships.

Osborne's life was impacted by his father, who joined the military after the bombing of Pearl Harbor in WWII; and grandfather, a minister. He also appreciated the support of former Nebraska University President D.B. Woody Varner. He notes how this was especially valuable early in his coaching career when games were lost, and Varner and his family would visit to provide companionship.

"I always admired Woody," he said. "To have a guy in that role who

was sensitive to what was going on, he and his wife, Paula, would come by. We didn't feel like we had a friend in the world, but to have the president of the university on your side was helpful."

Today, Osborne continues to serve as a TeamMates mentor, a program that started in 1991 with 22 Husker football players and has since expanded across Nebraska and into five states, mentoring more than 97,000 students since its inception. Mentors spend about 35 to 40 minutes each week with students during school hours.

Having a mentor truly can have an impact on a young person's life.

Continued on page 10.

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Osborne Offers Insight, Perspective on Aging


Continued from page 9.


“Having someone on your side, someone who listens and cares is powerful,” Osborne said. “And it’s something a lot of kids really benefit from.”

Research showed that in 85 percent of cases, TeamMates mentees feel more hopeful about life, shining a light that circumstances won’t always be what young people are currently facing.

“We find mentors can provide a sense of hope,” Osborne said. “Hope is powerful, and research shows it’s the best predictor of future success in life. Not your IQ or education, but your attitude toward the future. If you see possibilities, you see something can happen down the road; it’s going to get better.”

For more information on TeamMates, visit www.teammates.org.

Watch the full episode of the November 2024 Live & Learn TV show with Osborne at www.youtube.com/watch?v=oD4-8ZSmoIo. 




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Caregiver Tax Credit Begins for 2025 Tax Year

Caring for a parent, spouse or loved one dealing with illness, disability or the challenges of aging can take an emotional, physical and financial toll. However, a new tax credit introduced this year offers some financial relief to caregivers in Nebraska.

The Caregiver Tax Credit Act took effect Jan. 1, 2025, for the 2025 tax year, providing a nonrefundable tax credit for out-of-pocket costs incurred by an unpaid family caregiver. Expenses must be directly related to assisting the family caregiver in providing care to an eligible family member.

“This tax credit is a lifeline for family caregivers, helping to ease some of the financial burden that comes with the emotional and physical demands of caring for a loved one,” said Todd Stubbendieck, AARP Nebraska state director. “It’s a small, but meaningful step toward recognizing the critical role caregivers play in our communities.”

Eligibility requirements include:

- Family caregivers or those providing care and support for an eligible family member must have a

federally adjusted gross income less than \$50,000 (individual) or less than \$100,000 if married, filing jointly. Additionally, they must personally incur uncompensated expenses directly related to care of an eligible family member.

- Individuals must qualify as a dependent, spouse, parent, or other relation by blood or marriage to the family caregiver.
- Individuals must live in a private residential home, not an assisted living center, nursing facility or residential care home.
- Eligible individuals receiving care from a family caregiver must require assistance with at least two activities of daily living, which must be certified by a licensed health care provider. Such examples of activities of daily living include the inability to:
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A short questionnaire located at www.aarp.org/NEcaregiving can help determine eligibility.

How Does it Work?

Eligible family caregivers apply for the tax credit by submitting an application and required documents to the Nebraska Department of Revenue. Applications will be processed and approved in the order of receipt. This can be done when filing 2025 taxes in the 2026 calendar year.

“This is why it is vital to save all receipts of expenses incurred,” Stubbendieck said.

Eligible expenses include hiring a home care aide, respite care, adult day care, personal care attendants; health care equipment or technology paid for or incurred by the family caregiver to provide care to the eligible family member; durable medical equipment such as wheelchairs, walkers, lift chairs and adult diapers; improvements to the family caregivers or eligible family member’s primary residence if it allows the eligible family member to live in

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Nebraska Cryptocurrency Scams on the Rise

Nebraska’s cryptocurrency landscape is evolving, and so are the risks. Unlike traditional banks, cryptocurrency kiosks are largely unregulated and lack adequate consumer protections. This makes them prime targets for criminals, who use these kiosks—located in everyday places—to steal millions of dollars from Americans annually through fraudulent schemes. Once the money is gone, it’s challenging to recover. To combat this, AARP is pushing for legislation to implement consumer protections and safeguard older Nebraskans from losing their hard-earned money, often their life savings, to these intricate scams.



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Caregiver Tax Credit Begins for 2025 Tax Year

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the residence and remain mobile, safe and independent.

Non-eligible expenses include diabetic medications, medical devices and supplies; expenditures of general household maintenance such as painting, plumbing, electrical repairs and exterior maintenance; and prescription drugs or over-the-counter drugs.

The tax credit amounts to 50 percent of the eligible expenses submitted. Capped at \$2,000 per year for most individuals, caregivers of a veteran or person with a dementia-related diagnosis can receive up to a \$3,000 tax credit. There are no age restrictions to qualify. Unused credit cannot be carried to the subsequent calendar year.


If two or more family caregivers



claim the tax credit for the same eligible family member, the credit will be divided equally between each family caregiver who filed for the credit.

It is important to file early, as funds are available until depleted. In

2025 and 2026, funds are limited to \$1.5 million, then \$2.5 million each year after.

More information on the tax credit can be found at: www.aarp.org/NEcaregiving. 

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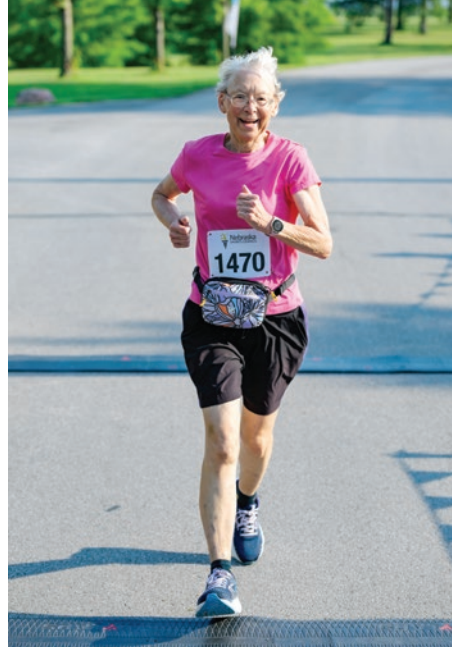
Sports activities can provide aging adults a fun and engaging way to stay physically active, promoting mobility and strength while fostering social connection, boosting mental health and



reducing feelings of social isolation.

