

LivingWell

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Service, Sound**

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Susan Burkey, HoriSun Hospice program coordinator and retired director of nursing, and Dr. Bob Bleicher, HoriSun Hospice medical director and executive director, offer insight into the hospice world and compassionate end-of-life care.

***How Hospice Helps:
Living Fully at the
End of Life***

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Director's Corner

You would assume that a Director of the Department on Aging would know very well the value of hospice care. It wasn't until I walked the journey of my father's final days that my eyes and my heart were truly opened to this remarkable gift.

The end of life is something most of us quietly fear — the uncertainty, the pain and the sadness of letting go. Hospice softened those fears. It surrounded my father and our family with a kind of love and compassion I never imagined could exist in such a difficult time.

It was the people who made the difference. The hospice nurses, aides, social workers and chaplains cared for Dad with gentle hands and tender hearts. They spoke with calmness when we were anxious, brought comfort when he was in pain and offered peace when our hearts were breaking. They treated him with dignity, not as a patient to manage, but as a man whose life mattered deeply until his very last breath.

Their care turned fear into comfort, sorrow into gratitude, and endings into sacred moments

of love. The people of hospice gave my father dignity — and gave our family the gift of peace. For that, I will be forever grateful. 



Randall S. Jones

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How Hospice Helps: Living Fully at the End of Life

Hospice — the word itself can stir deep emotions. For some, it's comforting; for others, a reminder of loss. Yet for the professionals who provide this care, hospice represents something profoundly life-affirming.

“It isn't about dying — it's about living with an illness that can't be

cured,” said Susan Burkey, HoriSun Hospice program coordinator and retired director of nursing. “We all have a story to tell. Our lives have meaning, and hospice helps people live their best days with dignity and comfort.”

People of all ages — from newborns to centenarians — and

their families can receive support when facing a life-limiting illness through hospice. Care is tailored to each individual's needs and wishes and can be provided at home or in a facility. The focus is on making each day as meaningful and comfortable as possible, surrounding patients and their families with care, understanding and practical support throughout life's final journey.

“Hospice is compassionate, comprehensive end-of-life care delivered wherever the patient calls home,” said Dr. Bob Bleicher, HoriSun Hospice medical director and executive director.

Hospice Care Defined

Hospice care service is paid for by Medicare, Medicaid and private insurance. Its effectiveness is due to the interdisciplinary team of nurses, nurse aides, social workers, chaplains, volunteers and sometimes specialists offering massage, aromatherapy, pet or music therapy care for a patient's physical, emotional and spiritual needs.

When enrolling in hospice, a person can access the Medicare/Medicaid hospice benefit, which helps cover services, medications, equipment and the care provided by the interdisciplinary team. Patients may continue seeing their doctors and specialists and can revoke hospice at any time if they choose to pursue treatment again.

“Hospice ensures medications are provided, managed, homes are safe and every need is fulfilled,” Bleicher said. “In fact, studies show

Susan Burkey, HoriSun Hospice program coordinator and retired director of nursing, and Dr. Bob Bleicher, HoriSun Hospice medical director and executive director.



that patients in hospice who are matched for age, sex and disease process live almost a month longer than those who don't choose hospice. Hospice extends both life and quality of care."

For many, entering hospice can seem overwhelming.

"Hospice starts slowly," Burkey said. "We explain the services and ask the patient and their family what they want and how we can help."

At its core, hospice is about honoring what matters most to the patient.

"We are there to support them, not make choices for them," Bleicher said.

That support might mean arranging for travel while on hospice — ensuring comfort, continuity and a peace of mind wherever they go.

Beyond personal comfort, hospice also helps reduce strain on the broader health care system, allowing people to have dignified end-of-life care without utilizing expensive hospital and emergency room care.

"When people receive the support and direction they need, they feel so much more at peace," Burkey said.

Supporting Families Through Loss

Hospice care extends beyond the patient, embracing each family's unique story and dynamic.

"It's not just about taking vitals and providing care," Burkey said. "It's also about sitting down and having coffee with a family, making a connection, showing compassion and learning from them. We accept patients and their families where they are."

With many families living at a distance, communication is key.

"We communicate with whomever the family desires," Bleicher said. "Sometimes, we'll set up a group text or email list, so every nurse visit includes an update. Other times, we keep a communication notebook in the home so any visitor — nurse, volunteer, patient or family member — can write notes and stay informed."

Keeping families connected helps reduce isolation, and hospice volunteers often provide companionship and support.

"When people are sick, they tend to stay home," Burkey said. "However, studies show socialization is as important as the food we eat."

Support also doesn't end when a patient dies. As part of the Medicare hospice benefit, hospice agencies provide bereavement care following a death.



Hospice starts slowly. We explain the services and ask the patient and their family what they want and how we can help."

– Susan Burkey

"Grief is complicated," Bleicher said. "Some are so deeply affected by the loss that they need extra support. We try to support families as best we can — as much as they want. Some people prefer privacy or seek help from their church or family, while others have been with their loved one for so long that they don't know what to do next. We help them reconnect as best we can."

Burkey recalled one experience: helping a recently widowed woman fill her car with gas — something her late husband had always done. Another needed help paying bills, something his wife had always done.

Whether supporting a spouse who devoted years to caregiving or an adult child living far from an aging parent, hospice teams guide families through the difficult path of loss with compassion and understanding.

"Connecting with one another through compassion and love is one of the most important lessons we learn from every patient we serve," Burkey said.

Continued on page 6.



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How Hospice Helps: Living Fully at the End of Life

Continued from page 5.

Hospice teams work together to provide the best care, offering suggestions and support, but also receive support themselves through bereavement and self-care benefits, acknowledging the emotional demands of the work while recognizing its rewards.

“It is one of the most gratifying tasks I have ever done,” Bleicher said. “It is emotionally heavy at times, but the flip side is the many good things patients and families receive as a result of hospice presence in their lives. And when there is a great team behind you, the work becomes easier.”

What to Look for in Hospice

Finding the right hospice provider can make a world of difference for patients and

their families in time of need. Begin by asking doctors, friends or community members for recommendations.


Local hospice providers can be compared on the Medicare Care Compare website, which lists quality ratings and patient experience data at medicare.gov/care-compare.

Next, interview top choices to learn more about their approach and services. Ask questions such as:

- How many patients do each nurse or staff member care for?
- Is the medical director available locally if questions arise?

- What are the response times when urgent needs occur?
- How does the team address family needs and emotional support?
- What types of services are offered (such as massage, music or spiritual care)?

Pay attention not only to the answers, but also to the staff’s tone and compassion. A caring and responsive team can make the experience far more comforting.

For more information about hospice, visit the Nebraska Hospice and Palliative Care Association at www.nehospice.org. 



We try to support families as best we can — as much as they want ... We help them reconnect as

best we can.”

– Dr. Bob Bleicher

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Lincoln native and lifelong musician Bob Snider found his rhythm early, inspired by his parents' love of music — a path that led to a distinguished career with the U.S. Navy Band and, later, a return home to guide the next generation of percussion students.

Playing for Presidents: Drummer's Life of Service, Sound

Growing up in Lincoln, Bob Snider was surrounded by melodies. His father, Jack Snider, directed the Cornhusker Marching Band and taught French horn at the University of Nebraska-Lincoln from 1950 to 1986. His mother, Mary Alice, filled their home with piano lessons and church organ music.

Both his father, Jack, and grandfather, Harvey Snider — who served as band director in Wilber, Nebraska — were later inducted into the Nebraska Music Education Association Hall of Fame.

Snider himself learned piano and violin at an early age, but it was Ringo Starr of the Beatles who sparked his lifelong love of percussion.

"I was a busy kid — drumming was a good outlet for me," he said. "But my parents made me play several instruments, not just the drums."

By eighth grade, Snider joined the

Lincoln Youth Symphony, performing with the group for five years. Later, he played in the Cornhusker Marching Band under the watchful direction of his father.

"He treated me like anyone else, yelled at me like anyone else — it made me tougher," he said.

Snider earned his bachelor's in music education and percussion performance from the University of Nebraska in 1976, followed by a master's in percussion performance from Indiana University of Pennsylvania in 1978. He then joined the University of Wisconsin-Green Bay as assistant director of bands and percussion instructor.

After three years in academia, he began to miss playing the drums. In 1981, he auditioned for the United States Navy Band in Washington, D.C.

"There were 50 other percussionists," Snider said. "I was



Bob Snider plays during former President Ronald Reagan's funeral in 2004.

the last one on the third day, and I'm the one they took."

