

# LivingWell

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Aging Partners

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*For years, Scott Young gave Lincoln KFOR listeners their morning news before he transitioned to helping guide the Food Bank of Lincoln. Today, Young reflects on his work and is thankful for his health.*





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# Director's Corner

I was one of the many faithful listeners in Lincoln who tuned in to Scott Young on KFOR. His voice came into my car on the way to work. He entertained me on the radio while I was fixing breakfast with his sense of humor that is infectious. When he left broadcasting, I felt like a family member was moving out of town.

To my surprise, however, Scott became a colleague as a not-for-profit executive. He looked me up when making his career change and wanted to listen to advice I might give him to

be a successful Executive Director. I couldn't believe that Scott would be seeking my advice. During the entire conversation, I thought, "Scott, I have a lot to learn from you!"

His bigger-than-life optimism and leadership propelled the Food Bank of Lincoln into a regional strength in fighting food insecurity and has prepared the agency to meet its long-term needs.

Scott has a way of boosting you up, encouraging and helping you see more in yourself than you can. We

are pleased to feature Scott and his good work in this issue of Living Well.

By the way, Scott, do you still have the plaid-colored sports jacket from the Weird Wally commercial? 



Randall S. Jones



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

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# From Radio Airwaves to Feeding Communities: *Scott Young Leaves Legacy*

**K**nown for his familiarity and credibility, Scott Young was a staple to many Lincoln morning radio listeners for years prior to providing household pantry staples to community members in need. Young's journey from radio waves to nonprofit leadership serves as a testament to the power of adaption, community service and a lifelong commitment to helping others.

The Lincoln-native left Nebraska Wesleyan University in the early 1970s to pursue work in radio. Young had various roles at stations in Lincoln; Omaha; Laramie, Wyoming; and Casa Grande, Arizona.

While working at a struggling radio station in Arizona, Young sent his tape and resume to Rick Alloway, KFOR's program director. He joined KFOR in November 1981, relocating with his wife, three children and two dogs.

"I thought we'd be here a couple of years," he said.

The following summer, Young joined the KFOR Morning Show with Cathy Blythe, forming a successful partnership that lasted 19 years.

"Our listeners were very loyal," Young said. "They trusted us with their morning and came to feel like they knew us."

KFOR's community focus was a good fit for Young; but in 1997, he began thinking about a career change. He re-enrolled at Nebraska Wesleyan. Although often older than his professors, being a nontraditional student allowed Young to work in the mornings,

take classes in the afternoon and focus on his studies.

"It was hard," he said. "My kids and wife were busy, I was working full time and chasing the kids in sports and other activities while studying like a maniac."

But Young felt like he was doing something right, often sharing his experience on the KFOR Morning Show.

"I think people were inspired by that," he said. "They saw that if I could do it, maybe they could, too. People have told me 'You let me know I can do that.'"

During his studies, Young discovered his passion for community service might work well for nonprofit work.

In 2001, Young completed his communications degree at Nebraska Wesleyan University and shortly after was named the Food Bank of Lincoln's executive director on Sept. 10, 2001.

## **The Food Bank Experience**

Young managed the Food Bank's daily activities. Leveraging his radio reputation, he engaged with groups, churches and others to raise awareness of the growing poverty issue in its 16-county southeast Nebraska service area.

During this time, the organization experienced tremendous growth.

"My first year, we distributed around 2 million pounds of food," Young said. "In my last year, though some of it was pandemic related, we distributed 13 million pounds of food."

One program that gained attention was the BackPack

program, which started with 50 students and now serves more than 2,000 students weekly on Fridays by sending home food-filled backpacks to children and their families for the weekend.

"Our child hunger programs are different because they are designed to feed the whole family, not just the individual child," Young said.

The Food Bank also added programs such as the Lincoln Public Schools Emergency Pantry and School Food Markets and Pantries, along with hosting monthly mobile distributions in one of each of the 16 service area counties.

## **The Pandemic Shift**

The Food Bank continued to grow along with the need for its services, then the pandemic changed everything.

"Need for food spiked and provided an opportunity for the Food Bank to show the community what it had," Young said. "We were able to rise and serve the community and surrounding counties like we hadn't before — to do our best work, and we did."

Facing questions about how to get food to individuals in need while keeping volunteers, staff and community members safe, Food Bank staff continually adapted while maintaining focus on safety and distributing food.

"We were going to go until we couldn't," he said. "And we never got to 'we couldn't.'"

Food Bank efforts resulted in connecting community members to 50 percent more meals from July to December 2020 than during that

same period the previous year.

Though the pandemic has passed, Young believes food banks continue to see increased demand due to rising food and child care costs, escalating expenses, stagnant wages, growing numbers of single-parent households and an aging population living on fixed incomes.