The Cornhusker States Games (CSG) is Nebraska's amateur mid-summer sports festival, offering a variety of sporting events to athletes of all ages and abilities. Since 1985, the games have attracted thousands of Nebraskans to participate in good, wholesome family-oriented activities and fun. On average, 10,000 athletes participate annually.


This year's games with more than 70 sports such as aquatics, archery, bowling, chess, cornhole, golf, horseshoe pitching, pickleball, shooting, table tennis, walking and more will take place July 10-20, with Opening Night on July 10. Events are held in Lincoln, Omaha, Fremont,



Columbus, North Platte and other Nebraska communities.


A popular activity among older adults is the walking events. The 2- and 6-mile outdoor walk courses take place in a scenic neighborhood or area of Lincoln. This year's

Continued on page 14.



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Cornhusker State Games has Activities for All

Continued from page 13.
outdoor walks will be July 19. The indoor walk event will be July 12 inside Gateway Mall, and it is a great option for those who prefer climate-control when exercising.

In addition to exercise, benefits include friendships that are formed at these walking events. Many families and groups across the state meet up to walk and reconnect each year. All participants who finish their chosen course(s) receive a CSG commemorative medallion. The cost to participate is just \$10 per event.

CSG Senior Athletes of the Year for the past few years include Sue Benson, a 74-year-old archer from Blair, who took up the sport just two years prior; and 80-year-old swimmer Dorinda Beatty from Fremont, who believes her daily swimming routine is the main reason she's been able to beat cancer four times. See all options at CornhuskerStateGames.com. Registration is open now.

All Nebraskans, plus any resident of any state can compete. High school athletes may enter, provided they abide by the Nebraska School Activities Association rules. College athletes are eligible under national collegiate rules. Special Olympics and disabled athletes also can compete in a variety of sports.

Don't want to compete but still be involved? Volunteer opportunities arise throughout the year, and those

interested in volunteering should email info@nebraskasportscouncil.com.

The Nebraska Sports Council, which operates the CSG, is a 501(c)(3) non-profit organization that receives no government funding. Operational support comes largely through business sponsorships and individual donations. Those interested in sponsoring/donating can visit NebraskaSportsCouncil.com/support-NSC.

The Nebraska Sports Council also has a free activity-tracking website that provides daily motivation for physical activity and periodical challenges with real incentives and prizes. Challenges include the six-week WellPower 100 Challenge in January and February, WellPower Movement Mental Wellbeing Challenge in May and Fall Fresh Air Challenge with three weeks of pre-holiday exercise motivation in November. Sign up, and get moving at WellPowerMovement.com. 





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Senior Men's Golf League Tees Off

For 50 years, the Lincoln Senior Men's Golf League (LSMGL) has provided senior men an opportunity to golf, socialize and stay active.

Open to men age 60 and over, the LSMGL boasts more than 300 members and 135 substitutes. They play Wednesday and Thursday mornings alternating at Highlands, Holmes, Mahoney and Pioneer golf courses. Players are responsible for greens fees and cart rental, if desired, but members do not need to be a resident of Lincoln.

League play begins May 6 and continues into August with 14 weeks of two-man match play competition using cumulative handicaps of both players to be placed in the appropriate division. The cost to join is \$40 annually and full-time registration usually ends April 1. Substitutes may sign up for \$20 at any time during the year. For those who cannot participate on a weekly basis,

“At the very least, even on a bad day, I’m going to get four hours of exercise, some sun and the chance to talk to people.”

– Greg Bauer

a substitute role allows them the opportunity to play when available.

“Many members begin in this capacity and then become full-time members when the opportunity arises,” LSMGL President Greg Bauer said.

Fun Days are four-man, flighted events on Mondays and Wednesdays, April through October.

“League play allows substitutes many opportunities to satisfy the minimum standards and qualify for tournament Fun Days,” Bauer added.

The 16 Fun Day tournaments are played at courses such as Eagle Hills, Table Creek, Tara Hills, Tiburon, Tregaron and Woodland Hills. Some tournaments are computer-generated by the league (mixers), while others are U-Piks, allowing members to choose their team of four. All members including substitutes are eligible for Fun Day events.

Bauer has been a member of the league for 15 years, and he enjoys golf for its variety and mental challenge.

“Of all the sports I’ve played, golf is different,” he said. “You have to adapt to course conditions and the way you play on any given day. It requires a lot of discipline.”


Getting outside and socializing with others also are benefits.



A group of men play during a Lincoln Senior Men's Golf League event at Pioneers Park.

“At the very least, even on a bad day, I’m going to get four hours of exercise, some sun and the chance to talk to people,” Bauer said.

LSMGL has grown in recent years, including the expansion of the board from a four-man operation completing all planning and organization by hand to 14 volunteers with a wide variety of computer and technical skills, working together to provide an experience that runs smoothly for all members.

For more information and to join, visit www.lincolnseniorgolf.com. 



When and How to Downsize

Deciding when to downsize into a smaller home is a deeply personal and emotional decision that varies greatly for each aging adult. For many, as children move out and independent living becomes the new normal, the once cherished family home can begin to feel overwhelming and no longer suited for current needs.

Maintaining a larger property can make the home feel less like a sanctuary and more like a burden. A person's physical limitations and financial considerations may be stretched with a big yard, driveway for snow removal or an aging home with frequent repairs. Financial costs associated with maintaining a larger home also can become unsustainable on a fixed income.

Aging and health changes can affect mobility, making a home less accessible and pose safety concerns. Features such as stairs, limited access to certain rooms, no walk-in showers and the inability to add wheelchair ramps or other accessible modifications can make remaining in a home challenging.

Another aspect is social and emotional readiness. Many older adults have deep emotional ties to their current home, and it can be difficult to leave behind memories and the familiar space.

But moving might make sense when emotional readiness is aligned with practical reasons for downsizing. There may be a desire to move closer to family, friends or into an assisted living community that may offer more social opportunities and services.

Some who choose to downsize may have a desire for a simple life with less clutter and responsibility. A smaller home could require less upkeep, and may be closer to grocery stores, medical access and public transport making daily living more manageable.

Downsizing also can be part of a broader financial plan, helping to reduce assets for benefits eligibility or simplifying the inheritance process. Some choose to downsize early to settle into a home that will meet their future needs without needing to move again.