Keeping the Time, Making the Music

The band serves as the Navy's premier musical organization. It provides musical support for the president of the United States,

Department of the Navy and other senior military and government officials. Through ceremonies, national and regional tours and public concerts, the band preserves the nation's musical heritage while projecting a positive image at home and abroad. It is comprised of six primary performing groups, along with smaller ensembles, capable of playing nearly any style of music in any setting.

After completing boot camp at Naval Station Great Lakes in Illinois, Snider joined the Navy's Concert and Ceremonial Band in Washington, D.C. Performances often relied on sight-reading, with musicians seeing the music for the first time just before playing.

"I felt comfortable as a band musician in the military," Snider said. "It was a great bunch of people and world-class musicians."

Touring across the country, Snider performed in all 48 contiguous states, playing for Presidents Ronald Reagan, George Bush, Bill Clinton, George W. Bush and Barack Obama, as well as numerous foreign dignitaries and distinguished guests. Performances ranged from prestigious concert halls such as the Kennedy Center, to small town gymnasiums and rodeo barns.

Programs listed musicians' hometowns, which led to many personal connections.

"People would come up and ask me if I was related to Jack or Mary Alice," Snider said.

Among his most meaningful performances were those tied to national moments — the Victory Parade in New York after Desert Storm, President Ronald Reagan's funeral, and countless services at Arlington National Cemetery for fallen soldiers and the crew of the Space Shuttle Challenger.

"They tell you to stay removed



Bob Snider, at drums, with the United States Navy Country Current Band in the 1990s.

from what's going on, but you can't," Snider said. "Every one of them, you never take it for granted. It's a part of our job; but for the families, it's a once-in-a-lifetime moment of honoring their loved one."

He was especially moved each time he performed at the Tomb of the Unknown Soldier during wreath-laying ceremonies.

"If it doesn't get you emotionally, you're in the wrong job," he said. "We weren't just musicians — we were in the military and represented that."

Snider served 11 years as percussionist, then timpanist before joining the Navy's Country Current band — a country-bluegrass ensemble — as drummer, performing with the group for four years.

In his 15th year, Snider became the National Tour Director, coordinating tours while performing as needed — a welcome change of pace that allowed more time at home with his wife and two young

children. He also streamlined the organization by uniting the 20-member support staff into a single department.

After 30 years of service, Snider retired in 2011 as an E-9 Master Chief, the Navy's highest enlisted rank.

"I feel very fortunate and blessed to have served in the Navy Band," he said.

Return to Lincoln

Snider came back to Lincoln in 2017 with his wife, Ann, whom he had met decades earlier in the Cornhusker Marching Band. The couple celebrated their 50th wedding anniversary in 2025.

Snider quickly found his rhythm again. Working as a freelance percussionist, he teaches part time at Doane and Nebraska Wesleyan universities, coaches the Lincoln Youth Symphony percussion section and maintains a home percussion studio where he performs private lessons.

Continued on page 10.

Playing for Presidents: Drummer's Life of Service, Sound

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“My goal was to get five to 10 drum students; but within a year, I had 25 each week,” he said.

He now teaches approximately 17 students, tailoring the approach to each individual while emphasizing variety and strong sight-reading skills.

“No one learns the same,” he said. “I’ve been teaching private lessons since I was in high school, and it seems the band directors are happy with what I send back.”

Snider also performs regularly with the Waverly Community Concert Band and the other local groups. He occasionally judges ensemble contests and plays drums for Grease & Power, a Tower of

Power tribute band that performs a few times each year.

Over the years, Snider has performed as a percussion soloist and clinician for the American Bandmasters Association, the Midwest Band and Orchestra Clinic, the Western International Band Clinic, the American Band College, and on three Percussive Arts Society International Conventions.

His articles have appeared in Bandworld magazine and Percussive Notes, and his book, “Percussion Section Techniques” written with Steve Grimo, is published by Meredith/Hal Leonard. He has also performed with numerous symphony orchestras in Nebraska,

Maryland, Pennsylvania, Virginia and Wisconsin.

Now in his early 70s, Snider says, “I’m focusing on things I think are important so I still have time to do what I want.”

A cancer survivor since 2008, he approaches retirement with a renewed sense of purpose.

“I don’t want to slow down, but I want to make better choices,” Snider said. “I recommend picking three things you are interested in. If anyone asks you to do something outside those areas, give it a week to think about it, then say ‘no.’ Be careful with what you commit to, because even small things can overtake you. I’m doing what I want right now and I’m happy with it.” **lw**

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Memory Café Offers Community Without Pressure

Meeting expectations of everyday life and having social interaction can feel overwhelming for those experiencing memory loss. That's why Lincoln City Libraries offers Memory Café to have a welcoming space free from those pressures — a place where participants can relax, connect and simply enjoy the moment.

On the third Thursday of each month from 10 to 11:30 a.m. at the Walt Branch Library, 6701 S. 14th St., Memory Café provides a supportive environment for adults experiencing memory issues and their caregivers. Beginning with coffee, lemonade and cookies, the program offers social time and a low-pressure activity designed to foster connection and engagement.

The concept of Memory Café originated in the Netherlands in the 1990s, spreading across Europe in the 2000s and arriving in the United States in 2008. Lincoln Librarian Vicki Clarke discovered the program at a conference and brought it to Lincoln in 2022. Memory Cafés are held in a variety of settings — including businesses, museums, restaurants, libraries and other public places — and Clarke recognized how it fit with Lincoln City Libraries' mission perfectly. Memory Café was awarded a Staff Innovation



At Memory Café, Lynne reflects on her water-painted rabbit and memories of her brothers catching rabbits.



Memory Café provides individuals with memory issues and their caregivers a welcoming environment.

Grant through the Library and The Foundation for Lincoln City Libraries, which has given additional financial support for the program.

“Public libraries are for everyone regardless of age or ability, and they are a free resource to all,” Clarke said. “Hosting Memory Café here is a way for those who may no longer feel comfortable in other public places to feel welcomed and included. We encourage everyone, including those with changes in their memory to come to the library and be part of the community.”

Participants attend with their caregivers and enjoy a chance to be part of the community without expectations.

“If you forget your words, it won't matter,” Clarke said. “It's OK if you forget what you're talking about, and you don't have to remember anything when you leave. Come, be present and enjoy yourself in the moment.”

Staying active and engaged is important for physical and cognitive health, including for those with memory loss.




It's OK if you forget what you're talking about, and you don't have to remember anything when you leave. Come, be present and enjoy yourself in the moment.”

– Vicki Clarke



“This is such an amazing experience for our residents,” said Tracy Martin, Country House Life enrichment director. “They come in and look for one another. It's a great way to stay engaged, and it truly makes a difference in their quality of life. They're happy to be here, learn and feel a sense of purpose.”

For more information about Memory Café, contact Clarke at vclarke@lincoln.ne.gov. 

Making Community Connections in Uncertain Times

By Monte Peck, Aging Partners Rural Center Manager



Monte Peck,
Aging Partners Rural
Center Manager

Everyone is feeling it these days. At the grocery store. At the gas station. Paying the light bill. The cost of living in our country is rising at an alarming rate. My family and I felt it, too. After years of being a full-time entertainer, I came to the painful conclusion that almost every aspiring artist reaches — it was time to get a day job.

I began searching for something flexible enough that I could continue performing music in the evenings and weekends but something that would also produce a consistent paycheck. After an extensive hunt, I wound up accepting a position as a bus driver with Aging Partners. Driving the daily city routes as well as public rural transit gave me the opportunity to meet older adults all over Lancaster County.

Interacting with the aging population across all walks of life gave me a new perspective on senior living than what I was exposed to growing up in rural Texas. I soon realized that I enjoyed working with this often overlooked population within our community. I enjoyed it so much, that when the rural center management position opened, I decided to apply. Even though I never imagined myself doing this work, I received a great deal of encouragement from my coworkers to pursue the opportunity. As it turns out, everyone was right. I was a good fit for the job; and in the spring of 2025, I became the rural senior center manager for Aging Partners, serving at our facilities in Bennet, Firth and Hickman.

I had plenty of experience helping at the Lincoln centers by the time my

first day as a manager rolled around, but I honestly didn't know what to expect when it came to running the show on my own. The food service part was easy. Greeting and socializing with everyone was easy. Setting up and cleaning the centers themselves was easy. However, learning how to plan engaging activities and adapting them specifically to each of my three centers was definitely a challenge. Identifying and meeting the unique needs of every individual while scheduling daily programs that appeal to all of my attendees was yet another challenge. Ultimately, ensuring the centers continuously provide the environment each member is expecting from one day to the next has been a neat trick. But long story short, figuring out the solution to these problems has to be one of the most rewarding aspects of managing the rural centers.