“America now is designed to have two incomes in a household; and if you only have one and it’s not very good, you’ve got more month than money,” he said. “There are so many families struggling and working, even with Nebraska’s very low unemployment.”

Feeling that it was time to step away, Young retired from the Food Bank April 30, 2021. But he and his wife, JoAnne, volunteer each week for the organization by delivering food to those in need.

“The Food Bank life was beyond rich,” Young said. “I was inspired every day by the volunteers, staff, neighbors we were serving, agency partners or board members. I’m still inspired by the work they do.”

Young also volunteers his time in other ways, including serving on the Community Health Endowment Board of Trustees, and will have served eight years on the Feeding America Board of Directors when his tenure ends on June 30, 2025. Once a week, he volunteers to read Nebraska periodicals for Nebraska Library commission’s talking book program for visually impaired individuals.

He’s also served on the Feeding America National Council from 2009 to 2011, the Bryan Medical Center Board of Trustees for nine years, Bryan Medical Center Chairman of the Board from 2020-2022 and volunteered his time and talents with many organizations such as Lincoln Public Schools, Lincoln Chamber of Commerce, Lincoln Children’s Zoo,

The Friendship Home and YMCA of Lincoln.

“When I was at the Food Bank, we would say ‘The givers get more than the getters.’ It’s the power of giving,” he said.

### **Aging Gratefully**

In retirement, Young enjoys spending time with his wife, JoAnne, three grown children and five grandchildren as well as walking, reading and kayaking.

“I love my life, and I’m grateful for my health,” he said. “I’m lucky, but I know it won’t last forever.”

He’s adjusting to aging, although it’s not always easy, he said. He stays focused on choosing to enjoy and love life daily.

“I’ve been mighty fortunate,”



**When I was at the Food Bank, we would say ‘The givers get more than the getters.’ It’s the power of giving.”**

*– Scott Young*

Young said. “Life is constant adaption. If we are good at that, it’s helpful. Adapting and adjusting are part of my day every day. We’re called to adjust and adapt — to my aging, my children’s aging, changing circumstances, because nothing is going to stay the same. Resisting change gives you something to do, but it doesn’t get you very far.” **LW**



# Importance of Sleep in Normal Aging

**S**leep is essential for a person's health. During the aging process, quality sleep becomes increasingly important to support cognitive function, physical health, mood regulation, memory consolidation and immune resilience.

"Aging frequently brings changes in our normal sleep patterns," said Dr. John Trapp, Nebraska Pulmonary Specialties pulmonologist. "For many older adults, the time spent in deep, restorative sleep tends to gradually decrease, which can leave individuals feeling less refreshed and less able to maintain a normal level of focus and concentration."

Sleep may be disrupted by various factors, including age-related changes in circadian rhythm and common health issues such as anxiety, depression, joint and other chronic pain, and nighttime urination. As people age, restorative sleep often becomes more difficult due to higher prevalence of sleep disorders.

## Why Does Sleep Matter?

Sleep is crucial for the body's physical recovery, immune support and cellular repair. Older adults need adequate sleep to manage inflammation and maintain physical health.

"Poor sleep can exacerbate conditions such as diabetes, heart disease, respiratory disorders and hypertension," Trapp said.

For cognitive health, sleep plays a critical role in supporting memory, attention and learning.

"Quality sleep consolidates memories and clears the brain of toxins that accumulate during wakefulness, which may help reduce the risk of neurodegenerative disorders including dementia," Trapp said.

Insufficient sleep can lead to mood changes, worsen symptoms of depression or anxiety, and impair social

functioning. It also can increase the risk of falls and accidents. According to Trapp, clinical studies suggest a strong correlation between adequate sleep, better health, cognition and longevity.

## Common Sleep Disorders in Older Adults

Sleep disorders become more prevalent with age due to physiological, environmental and lifestyle factors.

Insomnia is the most reported sleep disorder among older adults and involves difficulty falling or staying asleep, waking up too early or experiencing unrefreshing sleep. Causes in this age group can include chronic pain, medications, mental health conditions, isolation and lifestyle changes such as reduced physical activity.

Sleep apnea is when breathing repeatedly stops and starts during sleep. Obstructive sleep apnea (OSA) is the most common and occurs when the muscles in the throat relax abnormally, blocking the airway. Age-related changes in muscle tone and an increase in body weight can contribute to a higher risk of sleep apnea. OSA is linked to serious health risks, such as high blood pressure, stroke and heart disease.

Restless Legs Syndrome (RLS) is characterized by uncomfortable sensations in the legs and an uncontrollable urge to move them, particularly at night.

"This condition can make it difficult for individuals to fall asleep or stay asleep, and it is more common in older adults," Trapp said.

This condition also is associated with conditions such as iron deficiency and kidney disease.