Ultimately, the right time to downsize is when it aligns with an individual's personal, financial and emotional needs while providing the necessary support for their lifestyle in the years ahead.

"Don't wait too long," said Ben Soucek, Home Downsizing Solutions founder. "Safety, memory, hygiene and nourishment issues are indicators that an



Educate yourself sooner rather than later. Know as much as you can before you make a decision to ensure someone else isn't making the decision for you."

– Ben Soucek

individual should have some assistance coming into the home. If that isn't possible, then finding a community that can help care for the person may be needed."

Even with a desire to remain independently in their own home, there is an important element of social interactions to consider. For those who find it difficult to leave home to visit with friends or family, moving into a senior community can help foster social connections and provide the assistance needed with daily activities to provide a fuller experience of living.

The Downsizing Process

Once a decision has been made to downsize, it's important to consider the options and make a plan.

"Educate yourself sooner rather than later," Soucek

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said. "Know as much as you can before you make a decision to ensure someone else isn't making the decision for you."

Soucek's book, *Stress-Free Home Downsizing*, can help older adults through the process to selling their home. The *Stress Free Home Downsizing Workbook* is free and available at www.HomeDownsizingSolutions.com/workbook.

The thought of downsizing can seem overwhelming. Many older adults may enlist the help of a senior move manager, who can help pack, move and identify a new place to relocate.

First, gather important documents, items and photo albums and store them in one location. Then, begin looking into new housing options. Research online, utilize community resources and set up tours to find the right location.



Having an idea of where you will relocate can help better sort and organize the items to take with you.

A good practice for sorting items is to begin with one space at a time, such as an outdoor shed, garage, small closet or room. Sort items to

keep, sell, donate, throw away or give away. Giving valuable items to loved ones at this time can allow for the opportunity to share the importance and history of the item while ensuring it goes to a loving home.

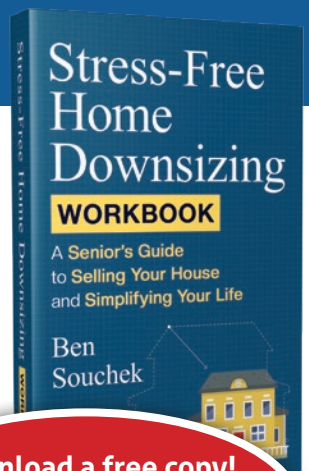
Continued on page 18.

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When and How to Downsize

Continued from page 17.

Reduce duplicates or items that haven't been used in years, such as clothing, shoes, books and kitchen supplies. Donate or dispose of items no longer needed or wanted, and have a garage sale or estate sale if necessary.

When it comes time, selling a home can be a complex process, and there are multiple approaches to consider.

A traditional home sale often involves making updates to the property, such as refreshing landscaping, painting and ensuring everything is in good working order. It may require decluttering and staging the home to appeal to potential buyers. Additionally, it's important to hire an experienced real estate professional to plan the

move carefully to ensure a smooth transition.

Having done business in the Lincoln area for 28 years, Soucek began Home Downsizing Solutions, a complimentary service aimed at helping navigate the downsizing process with a one-stop solution, buying homes in a cash sale, "as is."

"A person should consider the positives and negatives of each option to determine which is best for their unique situation," he said.

Soucek provides a comparison of similar homes in the area and estimates the potential value of the home through a traditional sale, either selling it in its current condition or after improvements; and offers a proposal for a cash sale, selling the home in its current condition.

"Some prefer the cash option because they don't have to make and keep the house show-ready," he said. "There are no inspections, and they can move into their new home without delay. Some cash purchases can close in as little as seven days."

Ultimately, downsizing is a personal decision that can offer financial and emotional benefits, from simplifying maintenance to freeing up resources for the future. By carefully evaluating needs, budget and long-term goals, everyone can find the right solution that makes this transition smoother and more rewarding. Whether you choose to downsize sooner or later, planning can ensure you create a space that supports your lifestyle and peace of mind for years to come. **HW**

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Keystone Award Luncheon to Recognize Service to Aging Adults

Staying true to its tradition, the Seniors Foundation will present the Keystone Award to recognize an individual whose legacy has improved the quality of life for older adults in Lincoln.

“This award honors those who have helped the aging, among the most vulnerable,” Seniors Foundation Executive Director Gina Cotton said.

Past recipients of the Keystone Award, originally called the Community Service Award, include Helen Boosalis, Gil Savery, Lela Shanks, Jerry Joyce, Joe Hampton, Harland Johnson, Scott Young, R. David Wilcox, Dayle Williamson, Dorothy Applebee, Coleen Seng, David Rusk, Kristen Stohs, Mary

Ann Stallings and Lloyd Hinkley.

“We hope to recognize our award recipient and show our support for older adults in the community along with Aging Partners’ wonderful work,” Cotton said.

The award will be presented during the Keystone Award Luncheon, which is scheduled for 11:30 a.m. on Tuesday, May 20, at the Country Club of Lincoln, 3200 S. 24th St.

The speaker for this year’s luncheon is Michele Magner, a passionate advocate for guiding individuals through the journeys of aging and caregiving. With extensive experience in the senior

Continued on page 20.



About the Seniors Foundation

The Seniors Foundation believes that regardless of age or income, people deserve to live their best lives. Since 1981, the Seniors Foundation has raised funds to support Aging Partners’ efforts to enrich the lives of aging adults in Lincoln. For more information, visit www.seniorsfoundation.org.



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Michele Magner

Keystone Award Luncheon to Recognize Service to Aging Adults May 20

Continued from page 19.

living industry and as a seasoned family caregiver, Wagner is deeply familiar with the challenges of aging and supporting loved ones. She is dedicated to helping people succeed, inspiring them to thrive — not just survive — in this complex and beautiful stage of life.

Magner holds degrees in gerontology and is a certified life coach, dementia practitioner and conscious aging facilitator. She also teaches Long-Term Care Administration at Creighton University. Magner serves on the boards of the Nebraska Chapter of the Alzheimer’s Association and The Bloc, contributes to the Dreamweaver Foundation and shares

insights through her Inspired Caring podcast and coaching programs.

The Keystone Award Luncheon is an annual fundraiser hosted by the Seniors Foundation, a 501(c)(3) nonprofit in Lincoln that supports special projects for Aging Partners.