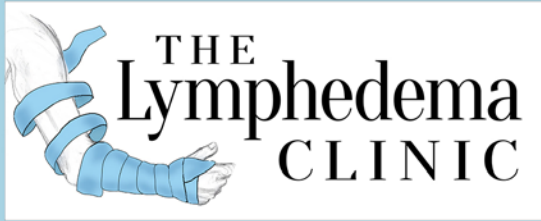
I've also spent a lot of time in deep conversation with our rural seniors. I have become their friend, in some cases, their confidant, and more or less their sounding board in general. I have deepened my relationships with most of them; and in doing so, I feel like I've seriously strengthened some community bonds. I have also attended community events outside of my work hours and plan to continue this mutually beneficial outreach.

It's with all of this in mind that I developed a type of monthly programming at my centers called simply enough, Community Connections. Born out of a curiosity our members share for learning about local businesses in the area, this center-specific monthly program is an

attempt to make a direct and lasting connection.

In essence, I've invited business owners to stop by our centers, give a backstory on who they are, where they're from, why they chose to do what they do, and then I encourage everyone involved to have a pertinent discussion. The presentations usually last about an hour and typically include history, trivia and/or other relevant talking points. Community Connections has become a huge hit with our aging adults. It's a program tailored to be as fun as it is educational, and it consistently lives up to its name. Every time.

I'd like to think that older adults are coming to my centers for my charm or my awesome programming. In reality, they are there for a lot of the same reasons I am. They need something — a friendly conversation, a hot meal, or perhaps just a comfortable place to spend their morning. We are living in uncertain times. Politics. Technology. The news. Things change so quickly these days that it's getting harder and harder to keep track of what's going on. If you told me two years ago that this is what I'd be doing for a living, I wouldn't have believed you. I'll always be an entertainer, a musician, a writer, and that will never change. But I think I found another way to make a difference in the world. Even if I would've never considered it as a day job, let alone a potential career path, working for Aging Partners has shown me that if all we have is each other, we still have a lot. 



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Staying Comfortable, Confident in Dealing with Urinary Issues

*Dr. Logan
McGuffey,
Nebraska
Urology
urologist*



As people age, urinary tract infections (UTIs) and urinary incontinence can become common health concerns that can significantly affect a person's comfort, confidence and quality of life. Both conditions are often endured, but they can be managed with preventive measures, lifestyle adjustments and medical or surgical treatments.

Urinary Incontinence

Involuntary leakage of urine, known as urinary incontinence, can occur at any age; but this is more common among older adults due to age-related changes in the bladder. It also affects women more frequently, influenced by factors such as anatomy, pregnancy, childbirth and menopause.

Although common, it does not have to be accepted as a normal part of life. There are four main types — stress, urge, mixed and overflow — and identifying which type is important for determining the most effective treatment.

“The goal is to improve the quality of life through treatment,” said Logan McGuffey, Nebraska Urology urologist.

Stress incontinence occurs when urine leaks due to increased pressure on the abdomen, such as during coughing, sneezing or laughing. This type most commonly affects women. Initial treatment focuses on strengthening the pelvic floor muscles through Kegel exercises. If symptoms persist, lifestyle adjustments such as

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monitoring fluid intake and avoiding bladder irritants such as caffeine and alcohol, may help. When conservative measures are not effective, surgical options — including urethral sling procedures — can be considered to reduce leakage.

Urge incontinence results from an overactive bladder, causing a sudden, strong urge to urinate followed by involuntary leakage. It often is associated with increased urinary frequency and difficulty reaching the bathroom in time.

“We try to hone in on the volume a person is drinking, avoid bladder irritants which make the bladder overactive, modify intake and time voiding,” McGuffey said.

If symptoms do not improve, medications to relax the bladder may be prescribed before considering surgical options. One option is sacral nerve stimulation, which functions like a pacemaker for the bladder and pelvic floor to help regulate control. Another treatment approach involves injecting Botox into the bladder to partially relax the muscle, increasing storage capacity and reducing leakage.

Overflow incontinence most often affects men with enlarged prostates, which can prevent the bladder from emptying completely and cause urine leakage as an overflow response. Treatment typically involves surgical procedures to reduce the size of the prostate and restore normal urine flow.

Mixed incontinence involves a combination of types, most commonly stress and urge incontinence. Treatment often focuses on addressing the most prominent or bothersome symptoms.

It’s important to consult a primary care physician about treatment when urinary incontinence begins to impact daily life.

“Seek treatment when incontinence starts keeping you from going out and being around people, when it affects your mental health or hygiene, or you have physical issues such as sores in the groin or areas not healing,” McGuffey said.

Urinary Tract Infections

A urinary tract infection (UTI) affects part of the urinary system — including the ureters, bladder, urethra or kidneys. It most often occurs when bacteria, typically *Escherichia coli* (*E. coli*) from the stool, enters the urinary tract through the urethra. In rare cases, UTIs may be caused by fungi.

Older adults are more susceptible to UTIs due to change in the immune system, bladder, hormones and conditions such as constipation, cognitive impairment, malnutrition, diabetes and prostate enlargement. In postmenopausal women, reduced estrogen can decrease urethral vascularity, making it easier for bacteria to enter the bladder.

“Aging can increase the risk of UTIs due to reduced mobility, holding urine for extended periods, inadequate fluid intake or previous catheter use,” McGuffey said.

Health conditions that increase UTI risk include diabetes, obesity, autoimmune diseases and the use of immune-suppressing medications. Certain drugs can also contribute, such as anticholinergics, some antidepressants and cardiovascular medications like beta-blockers.

Classic UTI symptoms include increased urinary frequency and urgency, burning or pain during urination, cloudy or bloody urine and lower abdominal or pelvic pressure. In older adults, symptoms may be atypical, such as lethargy, confusion, dizziness, loss of appetite, new or worsening incontinence, low blood pressure and rapid heartbeat. If untreated, a UTI can spread to the kidneys, causing fever, chills, back or abdominal pain, nausea and vomiting. Kidney infections can be severe and may lead to serious complications, including sepsis.

Prevention strategies include drinking plenty of fluids, promptly responding to the urge to urinate, fully emptying the bladder, wiping front to back and changing incontinence products or underwear as soon as they become wet.

“I recommend drinking 65 to 70 ounces of fluid daily unless restricted for a heart or kidney reason,” McGuffey said.

Continued on page 16.



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

problemgambling.nebraska.gov

Staying Comfortable, Confident in Dealing with Urinary Issues

Continued from page 15.

McGuffey also suggests practicing good bladder habits, such as scheduled bathroom trips (timed voiding). Some individuals may benefit from “double voiding,” which involves urinating, waiting briefly, and trying again to fully empty the bladder.

For women, additional measures include urinating after sexual activity, and, for those in or after menopause, vaginal estrogen therapy to help reduce the risk of UTIs.

Some evidence suggests cranberry supplements and other bladder health products may help protect the bladder lining and reduce UTI risk. These options should always be discussed with a primary care provider before starting any new

supplement or treatment.

If a UTI is suspected, a primary care physician can perform a urinalysis and culture to identify the cause and determine treatment. Typical treatment involves a three-to seven-day course of antibiotics. Recurrent UTIs of three to four infections per year, should be evaluated by a urologist to identify the underlying cause.

“We need to make sure there are no kidney stones, ureter blockage, tumor or other anatomical issue in the bladder making it more prone to infection,” McGuffey said. Medical options for preventing recurrent UTIs may include low-dose antibiotics or other medications to break the cycle of infections and

allow the bladder to heal.

“UTIs are frustrating to deal with, especially if they recur even after treatment,” McGuffey said. “We want to help people through behavioral and preventive measures, but UTIs can be a chronic issue that may continue despite our best efforts. Our goal always is to reduce severe infections resulting in hospitalizations and sepsis.”

He encourages individuals to speak with their doctors about issues they are facing.