“Seniors Foundation funds help cover the costs of things that come up and just aren’t in the budget,” Cotton said.

For example, Seniors Foundation helped with the cost

of NeighborLNK, a program that was developed during COVID. The program connects volunteers with homebound aging adults or persons with a disability to assist with errands such as picking up groceries, medications or library books, and it helps reduce isolation through phone or video call check-ins.

“It is important for the Seniors Foundation to have agility and ability to meet the needs of those in our community,” Cotton said. **lw**

Reservations for the 2025 Keystone Award Luncheon

Tickets cost \$75 per person or \$750 for a table of 10, and they may be ordered at www.SeniorsFoundation.org or by contacting Gina Cotton at gina@seniorsfoundation.org or 402-441-6179. Ticket purchase deadline is May 12.

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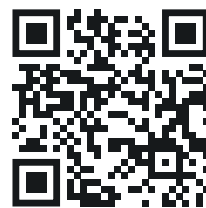


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Navigating Aging: The Role of Geriatricians

As people age, they may experience multiple chronic health conditions, medication interactions, cognitive changes and functional decline — all of which can complicate treatment. That's why older adults might seek the help of a geriatrician, who specializes in the unique health challenges associated with aging.

Geriatricians are doctors trained to diagnose and address the complexities of older adults typically age 65 and over. They

take a holistic approach to treat medical issues and improve quality of life, promote independence and manage age-related concerns such as mobility, memory and social well-being. Coordinating efforts with a patient's primary care physicians and specialists, a geriatrician's expertise ensures older adults receive tailored, comprehensive care that aligns with their individual needs.

Typical reasons a person may consider seeing a geriatrician include

functional decline, physical frailty or frequent sickness, difficulty walking, depression, anxiety, cognitive concerns, weakness, insomnia, balance issues, frequent falls, concerns about complex medication management, managing multiple chronic conditions and advanced care planning.

"We have special education in geriatric syndromes such as falls, frailty, urinary issues and dementia," said Dr. Mary Spivey, CHI

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Health geriatrician. “We can help educate families about dementia, provide support on behavioral issues and make connections to resources.”

Most commonly, Spivey sees patients for cognitive concerns.

“If a person believes they are having more trouble with their memory or the family is noticing mom or dad having difficulty with paying bills, driving or managing their medications, it may be time to evaluate things,” Spivey said.

Although some cognitive decline is normal due to the aging process, it is good to evaluate and rule out dementia or other causes of cognitive decline such as medications or medical conditions.

“There are changes with aging that affect how we respond to medications and process different things,” Spivey said. “Some memory change is normal, but it should minimally interfere with our life. There’s a spectrum of that, and it’s important to know if things are abnormal and to treat it appropriately or ensure there is nothing of concern.”


In short supply across Nebraska, geriatricians help patients maintain their function and independence.


Spivey said she enjoys spending time talking to and coordinating with patients and their families.

“I really like communicating with older adults and hearing their stories,” she said. “I was taught to honor older people. I respect them and their life experiences, and I really like working with families as a collective.”

Spivey believes geriatrics is practical and refreshing, and she wants to ensure each patient feels valued and heard.

“I like practicing medicine that makes a difference in people’s day-to-day life,” she said. “I value the ability to take a longer, less rushed approach to caring for my patients, and geriatrics is one of the few specialties which prioritizes that.”

Spivey works out of CHI Health Clinics in east Lincoln, 4501 South 70th St., Suite 130, 402-484-4940 and Yankee Hill, 4055 Yankee Hill Road, 402-328-6300. New patients are welcomed through referral or self-referral. 

 **I really like communicating with older adults and hearing their stories. I was taught to honor older people. I respect them and their life experiences, and I really like working with families as a collective.”**

– Dr. Mary Spivey



Dr. Mary Spivey, CHI Health geriatrician, has specialized training to help in addressing aging concerns.

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Empowering Community Members with Free Technology Basics Workshops

With many aspects of daily life depending on technology use and online access, Lincoln City Libraries offers Technology Basics workshops. Designed to build digital literacy skills, participants attending the free workshops will walk through the steps of using basic computer and online tools with personalized instruction from library staff.

“In today’s world, access to technology and the confidence to use it effectively can open doors to countless opportunities, from staying connected with loved ones to exploring new career paths,” said Wyatt Packard, Walt Branch Library manager. “We’re here to make sure no one is left behind in the digital age.”

These classes are perfect for older adults looking to get started with computers or grow their digital skills. Laptops will be available for use during each class, so participants can put what they learn into action.

Lincoln City Libraries is one of two public libraries in Nebraska and one of over 100 libraries nationwide that received a \$10,000 grant from the Public Library Association to increase digital literacy using digitallearn.org resources. The grant is funded in part by AT&T.

Taking place throughout April and May, the workshop topics include:

- Computer basics: manage applications in Windows 11
- using the task manager; find and manage files and folders; save and delete files; and more.
- Internet basics: fundamental terminology; functionality and navigation of internet browsers; search engines and websites.
- Email basics: learn how to create a Gmail account; perform essential email functions such as sending, receiving, replying, organizing, deleting and searching; and recognizing and dealing with spam.
- Cybersecurity basics: learn how to be safer online with accounts and passwords; and be aware of online frauds and scams.
- Videoconferencing basics: create an account on the popular

Technology Basics Workshops:

Gere Branch Library,
2400 S. 56th St.
Fridays, 10-11:30 a.m.

- April 4, videoconferencing basics
- April 11, mobile device basics

Eiseley Branch Library,
1530 Superior St.
Tuesdays, 6-7:30 p.m.

- April 15, computer basics
- April 22, internet basics
- April 29, email basics
- May 13, cybersecurity basics
- May 20, videoconferencing basics
- May 27, mobile device basics




Lincoln City Libraries will host Technology Basics Workshops in April and May.

videoconferencing platform, Zoom, and build confidence to use its features in an online meeting.

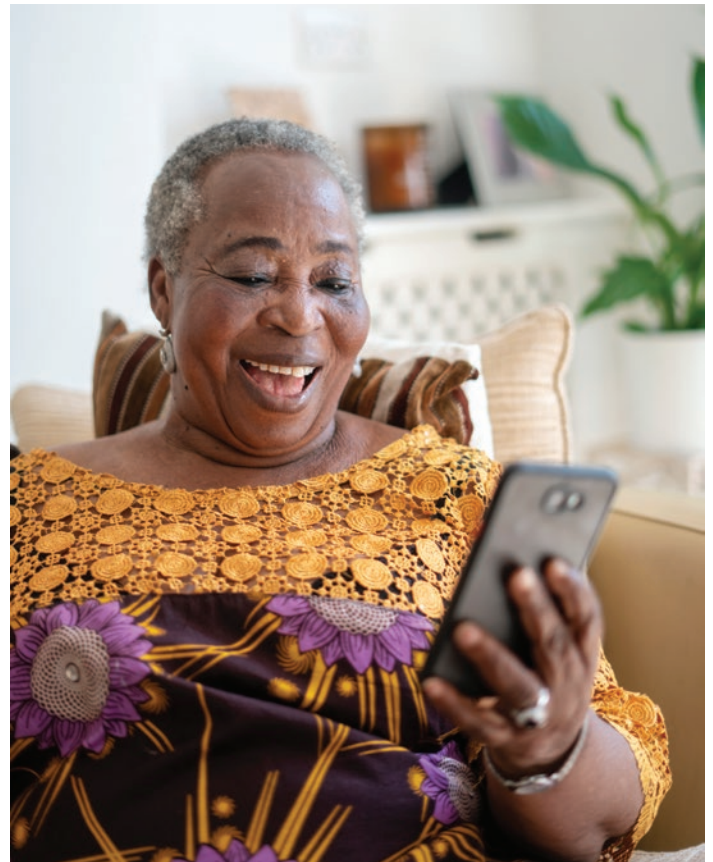
- Mobile device basics: bring an Android or iOS/ iPhone mobile device to learn more about its functions to get connected, identify common apps and how to use their device safely.

There is a limited number of seats available for each class, so it is recommended to register for the class or classes you are interested in by calling 402-441-8500.

More information about Lincoln City Libraries can be found at lincolnlibraries.org. 

“ In today’s world, access to technology and the confidence to use it effectively can open doors to countless opportunities, from staying connected with loved ones to exploring new career paths. We’re here to make sure no one is left behind in the digital age.”

– Wyatt Packard



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Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

“Warm sun on my upturned face! Cold mud under my bare feet! Crocuses blooming! Robin’s singing! It’s spring!”

– Yours Truly

This is my 10th spring article for Living Well, and I couldn’t find any anecdotes, stories or poems about spring I wanted to quote. Hence, my first original poem published since high school – judge me kindly!

An argument could be made that change is evident in all seasons, but none are quite as distinctive as winter to spring, which leads me to a big change in our program.

We recently made the difficult decision to transfer our Lifeline Emergency Response System program to Philips, our monitoring provider and equipment supplier. We thank every one of our current and past clients for their faith in us to help keep them safe and self-sufficient in their homes. I also wanted to acknowledge Mike Gardner, Laurie Consbruck, Linda Stevenson, Diana Wright, Suzanne Frazier and Karen Gulbranson for their hard work and dedication to the program over the years. The transfer team at Philips has impressed us, and we are sure

you will continue to get the service you deserve. Thanks again for allowing us to serve you.

How often do you hear the phrase, “I have a deal for you, and it’s free?!” And you believe it! Well brace yourselves because I have a deal for you, and it’s free! Aging Partners has been asked by Lincoln Fire & Rescue (LFR) to help distribute Knox HomeBoxes™ to seniors’ houses within the Lincoln city limits. What is a Knox Box? A Knox Box is about a 3-by-5-inch heavy steel case that is mounted on or by the front door of your house, and only the local fire department can access it. Prior to you putting the box on your house, Aging Partners will insert a spare key for you into your Knox Box that LFR will use to unlock



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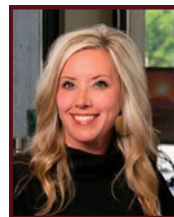


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your front door in case of a fire rather than breaking it down. You must be an Aging Partners client or be willing to do the paperwork to become one, live in a house in Lincoln, and have a spare key for your front door. If you live in an apartment building, there is a separate program the owner/manager of your building would need to inquire about with LFR. If you would like to get one for your home, please call me at 402-441-8815 to schedule an appointment at our office. The process takes about 5 to 10 minutes. The boxes are available free of charge through a grant given to LFR, and we thank them for thinking of our clients.

With spring approaching, Aging Partners once again is hosting Dinner and Show events plus some special trips throughout the upcoming months. Check out the My Center News monthly senior center newsletter for details. If you see one or more events you'd like to attend, get your reservations in early as space and transportation can be limited.

Regarding transportation, we never stop transportation to the senior centers because of the season — sometimes because of the weather — but never because of the season! If you are looking to get to your senior center in your area but would prefer to leave the driving to someone else, reach out to the center nearest you to schedule a reservation. If unsure of your area senior center, please call 402-441-8816 and speak to Mike. He will be happy to assist you.

Handy Home Services is also gearing up (pun intended) to begin yard work again. If you need mowing, raking, gutter cleaning or just general yard work, please call Laurie at 402-441-7030.

We can also assist with minor home repairs. Our repairs are contingent on having a tech with the required skills available and that a permit is not required to do the job in question. Although many of our techs have varied skills, we can't cover it all, and none of them are licensed professionals. In order to use the program, you must be age 60 or over, own the home where the work is being performed and reside there. We are unable to work on rentals or homes that are going to be placed for sale. The goal of the program is to keep seniors living safely and independently in their own homes. If you or someone you know would like to get involved by being a Handy Home Services tech, please contact me at 402-441-8815.

Well, as usual, I'm running out of room, so I have to wrap this up. Stay self-sufficient and happy spring! 



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Benefits of Local Farmers Markets

By Jill Engel, Aging Partners Nutrition

As the days begin to get longer, we spring clocks forward and winter weather fades. It all serves as a gentle reminder that spring is right around the corner. One activity I always look forward to is visiting the local farmers markets. This is a fun way to enjoy being outside while perusing goodies that local vendors have to offer. Let's look at a few benefits the farmers markets provide to consumers, growers and local communities.

Get the freshest produce with highest nutrients. There's nothing quite like fresh sweet corn or off-the-vine tomatoes, and farmers markets are a great way to get produce in its peak season. It is estimated that the average food goes about 1,500 miles from farm to plate, which means it could travel for weeks before arriving at the grocery store. By choosing local growers, the produce often is picked recently, possibly even that morning, and is at its prime nutrient level.