“You don’t need to be embarrassed,” McGuffey said. “There are potential solutions. While it may not completely resolve the issue, we can notably improve a person’s quality of life.” **LW**

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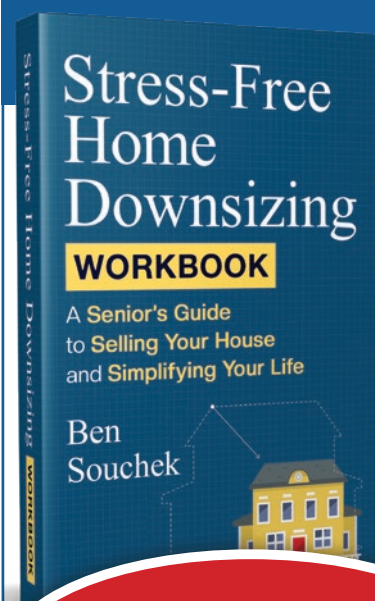
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State of Long-Term Health Care in Nebraska: Challenges, Changes, Road Ahead

By 2050, Nebraska's population of individuals age 75 and over is projected to grow by 63 percent — surpassing 250,000 residents. In less than 25 years, this rapid shift will heighten demand for care services and create significant economic impacts across the state. As the population ages, the gap between older adults needing care and the available workforce will widen, intensifying strain on Nebraska's already challenged nursing home and assisted living industry.

This transformation will require major adaptations in housing, infrastructure, funding, workforce development and care delivery models.

Access to long-term care through nursing home and assisted living

facilities is becoming increasingly limited. Many face underfunding and workforce shortages, leading to closures — especially in rural areas. The problem is compounded by an aging workforce and difficulties recruiting new professionals.

Jalene Carpenter, Nebraska Health Care Association (NHCA) president and CEO, leads the organization representing these facilities statewide. NHCA provides advocacy, regulatory guidance and general support for these facilities, while also offering accredited education for long-term care staff.

While Nebraska has recently seen some improvement in staff stability, overall staffing levels have only returned to where they were before the COVID-19 pandemic.

“We lost a tremendous amount of the workforce during the pandemic,” Carpenter said. “The demand for care will always be there, but we need the staff to care for people, too.”

Sixteen Nebraska nursing homes have closed in the past four years, citing staffing shortages and lack of funding. In many rural communities, limited workforce availability makes it difficult for facilities to accept new residents, creating a cycle of low funding and continued closures.

“It's difficult when we have closures in a small community,” Carpenter said. “A facility is often the largest employer in town. If our state doesn't invest in our rural communities — especially around nursing facilities — we'll continue to see closures.”



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Small-town facilities struggle with tight margins, and although additional services such as assisted living, nonmedical home care and home health care services have expanded, they remain limited or more costly in rural areas. Closures leave those with a higher level of needed care with the decision to move farther from family, and less frequent visits can negatively affect their physical and emotional well-being.

“It’s hard to attract and retain staff when Medicaid reimbursement doesn’t cover the cost of care,” Carpenter said. “Facilities then can’t raise wages or offer competitive benefits, so they lose money and staff, and eventually can’t continue operation.”

Workforce shortages also directly affect quality of care.

“You can’t admit more residents if you don’t have adequate staff,” Carpenter said. “Consistent staffing is the No. 1 driver of quality care.”

NHCA advocates for sustainable funding, reasonable regulations and policies that let caregivers focus on residents rather than excessive paperwork.

“These facilities care for a vulnerable population,” Carpenter said. “We want nurses and caregivers at the bedside, not buried in paperwork.”

Ultimately, the goal is to preserve choice. Every individual’s aging journey is different — each person deserves the opportunity to decide how they’ll age and in what setting.

Future of Long-Term Care

NHCA’s top priority is staffing. Having enough qualified staff allows facilities to serve more residents — and it takes a wide range of professionals to make that possible.

“Administrators, directors of nursing, and even maintenance and culinary staff are critical to a facility’s success,” Carpenter said.

While demand remains steady for nurse aides, medication aides, licensed practical nurses (LPNs) and registered nurses (RNs), Carpenter encourages people to consider the many rewarding careers in long-term care.

“When people think of health care, they picture hospitals or clinics,” she said. “But long-term care is about relationships, caring for people 24/7. That’s what makes it so meaningful.”

NHCA offers training programs for nurse aides and other careers. Nurse aide training also is available through community colleges, and many facilities cover the cost for their staff.

To highlight long-term care, a docuseries called

Continued on page 20.



Jayme Estep, life enrichment director at a Lincoln memory care facility, standing, says, “We all have or know someone who has a loved one that is older. Families want to feel confident their loved ones are safe, so it’s important we provide good care. Everyone has a story and has contributed something to the community. In my heart, people deserve good care, and I often wonder what that will look like when I get older.”



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State of Long-Term Health Care in Nebraska: Challenges, Changes, Road Ahead

Continued from page 19.

“People Worth Caring About” shares stories from professionals in the field. It can be watched at: <https://nehca.org/NEHCA/Support/PWCA.aspx>.

Knowing and being trained in long-term care industry careers is vital to expanding the workforce. The University of Nebraska Gerontology Department is doing just that.

“The care of adults living in long-term care requires an in-depth understanding of the unique aspects of aging,” said Julie Masters, University of Nebraska Department of Gerontology professor. “It’s seeing the person beyond the disease state. This takes coursework, hands-on experience through practicums and internships, along with one-on-one

conversations with older adults. Students who enroll in gerontology courses with the intent of working in long-term care do so because of a respect and commitment to making the lives of older adults better. Like the docuseries, gerontology students understand the idea that those in long-term care are people worth caring about.”

Supporting Long-Term Care

Carpenter encourages families to talk early about care preferences.

“Don’t wait until there’s an acute event to have those conversations,” she said.

Carpenter also emphasizes the importance of rural engagement and support.

“Stay connected with your local assisted living or nursing home,” she said. “Volunteer, know what’s happening and find ways to support them. The more a facility is connected to its community, the more likely it is to succeed.”

Volunteers can read to residents, play music, share community news or deliver crafts from children.

Carpenter also encourages the recognition and value of those who choose careers in long-term care.

“The people who work in these communities are amazing and so passionate about what they do and who they care for,” she said. “When you meet someone working in long-term care, thank them. They’re doing important, meaningful work.” ^{LW}



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Preparing for Life's Unexpected Turns

Caught between school drop-offs and doctor appointments, Adrian Wisnicki knows firsthand what it means to be part of the “sandwich generation” — adults caring for aging parents while still supporting children at home.

He grew up in Chicago as the only child of Joe and Elizabeth Wisnicki, immigrants from communist-era Poland who arrived in the United States in the late 1960s/early 1970s. Through hard work and determination, the family built a new life from the ground up — finding community and creating a sense of stability far from the world they left behind.

In 2013, Adrian moved to Lincoln. A few years later, his parents followed. For years, Joe and Elizabeth — now 95 and 85 — lived independently in their nearby condo. But in August 2024, everything changed — an accident left Elizabeth hospitalized and later in a rehabilitation facility; unexpectedly, Joe was without his primary caregiver.

“Until the accident, my mother was my father’s main support,” Adrian said. “They had been living independently, and all of sudden, they both needed help.”

Adrian and his wife, Liz, quickly stepped in to manage health care decisions, as well as assist Joe with groceries, bills and daily needs. Because Joe no longer drove, they picked him up each day in their only vehicle, took him to visit Elizabeth at the rehabilitation facility, and brought him home again. They balanced this all alongside their own



Liz and Adrian Wisnicki, left and right, have stepped in to help with the care of Adrian's parents, Joe and Elizabeth.

work, household responsibilities, and raising two active teenage daughters.

“Literally, in a moment, everything changed,” Adrian said. “We were caring for my father while my mother was recovering. We didn’t know what all needed to be done or what our options were — we felt completely unprepared because we never anticipated that we’d have to step in so suddenly.”

As they learned to navigate the complexities of Medicaid, the assisted living system and family finances, they said the massive weight of their new instant responsibilities took hold.

“It was hard to find our way through it all,” Adrian said.

As an only child, there was no one else to share the responsibility. He reached out to Aging Partners for guidance and was connected with Care Management Services Coordinator Jean Holt, who

helped the family explore available resources and options.

“We got all our questions answered and help we needed,” Adrian said. “From understanding Medicaid to setting up support for my father — Jean assisted us with everything. She helped us get hearing aids for my father, organized transportation passes, provided information on rehabilitation facilities and assisted living homes, connected us with home health care and legal resources, and helped set up medical alert services.”

Now, with Elizabeth fully recovered and back home, challenges still remain. Age and mobility limitations have left Joe and Elizabeth more homebound, making everyday errands difficult despite their independent spirits. Fortunately, steady support from Adrian and Liz, along with caring neighbors, make it possible for them

to maintain their routines and stay in their home.