Fresh fruits and vegetables are

packed with essential key nutrients that can sometimes be lost when they are produced on a large commercial scale. Factors that may affect nutrient loss include how it's picked, handled, packaged and time transported. The less time and distance traveled from farmed to sold, the higher level of nutrients.

Try something new. Farmers markets are well-known for their wide variety of fresh fruits and vegetables, as well as other items such as breads, jams and other goods sometimes being sold. This can be a fun opportunity to discover new foods that may not be widely available in grocery stores. Colorful varieties such as heirloom tomatoes, red carrots or purple cauliflower can be a creative way to experiment with different foods and recipes.

It's important


always to examine produce for signs of mold, but don't be afraid if it is misshapen or deformed. Just because a product may not look as "pretty" as its counterparts does not mean it is unsafe to consume. The negative perception of "ugly" product is one of the leading causes of food waste in the United States.

Support for local farmers: A large portion of every food dollar goes toward corporations for packaging, marketing and transportation. Purchasing food directly from a local farmer puts more money in their wallet and into



the local economy. Some local markets depend on word-of-mouth to help support and advertise their business.

Talking directly with the farmer is another way to become educated on less-familiar products. They may have ideas for preparing the food and may even help assist in picking out quality items. Some farmers also may participate in SNAP or the Seniors Farmers Market Nutrition Program. It's important to look for vendors in your area to determine their hours and participation in assistance programs.

Farmers markets provide many benefits to consumers, growers and local communities. Purchasing fruits and vegetables while they are in peak season allows you to get the freshest ingredients with the highest nutritional value. Aim to include a variety of colorful fruits and vegetables with each meal and remember that the more colorful the plate, the more nutrients it contains! Get creative by trying new produce and talk with the grower regarding selection and cooking methods. Farmers markets allow us to fuel our bodies with some of the freshest food available; so, get out there and get local! Be sure to visit your farmers markets and see for yourself what the difference is all about! 

Sources: food.unl.edu, www.moveforhunger.org

Heirloom Tomato Caprese Salad

Ingredients:

1 ½ to 2 pounds heirloom tomatoes, cored and sliced
Sea salt and black pepper
1 bunch fresh basil, leaves gently chopped
1 tablespoon extra-virgin olive oil
8 ounces fresh mozzarella, sliced
Dash of balsamic vinegar



Directions:

1. Lightly sprinkle salt over the tomato slices.
2. Assemble salad by arranging alternating slices of tomatoes, basil leaves and mozzarella slices.
3. Dress the salad with extra-virgin olive oil and add a dash of balsamic vinegar. Sprinkle lightly with black pepper.

Source: www.simplyrecipes.com

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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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Aging Partners Health and Fitness

Managing Stress

By Ann Heydt, Aging Partners Health and Fitness

Stress is a normal and unavoidable part of life. We encounter stressful situations when driving, interacting with others (sometimes with our own families), shopping, navigating unfamiliar places — just about any situation can be stressful in the right circumstances. We can better cope with stress by identifying stressors and finding effective ways to manage them.

Stressors are events or circumstances that trigger stress, from significant life changes to daily challenges. They are an inherent part of life at any age, influencing our experiences and responses to different situations.

We can experience stress from negative or positive situations. It may stem from illness, injury, social relationships, loneliness, little or lack of social support, financial difficulties, unplanned expenses or bills, the loss of a loved one or moving.

Different types of stress include:

- **Distress** – Negative situations such as illness, death, loss of employment, divorce or bad news can cause stress.
- **Physical** – Factors within the body can cause physical strain, triggering a stress response. These can include experiencing extreme temperatures, loud noises, heavy lifting, intense exercise, surgery, illness, poor diet or lack of sleep.
- **Eustress** – A stress that is positive, helpful and



motivating such as an exciting event, preparing for a celebration, a wedding, a child's birth, starting a new job, moving into a new home or learning a new skill.

- **Environmental** – Aspects of a person's surroundings that increase mental or emotional strain such as air or noise pollution, chemical exposure or visual effects.

The good news is we have control over how we respond to stress. We can learn healthy coping skills to lessen stressors. Here are some ways to start:

Change your thinking. Make yourself aware of the difference between the things you can change and those that are out of your control. Look at situations only from a positive perspective. Refrain from making assumptions. See any challenge as an opportunity to learn and grow. Maintain a sense of humor. Laugh. Smile. Remove yourself or

take a break from interactions or a situation that may bother you.

Change your situation.

Improve your money or time management. Be more assertive. Don't take on too many tasks or responsibilities. Ask for help when you need it. Consider leaving a friendship or job if it is having a negative impact on your health. Avoid environmental discomforts like loud music, large crowds or driving in heavy traffic.

Add something enjoyable and relaxing into your life. Listen to music to improve mood, facilitate relaxation, focus attention, improve body movement and verbal memory. When adding activity while listening to music, people tend to take longer strides and have better posture. Try aromatherapy candles and fan diffusers with relaxing scents such as lavender, bergamot, peppermint or a scent that relaxes you. Do chair exercises. Practice deep breathing. Get a massage. Stretch.

How Stress Affects The Body

Stressors can influence each bodily system in various ways, contributing to our cardiac and musculoskeletal system. When stressors influence our musculoskeletal system, the body becomes more tense. This is a reflex to guard the body against injury and pain. Long-term tension in our musculoskeletal system can lead to muscle atrophy and can exacerbate present chronic conditions.

In relation to the cardiovascular system, stressors can increase heart rate and contribute to stronger contractions of the heart, leading to an increased workload of cardiac muscles. Think of it as your heart working overtime. Inflammation, especially in the coronary arteries, can increase the risk for a heart attack.

Stressors, imagined or real, can cause a physical response in your body producing a hormone such as adrenaline, which alerts our bodies for action, often called the fight or flight response.

Determining the cause of stress can be difficult. At times, we may not realize we are experiencing it. The more we can learn about managing our stress, the better our daily lives will be. ^{1,2}

Sources: www.webmd.com, www.apa.org/topics/stress/body



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Bryan Health

Voices of Hope Offers Support and Resources

Each year, about 4 million older Americans experience physical and psychological abuse or neglect, with those needing assistance for daily activities being at higher risk. However, only about one in 24 cases of abuse in later life is reported.

Voices of Hope, 2545 “N” St., provides free and confidential services and advocacy to individuals who have experienced domestic violence, sexual assault, sex trafficking, stalking or related forms of abuse.