“My parents have made a lot of friends and inspire a lot of love from people,” Adrian said. “They have wonderful neighbors who have helped get them to the grocery store or pick things up when needed.”

For the Wisnickis, the key lesson about handling life’s unexpected changes has been the importance of preparation — through conversations, planning and anticipating needs. Thinking ahead about health care decisions, daily support and financial considerations can make all the difference when a crisis arises, Adrian said.

“We put it off and ignored it, and so it felt overwhelming when it happened,” he said, reiterating the significance of working out as much as possible in advance.

Adrian encourages older adults and their families to discuss plans early and often. By sharing wishes — from medical preferences to end-of-life arrangements — it can serve as a guiding light during the aging process and ease potential burden on loved ones when difficult moments arise.

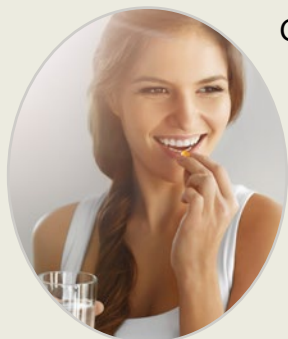
Gathering key information and documents ahead of time can make future planning and caregiving smoother for everyone involved. Here are some essentials to consider (at right):

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Aging care:

- What type of care do you want as you age?
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- What kind of end-of-life care do you envision?
- Do you have an Advance Health Care Directive in place?

Key documents:

Assemble a file that includes:

- Your will, powers of attorney and any trusts.
- A list of assets and financial accounts — bank, investment, stock, retirement and insurance documents. Balances aren’t necessary, but note where accounts are held.

Tip: Keep beneficiaries current on investment and bank accounts. Transfer on Death (TOD) and Payable on Death (POD) designations override what’s written in a will, so review and update them regularly.

- Copies of vital records such as birth certificate, Social Security card, tax returns, marriage certificate and driver’s license.
- Include insurance cards (Medicare, Supplemental policies and prescription coverage) and list of medical providers including dentists, specialists and pharmacy.


Passwords:

- Maintain a secure, written record of important passwords and where they can be found.

Home and vehicle information:

- Deeds, titles, maintenance records, repair logs and insurance policies.
- Notes about ongoing bills, maintenance needs and trusted service providers or contacts.

Personal wishes:

- Outline your preference for funeral or memorial arrangements.
- Include letters to loved ones, personal stories or memories to share.
- Provide a list of favorite things or people to notify. 

Digital Money Risks: What to Know About Cryptocurrency

A simple rhyme may save your savings: Have a need before you feed — the crypto ATM, that is.

In 2021, Nebraska created a special-purpose bank charter for institutions that mint and manage stablecoins — a type of digital asset tied to the value of a traditional currency, such as the U.S. dollar. This legislation allowed Nebraska to continue responsible digital-asset innovation.

The law expanded electronic payment options for individuals and financial institutions, enabling instant, secure transactions that could reduce card fees and delays from traditional clearing. It also defined legal rights of payment tokens under Nebraska law and tasked the Nebraska Department of Banking

and Finance (NDBF) with overseeing chartered and licensed activities.

While a crypto ATM may look a lot like a traditional bank ATM, they offer significantly different services. Crypto ATMs may be found where traditional ATMs might be, such as gas stations, convenience stores or retail locations. Sometimes, the only way to tell the difference between the two is by interacting with the machine to see what services it offers. A traditional ATM is established by a bank or credit union and will have the financial institution's name on the machine.

Cryptocurrency kiosks – or crypto ATMs – allow consumers to deposit cash or transfer funds to purchase cryptocurrency and convert it into digital products, not currently services

you see at a traditional ATM. These machines typically will not have the name of a bank or credit union on them, as they are operated by different types of companies. Some crypto ATMs may accept debit cards and may appear to offer traditional limited ATM services as well as crypto. Inserting your debit card should show you the services available before transferring money or depositing cash.

While these crypto ATMs can offer a legitimate way to interact with a crypto account and buy cryptocurrency, bad actors have swarmed the sector, often creating stories to get you to put money into a crypto ATM. The NDBF is aware of incidents where callers have posed as federal agents or other types of law

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enforcement and convinced people to feed the machines cash, which was immediately grabbed by the scammer.

“Government agencies will never call or email demanding immediate payment or threatening arrest,” said Kelly Lammers, NDBF director. “Despite the best technology and the strongest laws, the most powerful protection still begins with personal awareness. Scammers thrive on urgency — on convincing victims that they must act quickly to ‘save’ money, protect an account, or help a loved one. The best response is to slow down.”

Lammers says if you receive a call, email or message urging you to move your money, stop and consider:

- Why are they asking me to move the money so quickly?
- Why are they asking me to use a crypto ATM instead of a bank or card?

If the answers don’t make sense, don’t move the money. Also, if the caller

suggests they are a family member, ask for more details about when you last saw them or when you last spoke. That should help identify if the call is legitimate. Keep in mind the pretender will know anything posted to social media, so avoid asking questions about things that were shared online.

For financial transactions, get to know your banker, credit union or investment advisor. You also can contact the NDBF before making any transaction that seems suspicious.

In 2025, Nebraska passed and implemented new regulations for crypto ATMs, aimed at reducing bad actors in the sector. The Controllable Electronic Record Fraud Prevention Act took effect Sept. 1, 2025, and requires controllable electronic record kiosk operators (crypto ATMS) to be licensed with the NDBF as money transmitters and operators.



Crypto ATM operators must provide a full refund for new customers and a refund of fees for existing customers for fraudulent transactions reported within 30 days. Crypto ATM operators must also take reasonable steps to detect and prevent

fraud, including having a qualified compliance officer, maintaining a written anti-fraud policy and utilizing blockchain analytics software to detect and prevent fraudulent activity.

If you were fraudulently induced to send money to a scammer using a crypto ATM, report it immediately to the NDBF at 402-471-2171, dob.complaints@nebraska.gov, or through the online complaint submission portal at: <https://ndbf.nebraska.gov/consumers/complaints>.

Remember, local law enforcement should also be contacted if you are subject to a scam. ^{LW}

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Exploring Migraines: Causes, Types and Who's Affected

Migraines are a neurological condition that can significantly impact daily life — affecting a person's ability to work, socialize or complete simple tasks. About 12 percent of people experience recurring migraines.

More than just a headache, a migraine often causes intense, throbbing pain on one side of the head that can last for hours or even days. Other symptoms may include nausea, vomiting, visual disturbances and sensitivity to light and sound.

There are two main types of migraines: migraine without aura and migraine with aura. The more common type, migraine without aura, involves severe headache pain

without sensory changes. Migraine with aura is preceded by temporary neurological symptoms such as flashing lights, blind spots and wavy lines, difficulty with speech or concentration, confusion, anxiety numbness, tingling or weakness on one side of the body.

“These symptoms occur before the migraine pain begins,” said Dr. Madhuri Are, pain physician and division chief at the University of Nebraska Medical Center's Department of Anesthesiology.

Migraines often progress through four stages. The prodrome phase precedes pain and may bring nausea, fatigue, mood changes or sensitivity to light and sound. The aura stage, when present, includes



Dr. Madhuri Are, pain physician and division chief at the University of Nebraska Medical Center's Department of Anesthesiology

visual changes or temporary numbness and tingling. The headache phase follows — lasting hours to days — and often is succeeded by a postdrome, marked







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by lingering fatigue and nausea.

Anyone can experience migraines — even children, who may experience abdominal migraines. Other common types include stress-related and menstrual migraines in women.

Causes, Risk Factors and Triggers

Migraines can begin at any age but often appear as abdominal migraines in children and most commonly occur as menstrual migraines in teen girls and adult women.

Risk factors include a family history of migraines and underlying conditions such as epilepsy, sleep disorders, depression, anxiety and smoking. People who have experienced a stroke, head or spinal cord injury, or who live with conditions like Ehlers-Danlos syndrome or fibromyalgia may also be more prone to migraines.

“Theories suggest migraines are hereditary and may involve inflammatory substances in the nerves and blood vessels,” Are explained. “It’s not that these diseases directly cause migraines, but they add stress to the body. How someone manages stress, eats, sleeps, stays hydrated and avoids smoking can all make a difference.”

Identifying triggers and making lifestyle changes are key steps in migraine prevention. Keeping a journal can help track when migraines occur and possible causes, such as diet, weather changes, sleep habits or stress levels.

Common triggers include strong scents, bright lights, loud sounds, chocolate, aged cheese, processed foods, MSG, nitrates, alcohol and hormonal changes. Skipping meals, poor sleep, or untreated depression can also increase migraine frequency.

“If you know what triggers migraines, you can take steps to avoid them,” Are said. “Getting enough rest and caring for your overall health also can help reduce migraines.”

Treatment Options

Treatment for migraines depends on their frequency and severity. Commonly prescribed maintenance medications include antiepileptic drugs, as well as certain antidepressants taken at night to promote better sleep and help prevent migraine onset.

For acute attacks, triptans are often used to stop a migraine once it begins. Some people also find relief with a strong dose of caffeine.

Those who experience chronic migraines — defined as 15 or more per month in the past six months — may benefit from Botox injections every 90 days or newer injectable monthly therapies. Other options include treatments targeting calcitonin gene-related peptide



(CGRP), available in pill, injectable and IV infusion forms to help prevent migraine episodes.

However, experts caution against medication overuse, which can worsen migraines.

“In that case, although it seems counterintuitive, we have them stop all medications and then restart slowly over time,” Are said.

For severe or prolonged migraines that interfere with

Continued on page 28.

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Exploring Migraines: Causes, Types and Who's Affected

Continued from page 27.

work, school or daily life, doctors may occasionally prescribe a short course of oral steroids — though Are noted this should be limited to once or twice a year. Some patients also may receive treatment at infusion centers, where IV fluids, anti-nausea medications and sometimes diphenhydramine (Benadryl) are administered to provide relief.

When to Seek Help

If migraines interfere with daily life, it's important to talk with a primary care physician who can help identify potential triggers and begin appropriate treatments. Medical attention should be sought for new or worsening symptoms or

if current medications are no longer helpful.

Seek emergency care immediately for the worst headache of your life, sudden vision or hearing loss, new balance problems, tingling in the arms or legs or a headache following a concussion, head injury or seizure.


“Call 911 — it may be more than a migraine, such as a hemorrhage or bleed,” Are said.

Older adults should also treat any new headache after a fall or injury as an urgent concern, especially if accompanied by weakness, numbness or other neurological changes.

“Those combined with a

headache would be a red flag and should be evaluated immediately,” Are said.

The best approach to managing migraines is to work closely with a doctor to find the right combinations of treatments and lifestyle changes. If symptoms persist, Are recommends seeking care from a neurology or pain management specialist.

“With all the research done on migraines in recent years, there are many new treatment options available,” Are said. “If you're still struggling, see a specialist — but most patients can find relief by working with their primary care physician and using standard medicines.” 



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info@completeinsurancellc.com   www.completeinsurancellc.com

Aging Partners Health and Fitness

Caffeine and the Aging Body

By Stevie Lang, Aging Partners Health and Fitness Community Health Educator and Personal Trainer

Many of us have enjoyed coffee, tea or a favorite pop for decades. These familiar drinks can feel like part of our routine, even our identity. And for many older adults, caffeine can be helpful with boosting energy, improving alertness, supporting mood and even helping with social connection. But as the body ages, caffeine can act a little differently, and understanding those changes can help us make choices that feel good in the long run.

Caffeine shows up in a few main places. Coffee often has the highest amount per cup. Tea is usually gentler, with helpful antioxidants. Soft drinks and energy drinks can contain added sweeteners and stimulants. Pre-workout powders and “boost” supplements often have the strongest stimulant effects.

Not all caffeine sources are equal. Tea and coffee tend to offer benefits alongside their caffeine content, while energy drinks and pre-workouts can be unpredictable, especially if they contain ingredients like taurine, guarana or yohimbine, which can intensify the stimulant effect.

As we get older, our bodies metabolize substances more slowly. This means caffeine can stay in the system longer than it had previously. A cup of coffee that once perked you up pleasantly might now cause shakiness, irritability or trouble sleeping. In addition, older adults may have medical conditions or take medications that interact with caffeine, such as blood pressure medications, thyroid medication, certain antidepressants or anti-anxiety medications, and heart



rhythm medications. This doesn't mean caffeine must be avoided. It simply means knowing how your body responds today is more important than remembering how it used to respond years ago.

Used thoughtfully, caffeine may improve focus and mental clarity, support memory and processing speed in some older adults, enhance mood and motivation, and promote social routine — morning coffee with friends is good for the heart in more ways than one.


Signs that caffeine may be causing trouble include increased anxiety or agitation, trouble falling or staying asleep, rapid heart rate or heart “fluttering,” upset stomach or acid reflux, and feeling “wired” followed by a big crash. Because these symptoms overlap with common health concerns, they're sometimes mistaken for other conditions. For example, headaches or fatigue could be blamed on aging, stress or medications when they may actually be related to caffeine withdrawal or high intake.

Caffeine dependence is not about addiction in the dramatic sense. It's simply when the body becomes used

to having caffeine each day. Reducing it suddenly can cause headaches, irritability, fatigue and foggy thinking.

In older adults, these symptoms can be mistaken for other issues such as depression, early cognitive decline, anemia or side effects of medication. This can make it difficult for clinicians to identify caffeine as the cause. A careful history of caffeine intake, combined with observations of how symptoms change when caffeine is reduced, can help clarify the picture.

If caffeine works well for you, there's no need to eliminate it. But if you'd like to feel steadier, better rested or less jittery, even small adjustments can help. Try half-caff coffee or mix regular with decaf. Switch to tea in the afternoon. Avoid caffeinated drinks after 2 p.m. Reduce intake gradually, not all at once. Read labels on energy drinks and supplements. They may contain more than expected.

Coffee shop culture is lovely. Shared mugs, familiar conversations, that comforting aroma — it's not about giving that up. If you're unsure, talk with a health care provider. A simple conversation can prevent unnecessary worry, testing or medication changes. 

Immune-Supporting Nutrition

By Devin Mueller, Aging Partners Nutrition

The cold and flu season is upon us, and it's important to protect our bodies in the best way we can. The immune system changes as we age, and we may become more susceptible to disease. Every part of our body, including our immune system, benefits from living a healthy lifestyle. Exercising regularly, balanced nutrition and maintaining a healthy weight have all been shown to have positive effects on our immunity.

Good nutrition is a crucial part of supporting our body's immune system. It's important to have a well-balanced diet that includes a variety of foods such as lean proteins, vegetables, whole grains, fruit and dairy. Certain nutrients can help boost immunity, support the body's defense mechanism and protect against infections.

Protein is an essential part of our body and is important for our body's defense mechanism. Protein forms important structures in the body such as our bones, muscles,

skin and hair. It also helps to regulate many body functions and fuels our cells. Aim to incorporate a variety of proteins such as lean meats, poultry, seafood, beans, peas, nuts, seeds and eggs.

Vitamin A helps control the body's immune system and protects against infections, as well as supports the health of skin and tissues in the mouth, stomach, intestines and respiratory system. Vitamin A can be found in sweet potatoes, spinach, carrots, sweet peppers, broccoli and apricots. You will also find foods that are vitamin A fortified such as milk and breakfast cereal.

Vitamin C helps protect the body against infection by promoting the growth of antibodies. Antibodies help our body fight against bacteria and viruses. Foods high in vitamin C include citrus fruits such as oranges, grapefruit and tangerines, as well as red bell peppers, broccoli and strawberries. You will also find some foods that are fortified with vitamin C such as certain juices.


Vitamin E works naturally as an antioxidant in the body by working to reduce free radicals. Foods high in vitamin E include fortified cereals, sunflower seeds, almonds, hazelnuts and peanut butter.

Zinc promotes wound healing and may boost the immune system. More than 300 enzymes in the body require zinc for protein metabolism, insulin control and preventing oxidative damage to our cells. Foods high in zinc include fortified cereals, beef, some seafood and poultry.

Phytochemicals are naturally occurring chemicals found in plants

that have many health benefits. Phytochemicals work as an antioxidant, protecting the body against free radicals, inflammation and boosting the immune system. There are several types of phytochemicals that can be found in a variety of fruits, vegetables, grains and beans. Choose brightly colored fruits and vegetables, which often have the best sources of phytochemicals. The immune system changes as we age, and we may become more susceptible to diseases.

Incorporating a variety of foods in our diet and focusing on balanced nutrition can help support our body's immune and defense system. Although we can't shield our body from everything, we can take certain steps to ensure that we are supporting our immune system the best we can.