Being particularly vulnerable to abuse, older adults may experience this through power and control tactics to intimidate, frighten or harm them.

“A victim’s chronic health issues can be used against them by withholding medication or treatment as a way to punish the victim,” said Deb Flowers, Voices of Hope education training coordinator.

Other forms of abuse include physical or sexual harm, yelling, name calling, degrading language or placing blame. Abusers often target vulnerabilities and neglect victims, including denying access to needed items such as food, heat, care, medication and transportation. Victims are often isolated, the abuser controlling what a person does and who they see and deny access to phone or email. It also can include someone else making all major decisions; stealing money, titles or possessions; abusing Power of Attorney or guardianship and

threatening to leave, commit suicide or institutionalize the victim.

“At Voices of Hope, it is becoming more and more common to see someone who has been with an abuser for 20 to 30 years and come to the place that they can’t emotionally do it anymore,” Flowers said. “The emotional abuse such as humiliation, constant putdowns and mind games have become a daily occurrence. The abuser controls who the victim sees and talks to or simply behaves in a way that drives away friends or family causing ties to be broken and leaving the victim without any supports.”

Within the aging population, Voices of Hope most often encounters financial abuse. This may include taking over a victim’s accounts and spending money without permission, drawing up and abusing Power of Attorney or pressuring to transfer property into the abuser’s name.

“An abuser in this age group is more likely to only give an ‘allowance’ to the victim, causing financial distress,” Flowers said.

There also are scams that involve an abuser promising to remodel a victim’s home in exchange for a place to live, then starting jobs with no intention to complete them.

About 76 percent of physical abuse toward older adults is

perpetrated by a family member.

“Voices of Hope has been an invaluable resource for older adults who are victims of domestic violence, sexual assault and related forms of abuse,” said Jacki Eden, Aging Partners’ Personal and Family Services aging specialist. “They meet people where they are in life, listen with compassion, and provide support during a traumatic and vulnerable part of their lives.”

What to Do

If there is a concern of abuse, Flowers encourages talking with the potential victim to share concerns, naming the actions or abusive behaviors seen.

“Let the person know that you are concerned for their safety and that you will be available to help and support them if needed,” she said.

Never give ultimatums; and be empathetic if someone discloses they are in an abusive relationship.

“Let them know that it’s not their fault and no one deserves to be a victim of domestic violence,” Flowers said. “Tell them you are glad they told you about what is going on. It’s important to give them hope, let them know you are sorry to hear about their experience and acknowledge their courage in talking with you.”

Voices of Hope has a confidential 24-hour crisis line: 402-475-7273. There, victims or



Voices of Hope will encourage them not to give up hope for a safe and healthy future.”

– Deb Flowers



a support person who suspects abuse can discuss the situation with a trained crisis advocate and determine a plan for safety. Each situation has its own unique barriers to safety.

“An advocate can help problem solve some of these barriers and come up with a plan toward a safe future,” Flowers said.

Voices of Hope provides assistance with completing and filing protection orders, connecting victims with law enforcement, developing a support team, as well as offering weekly support groups, bilingual and cultural support, limited financial assistance, basic needs provisions and referrals to other community resources as well as walk-in services.

“Sometimes the barrier might be that the abuser is the caregiver, or the victim may be the caregiver of the abuser,” Flowers said. “A plan may have steps toward safety, and a temporary break from the abuser may be helpful until a more permanent plan can be established. A plan can be discussed even if the victim is not ready or able to leave. Voices of Hope will encourage them not to give up hope for a safe and healthy future.”

All of Voices of Hope’s service is free and confidential. For more information, visit www.voicesofhopelincn.org, call the 24-hour crisis line at 402-475-7273 or the office at 402-476-2110. ^{LW}

Nebraska Family Caregiver Support

LIFESPAN RESPITE NETWORK



We Care for Those Who Care for Others

1-866-RESPITE

1-866-737-7483

respite.ne.gov



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 only at no extra charge.

For most Health and Fitness classes, there is a \$4 per class suggested contribution for those age 60 and over. A \$5 per class fee is required 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.
April 8 through July 1
(no class on June 19)

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

Tai Chi for Arthritis and Fall Prevention Level II

American Lutheran Church
4200 Vine St.
Mondays and Wednesdays
10 to 11 a.m.
April 21 through June 23
(no class May 26)

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. Suggested contribution is \$2 per class or \$48 per session.

Chair Yoga

Eastridge Presbyterian Church
1135 Eastridge Drive

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

- Wednesdays, 9:30 to 10:30 a.m.

April 16 through June 25

- Fridays, 9:30 to 10:30 a.m.
April 18 through June 27

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 do a warmup 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 July 7
(no class May 26)
- Auld Pavilion
1650 Memorial Drive
Wednesdays, 10 to 11 a.m.
April 2 through May 14

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 July 8
- Auld Pavilion
1650 Memorial Drive
Thursdays, 1:30 to 2:30 p.m.
April 3 through May 15

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.

May 13 through Aug. 5 (no class June 19)

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 class and meets twice per week for 12-week sessions. Class size is limited.

New Evidence-Based Program – On the Move

This will be a group-based exercise program for older adults, designed to improve the efficiency and quality of walking. The program will contain a warmup, stepping patterns, walking patterns, range of motion exercises and cooldown exercises. This class is for older adults able to walk independently with or without a cane.

Introductory BikeLNK Bike Share Class

21st and “Q” streets

Tuesday, April 22

9 to 11 a.m. (It is important that all riders arrive on time as to not miss important information shared.)

Aging Partners Health and Fitness will be partnering with the City’s BikeLNK bike-sharing program to host introductory classes this spring and summer. We will meet at 21st and “Q” streets. 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
- Basic safety tips.

Two types of bicycle styles will be available for participants to try: classic and electric pedal assist (otherwise known as “e-bikes”). 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.

Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only. They are held at our new location at Victory Park (600 S. 70th St.). Sanitation guidelines are followed.

Services are available to those aged 60 and over. The following services are available on most clinic dates 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.

Aging Partners Events

**Call 402-441-7158 for information
and reservations.**

Aging Partners Day Trips

Please note early deadlines! Payments need to be made within three days of reservation to guarantee your spot. Must have 40 participants for the trips to occur. Please hurry and get your trips booked early so you don’t miss out on the fun! For details and reservations, call 402-441-7158.