Prebiotics and probiotics have become more popular in the past several years. A prebiotic is a plant fiber that nourishes the "good" bacteria in the gut and helps to maintain a balance between the "good" and "bad" bacteria. A probiotic provides "good" bacteria to the gut while working to protect your body from harmful bacteria. Prebiotics include bananas, onions, garlic, asparagus and whole wheat foods. Probiotics include yogurt, kefir products, aged cheese, tempeh and sauerkraut. When prebiotics and probiotics are combined, it is a win-win. This is called synbiotics. Together, they work to restore and improve digestive health. Examples of synbiotics include bananas mixed into yogurt or feta cheese and onions on a salad. 

Source: www.clevelandclinic.org



Strawberry Spinach Green Smoothie

- 1 1/2 very ripe bananas, peeled, diced and frozen
- 6 oz. strawberries, hulled (about 9 medium)
- 2 mandarin oranges, peeled and halved
- 3 cups packed baby spinach
- 1 cup cold water
- 1 cup ice

Instructions

1. Add bananas, strawberries, oranges, spinach, water, and half of the ice to a blender.
2. Blend until combined then add remaining ice and blend until smoothie is well pureed. Serve immediately.

Source: www.cookingclassy.com



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Lincoln Housing Authority

5700 R Street | 402-434-5500

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

www.L-housing.com

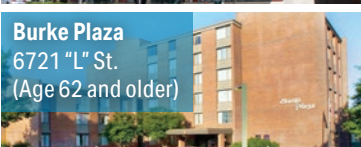
Mahoney Manor
4241 N. 61st St.
(Age 50 and older)



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

Staying Self-Sufficient

By Mitch Sump, Aging Partners Supervisor, Facilities/Programming and Transportation

Many people say they will never leave the Midwest because they love the four seasons, but do you know what causes the four seasons? Contrary to popular belief, the seasons are not caused by the distance of Earth from the sun. The distance from Earth to the sun is between 191 and 195 million miles away at its shortest and farthest distance. Seasons occur because of the Earth's axial tilt. During winter, the hemisphere is tilted away from the sun, resulting in less direct sunlight and colder temperatures. Should this be a final question on Jeopardy and you win big, don't forget me!

Durable Medical Equipment

The Durable Medical Equipment

(DME) program never seems to get much space in my column, so we will rectify that now. The DME program has been working with older adults in the Lincoln community for over 20 years. People needing short-term loans of items such as commodes, wheelchairs and other various assistance items can borrow them from us, assuming they are in stock, and not be stuck with the cost of purchasing them. Also, they don't have to store them, find another home for them or attempt to return them after purchasing. There is no cost to rent any of these items, but contributions are greatly appreciated and are used to purchase fans for our "Be A Fan of Seniors" program. We encourage users to keep these items for as long as they are needed. Some

we never see again and that is OK. Items we can't accept due to liability issues or lack of storage space include:

- Oxygen concentrators
- Stair lifts
- CPAP machines
- Mechanical lifts
- Walking boots
- Braces and slings
- Motorized wheelchairs
- Mechanized lift chairs

We'll accept pretty much anything else, but please call us first at 402-441-8815 to determine if we can accept it.

Community Activities and Services (CAS) Transit

One of the biggest concerns I have for our clients during winter months isn't whether or not they're getting a



CLASSROOM GRANDMAS & GRANDPAS NEEDED

55 and older? Want to make a difference? Become a classroom grandparent!

Volunteers serve in Community Action Head Start classrooms to provide extra support as a caring grandparent figure. Volunteers receive an hourly stipend, meals while on duty, transportation reimbursement, and training.



To get started, contact Sam Bates at (402) 875-9320 or send an email to sbates@communityactionnetwork.org



Annie Pike

Ready to move but unsure where to start?

Selling your home is more than a transaction! As a Senior Real Estate Specialist and Registered Nurse I specialize in assisting older adults in Lincoln and the surrounding areas relocate.

☎ (402) 540-5862

✉ apike@remax.net

📘 Annie Pike - RE/MAX Concepts

good meal, taking their medications, or something tangible like that. Instead, it's something more difficult to measure — are they getting enough socialization! Winter can be hard on everyone to a certain degree, but if you're staying home because of the temperature or road conditions and not interacting with others, it can be doubly so. To combat this, put your mind at ease and leave the driving to us. The CAS transit program offers rides to four senior centers in the Lincoln area. While at the centers, participants can enjoy many social activities and a good meal they don't have to cook themselves. Activities include movies, presentations, crafts, cards, bingo, exercise and so much more. To determine which center in Lincoln we can provide transportation to for you, please call 402-441-8816.

Lancaster County Public Rural Transit


As you read the last section you probably noticed “in Lincoln” a couple of times. We don't offer transportation to the rural senior centers in Lancaster County but do manage a different transit program. Lancaster County Public Rural Transit operates in the rural areas of Lancaster County, transporting riders to and from Lincoln along with stops in the rural areas of the county. A requirement to ride is that one stop must occur outside the city limits. We divide the county in half using “O” Street. On Mondays, Wednesdays and opposite Fridays we pick riders up in the northern part of the county. Tuesdays, Thursdays and the other Fridays we head south to pick up riders. Cost to ride is \$2 per boarding with pick-up between 7:30 and 10 a.m. with guarantee of delivery to appointments by 10:30 a.m. Return trips normally begin midafternoon. We are not like other transit services, but at \$4 per roundtrip, we are certainly a good bargain. Please call 402-441-7031 for further details.

Miscellaneous

I am running short on space, so I'll save information about the Handy Home Services program until next time. Here are just a few odds and ends to update and educate:

KNOX Boxes: If you didn't get one of the KNOX Boxes that Lincoln Fire & Rescue had available for seniors in the Lincoln area, I am sorry to report that they have all been distributed.

Snow melt and pet's feet: If you own a dog, be on the lookout for chemical burns or cracking on their feet due to snow melt chemicals. Even plain rock salt can cause issues, so be aware.

My editor is counting my words and raising his eyebrow, so I need to go. This is his last time bugging me about these things as his title is changing to Retired Gentleman of Leisure. I wish him the best of luck with his new adventure. 

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 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-airings 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

- 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
Jacob Owens, 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
996 “G” 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.
lincoln.ne.gov/Aging

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 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*. Visit the Aging Partners website to 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. Cardio and strength training equipment, free weights, balance and other exercise aids available. There is a \$10 monthly suggested contribution for age 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 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.
Nov. 18 through Feb. 3, 2026 (no class Jan. 1)
March 3 through May 7

This class is beneficial to people with or without arthritis and can help prevent falls. Participants will practice one or two movements per lesson, progressively leading to completing the core movements. Please note: 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.
Jan. 5 through March 11
(no class Jan. 19 and Feb. 16, 2026)
March 30 through June 1 (no class May 25)

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: 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.
Nov. 18 through Feb. 17, 2026 (no class Jan. 1)
March 3 through May 21
Please note: Suggested contribution is \$4 per class or \$96 per session (24 classes).

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.

Exercises in StrongBodies utilize dumbbells, adjustable ankle weights and body weights. StrongBodies is an evidence-based fall prevention class and meets twice per week for 12 weeks. Class size is limited.

Chair Yoga

Eastridge Presbyterian Church
1135 Eastridge Drive

Chair yoga is one of the gentlest forms of yoga available through creative use of a chair. Poses are done seated, or chair is used for support during standing and balance poses. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners welcome.

- Mondays, 9:30 to 10:30 a.m.
Jan. 5, 2026 through April 6
(no class Jan. 19 and Feb. 16)
April 27 through June 20 (no class May 25)
- Wednesdays, 9:30 to 10:30 a.m.
Jan. 7, 2026 through April 8
April 29 through June 15

Dance for Life

Classes focus on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. 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.
Jan. 5, 2026 through May 18 (no class Jan. 19 and Feb. 16)
- Auld Pavilion
1650 Memorial Drive
Wednesdays, 10 to 11 a.m.
Jan. 7 through May 13

Qigong Refresh and Recharge

Slow, gentle movements help 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.

- American Lutheran Church
4200 Vine St.
Tuesdays, 9:30 – 10:30 a.m.
Jan. 6, 2026 through May 19
- Auld Pavilion
1650 Memorial Drive
Thursdays, 1:30 to 2:30 p.m.
Jan. 8, 2026 through May 7 (No class March 19 and April 9)

Evidence-Based Stepping On – Building Confidence and Reducing Falls

Victory Park Center, Classroom 105
600 S. 70th St.
Thursdays, 2:30 to 4:30 p.m.
March 12 through April 23

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.

Foot Clinics

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

- Victory Park - UNMC Senior Health Promotion Services/foot clinics are held at Victory Park Senior 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. There is a \$25 suggested contribution. 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 402-416-7693 to schedule an appointment. These clinics are held every other month.
- Bennet Senior Center, American Legion Hall, 970 Monroe St.
- Firth Senior Center, Firth Community Center, 311 Nemaha St.
- Hickman Senior Center, Hickman Community Center, 115 Locust St.
- Malcolm Resource Center, Malcolm Village Hall, 137 E. 2nd St.

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.

Aging Partners Senior Events

Free Online Classes

The Nebraska Department of Health and Human Services has teamed up with GetSetUp,

which provides live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community. Get started: www.getsetup.io/partner/nebraska

Free Income Tax Assistance

Monday, Feb. 9, through Wednesday, April 8 10 a.m. to 3 p.m.

Aging Partners, 600 S. 70th St.

AARP Tax-Aide Volunteers are back to help with your 2025 income taxes. Appointments are Mondays and Wednesdays starting at 10 a.m. with the last appointment at 2 p.m. Why not stay for lunch? Make your lunch reservation (served from 11:30 a.m. to 12:15 p.m.) when you make your tax appointment. Bring your photo I.D., a copy of last year's return, proof of health insurance, Social Security card, wage and earnings statements (W2's), Retirement Income statements (Form 1099R or SSA 1099), Interest and Dividends statements (Form 1099), Homestead Exemption forms, and any other information about your income and expenses. (Please note we cannot do your taxes if you have a business, rental property or farmland.) For an appointment, call Annette at 402-441-7158. Appointments go fast, so call early, but not before Wednesday, Jan. 21.

Aging Partners Day Trips

Transportation for all trips is provided by Arrow Bus Lines with departure from Victory Park. Each trip must have at least 40 participants to occur. For more details and reservations, call 402-441-7158.

- Evening with the Cranes
Thursday, April 2
Cost: \$150 per person
Reservations and payments accepted through Feb. 9.

Due to increasing cost, this might be our last trip to Rowe Sanctuary. Expect a quarter mile walk on a dimly lit path to get to the blind area, a shelter with a big, opened window right on the river where the cranes land. Dress in layers, wear dark colors. Sack lunches will be provided before heading to the blind. Choices include chicken salad, turkey and roast beef sandwiches. Return time around 11 p.m.

- Scatter Joy Acres/Manley Theatre
Thursday, May 7
Reservation/payments accepted beginning April 13
Scatter Joy Acres is a 15-acre animal education center and petting zoo. Enjoy a self-guided tour over a scattered rock path winding through different animal pens. After we leave Scatter Joy Acres, we will be going to the Loft Theater in Manley, Nebraska, for dinner and a 7 p.m. performance of Making God Laugh. We will return to Lincoln after the play. Cost, Departure/Return Times TBA.

2026 Nebraska History Lunch Series

(in collaboration with Gere Library)

Gere Library, 2400 S. 56th St.

\$5 Fee for Sack Lunch (chicken salad, turkey, or roast beef sandwich, chips, fruit, cookie, water) 12:15 a.m. to 1:30 p.m. (doors open at noon.)

Before Nebraska became the 37th state, the land was wild and populated by indigenous people years before settlers and the fur trade made its mark. This season, we will explore Nebraska Before Statehood with a lineup of distinguished Nebraska scholars.

Reservations and lunch payments due by noon the Monday before the event. Reservations are required even if you are not having lunch as seating is limited. Call Annette at 402-441-7158 to make reservations beginning March 2.

- Monday, April 6 – Below Nebraska: Archeology and Our Ancestors, retired State Archeologist Rob Bozell
- Monday, May 4 – The Impact of European American Settlers on the Indigenous Peoples of Nebraska, Kevin Abourezk and Gabriel Bruguier (contributors to Roots of Justice: A History of Race and Racism in Nebraska)

2026 Dinner and Show Season

Auld Pavilion, 1650 Memorial Drive

5:30 p.m. to 7 p.m. (doors open at 5 p.m.)

\$20 per person dinner fee

Call 402-441-7158 for reservations.

- Lloyd McCarter (Classic country)
Thursday, April 9
Reservations and payments accepted beginning March 16
- The Dustin West Band (Jimmy Buffet tribute)
Thursday, May 14
Reservations and payments accepted beginning April 1

(entertainment sponsored by Butherus Maser & Love Funeral Home)

Belmont Senior Center: 402-441-7990

1234 Judson St., Room 002

- Chair Yoga with certified instructor Chery Bieber
1st and 3rd Tuesday of each month, 10:45 a.m.
30-minute yoga session using a chair for balance and stability. Perfect for beginners!
- Music and Wellness Workshop with board-certified music Therapist Amanda Rosado
Monday, Jan. 5, at 10 a.m.
A workshop on how music can support stress reduction, mood improvement and meaningful connections with others. No prior music skills or experiences required.
- Music BINGO! with Elliott Piper
Friday, Feb. 13, at 10 a.m.
Get ready for a toe-tappin' good time.

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

Bennet Senior Center: 402-416-7693

American Legion Hall, 970 Monroe St.

- BINGO
Sponsored by Cedar Creek Memory Care
Thursday, Jan. 8, at 12:15 p.m.
- Movie and Popcorn Day
Tuesday, Jan. 13, 10:30 a.m.
Be a “duck-tective” and see if you can “quack” the case of our movie mystery theme.
- Community Connections
Thursday, Feb. 12, at 10:30 a.m.
The Bennet Area Historic Society stops by for coffee, stories, and an educational glimpse into the past.
- Armchair Travelers – Exploring European countries
Tuesday, Feb. 24, at 12:15 p.m.
- Blood Pressure Checkups
Thursday, March 12, 10 to 11:30 a.m.
Provided by Michelle, Traditions Home Health.
Stick around for live music, lunch, and a special presentation.

Firth Senior Center: 402-416-7693

Firth Community Center, 311 Nemaha St.

- Musical performance by Tom Ficke
Monday, Jan. 26, at 10:30 a.m.
- S.M.A.R.T. Goals presentation by Devin Mueller, Aging Partners Nutrition Specialist
Monday, Feb. 9, at 12:15 p.m.
- Foot Care Clinic
Monday, March 30, 9 a.m. to noon
Call Monte at 402-416-7693 (\$25 suggested donation).

Hickman Senior Center 402-416-7693

Hickman Community Center, 115 Locust St.

- Healthy Cooking Class
Wednesday, Jan. 21, at 10:30 a.m.
To observe National Granola Bar Day, we'll

make healthy homemade granola bars with our favorites ingredients.

- Strength and Balance Training with Bryce Rolenc, Peak Performance
Wednesday, Feb. 25, at 10:00 a.m.
- Musical stylings of Multi-instrumentalist Ash Sharp
Wednesday, March 25, 12:15 p.m.

Northeast Senior Center: 402-441-7151

6310 Platte Ave.

- BINGO
Wednesdays, at 10 a.m.
- Pitch Party
Tuesdays and Fridays, at 10 a.m.
- Art with Anna
Second Thursday of each month, at 10 a.m.
Anna leads participants through beginner painting techniques. Class size limited to 10. Reservations are required.
- Live Entertainment, at 10 a.m.
Jan. 2 – Bill Chrastil
Jan. 16 – Jimmy Mack
Jan. 30 – Rick Clarence
Feb. 13 – Tim Javorsky
Feb. 27 – Mary Link
March 13 – Chris Sayre
March 27 – Music BINGO

Victory Park Senior Center: 402-441-7154

600 S. 70th St.

- January birthday party with music by Chris Sayre
Thursday, Jan. 15, at 10 a.m.
- February birthday party with music by Bill Chrastil
Thursday, Feb. 12, at 10 a.m.
- March birthday party with music by High Street Irish
Thursday, March 19, at 10 a.m.

Washington Street Senior Center:

402-441-7157

2225 Washington St.

- January Mondays, at 10:30 a.m.
Hears to Your Health! As the rest of the country is getting into fitness craze, so will Washington Street! Join us for fitness to music!
- Valentine's Day Project
Wednesday, Feb. 11, at 10:30 a.m.
Make a gift for your special Valentine!
- March Mondays, at 10:30 a.m.
We continue getting fit to music every Monday in March.


Support Groups

Aging Partners Caregiver Support Group

St. Mark's United Methodist Church
8550 Pioneers Blvd., Room 137
(Enter through door 6 on North side of St. Mark's)
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 not needed; walk-ins welcomed. 

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