- Harry S. Truman Library and Museum
Thursday, May 22
Cost: \$80 per person
Transportation to/from Victory Park to your home is \$5.
Reservations accepted from March 3 through April 28. Payment due within three days of your reservation. No refunds after May 2.

Join us for a fun-filled day in Independence, Missouri. We will enjoy a nice lunch at a well-known barbecue restaurant, spend time at the Harry S. Truman Library and Museum and end our day at Hardee’s (at your own expense). There are a few stairs at the museum, but there are also elevators available.

- Kearney Archway/Classic Car Collection Museum
Thursday, June 26

Cost: \$80 per person (must have 40 participants signed up by May 26 for this trip to occur).

Transportation to/from Victory Park to your home is \$5.

Reservations accepted from April 4 through May 23. Payment due within three days of your reservation. No refunds after June 6.

- Spirit of Brownville – Brownville, NE
Thursday, July 24
Cost: \$100 per person
Reservations accepted from June 9 to July 7. No refunds after July 11.
- Wizard of Oz Museum/Columbia Theater Museum – Wamego, KS
Thursday, Aug. 28
Cost: \$80 per person
Reservations accepted from July 14 through Aug. 11. No refunds after Aug. 13.
- Lauritzen Gardens – Omaha, NE
Friday, Sept. 26
Cost: \$70 per person
Reservations accepted from Aug. 11 through Sept. 12. No refunds accepted after Sept. 15.

2025 Dinner and Show Season

Auld Pavilion, 1650 Memorial Drive

Dinner: 5:30 p.m. Show: 6 p.m. (Doors open at 5 p.m.)

\$16 meal fee

\$5 round-trip van transportation fee within Lincoln

- Toasted Ponies
May 8
Reservations and payments accepted April 14 through the April 25.
- Lloyd McCarter
June 12
Reservations and payments accepted May 19 through May 30
- The 402 band
July 10
Reservations and payments accepted June 16 through June 27
- MoJo Filter
Aug. 14
Reservations and payments accepted July 21 through Aug. 1
- Hillbilly Deluxe
Sept. 11
Reservations and payments accepted Aug. 18 through Aug. 29

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

2025 Nebraska History Lunch Series

Charles H. Gere Branch Library,
2400 S. 56th St.

12:15 to 1:30 p.m.

\$5 sack lunch fee

Join us for a brown-bag lunch and a fascinating historical program by some of Lincoln's favorite historians. Doors open at noon and the program begins at 12:15 p.m. Reservations and payments are due by noon the Monday before the event. Reservations are required even if you are not having lunch.

Call 402-441-7158 to make your reservation.

This season, the series theme is Historic Lincoln. We'll learn what "historic preservation" means, then we'll explore historic neighborhoods and sites in Lincoln. Finally, we'll learn about the role the Nebraska State Historical Society plays in preserving Lincoln and the state of Nebraska's history.

- Monday, April 7 – "What is Historic Preservation?" presentation by Jill Dolberg
- Monday, May 5 – "History of the Piedmont Neighborhood" presentation by Ed Zimmer
- Monday, June 2 – "History of the Havelock Neighborhood" presentation by Jim McKee
- Monday, July 7 – "Important Historic Sites Around Lincoln" presentation by Stephanie Rouse
- Monday, Aug. 4 – "History of the Eastridge neighborhood" presentation by Ed Zimmer
- Monday, Sept. 8 – "Nebraska State Historical Society" presentation by David Bristow

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!

- Music BINGO with Elliott Piper
Tuesday, May 20 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!

- Music performance by Denise Howe
Monday, June 16 at 10 a.m.

Former Northeast Senior Center manager Denise Howe brings her guitar stylings to Belmont with a performance of classic hits! Denise is an accomplished guitarist and vocalist and has played at many different events and venues in the Lincoln area.

Northeast Senior Center

6310 Platte Ave.

402-441-7151

- BINGO
Wednesdays at 10 a.m.

The event is free, and no reservation 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 needed. Simply show up for an enjoyable morning of cards, coffee and socialization. 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
Thursday, April 10
Thursday, May 8
10 a.m.

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).

- Denise Howe Performs
Friday, April 11, at 10 a.m.

The event is free, and no reservation needed, except if you want lunch.

- AmanaCare Presents "Sandhill Cranes"
Thursday, April 24, at 10 a.m.

Halie Tenopir, AmanaCare, will be here to give an informative and fascinating program on the sandhill cranes.

- Dos Marcos Performs
Friday, April 25, at 10 a.m.

The event is free, and no reservation needed, except if you want lunch.

- Mary Link Performs
Friday, May 9, at 10 a.m.

The event is free, and no reservation needed, except if you want lunch.

- Commodities Delivered — Food Bank of Lincoln

Wednesday, March 12 at 9 a.m.

- Brian Gerkensmeyer Performs
Friday, May 23, at 10 a.m.

The event is free, and no reservation needed, except if you want lunch.

- Angels Care Home Health presents "Understanding Anxiety"
Thursday, May 29, at 10:30 a.m.

- Tom Ficke Performs
Friday, June 6, at 10 a.m.

The event is free, and no reservation needed, except if you want lunch.

- Music BINGO with Elliott Piper
Friday, June 20, at 10 a.m.
The event is free, and no reservation needed, except if you want lunch.

- Medicare Scams and Billing Issues presentation with Colleen Ozanne, Nebraska SHIP
Thursday, June 26, at 10:30 a.m.

Victory Park Center

600 S. 70th St.

402-441-7154

- Native American Flute Concert with Eldonna Rayburn
Thursday, April 10, at 10 a.m.

Eldonna Rayburn will perform on her extensive collection of Native American flutes, double and triple drones, bird flutes and more!

- April birthday party with music by Tim Javorsky
Thursday, April 24, at 10 a.m.

Tim Javorsky, saxophone maestro extraordinaire, will be here to help us celebrate our April birthdays! Come to hear

his renditions of jazz favorites, oldies, polka and more and stay for a slice of cake!

- May birthday party with music by Aunt Bunnie's Parlor
Thursday, May 29, at 10 a.m.

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

- June birthday party with music by Denise Howe
Thursday, June 12, at 10 a.m.

We'll celebrate our June birthdays while listening to retired Northeast Center Manager Denise Howe! Denise is an accomplished guitarist and vocalist and has played at many different events and venues in the Lincoln area!

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)
Second 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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