**Sleep is a cornerstone of health. Through a combination of healthy sleep habits, lifestyle adjustments and medical support when needed, all adults can improve their sleep quality and overall health.”**

*– Dr. John Trapp*

Older adults are more susceptible to changes in circadian rhythms, which can lead to earlier bedtimes and waking hours.

“This shift, known as advanced sleep phase syndrome, may interfere with social activities and lead to poor sleep quality, insomnia, mood disturbances and cognitive difficulties,” Trapp said.

### Tips to Get Healthy Sleep

Healthy sleep practices, or “sleep hygiene,” are fundamental to improving sleep quality and reducing the risk of sleep disorders. Trapp suggests:

**Consistency:** Establish a regular sleep schedule by going to bed and waking up at the same time every day, even on weekends.


**Create a Relaxing Environment:** Keep the bedroom quiet, dark and at a comfortable temperature. Consider using blackout curtains and white noise machines if needed.

**Limit Stimulants:** Avoid caffeine and alcohol close to bedtime, as they can interfere with sleep. Avoid the television, computer or cellphone just before bedtime as these may activate the brain and delay sleep onset.

**Physical Activity:** Regular exercise promotes better sleep, but it is best to avoid intense physical activity close to bedtime. Gentle stretching or yoga can help prepare the body for rest.

**Light Exposure:** Try to get exposure to natural light during the day, especially in the morning. This supports circadian rhythms and helps with sleep onset at night.

**Consult a Health Care Provider:** If sleep issues persist, it’s essential to seek medical advice. A healthcare provider can assess underlying conditions, review medications and recommend treatments or sleep therapies.

“Sleep is a cornerstone of health. Through a combination of healthy sleep habits, lifestyle adjustments and medical support when needed, all adults can improve their sleep quality and overall health,” Trapp said. “Prioritizing quality sleep is a proven strategy towards aging well and achieving a fulfilling, healthy life.” 

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### Know the Facts

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### Join Us in the Fight Against Hunger

We will continue to work with the public and private sectors to address food security for the aging population. If you would like to lend your voice to the case, contact us today at 402.466.8170 ext. 2007.



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# Debt Collection and Surviving Spouses

By Mary Wilson, Aging Partners attorney

When a spouse dies, the surviving spouse has much to deal with. Sometimes, that includes a large debt balance (even thousands of dollars) of which the surviving spouse was not aware. More often, the surviving spouse is keenly aware of the debt and concerned about how to handle it.

Determining if the surviving spouse is responsible for the amount due, must pay the debt because of joint assets, or is protected by law from debt collection, requires an examination of each individual situation.

The most common type of debt is a credit card balance. The surviving spouse is not responsible for this debt if they didn't sign the credit application. If the deceased spouse obtained a credit card for the surviving spouse, but the surviving spouse didn't sign the application, the surviving spouse may be liable for any amount they personally charged that is still due. If the surviving spouse never used the card or made no charges, they are not responsible for the balance. Be cautious, as debt collectors may send bills to the surviving spouse implying responsibility. If the surviving spouse signed the credit application, they are responsible for all charges. Income and resources could protect them from collection even if they are responsible for payment.

A surviving spouse is responsible for paying the deceased spouse's "necessary expenses." For most couples, this relates to medical bills not covered by insurance or Medicaid. A Medicaid application can be filed after death, except for waiver services. If an application isn't being processed at the time of death, it must be filed within three months for the service in question. Regardless of joint assets, a medical creditor may seek payment from the surviving spouse's income and resources. It's crucial to verify all medical bills have been processed by insurance before making any payments. It is not unusual for a medical provider to bill the surviving spouse before Medicare, medical supplemental insurance, or Medicaid have processed the claim. Wait for verification before paying the bill.

If a couple borrowed money and are both on the loan document, a surviving spouse is fully responsible for the balance. If the loan was obtained by the deceased spouse alone, the surviving spouse might need to become responsible for the balance if they want to keep the item secured by the loan, for example: a home or vehicle. It's common for a surviving spouse to find out they didn't sign

the mortgage for the house and might not be listed as an owner. This can be frustrating because unless a personal representative is appointed, mortgage companies will seldom speak to the surviving spouse.

Even if the surviving spouse is not personally liable for a bill, creditors may seek payment from the deceased spouse's share of joint assets for up to two years after death. In Nebraska, the spouse is entitled to about \$52,500 before any creditor is paid. Debts are then paid in a specific order:

1. Estate administration costs
2. Funeral costs (surviving spouses are often personally responsible because they signed the mortuary agreement)
3. Certain federally-favored debts such as taxes, child support and student loans not discharged by death
4. Medical expenses
5. All other debts

It is important for the surviving spouse to seek legal advice before paying any debts, as there may not be enough funds to cover everything. It is important to verify whether they are obligated to pay each debt.



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Life insurance money paid to a person, not the estate, can't be claimed by creditors. If the surviving spouse is the beneficiary of a life insurance policy, they don't have to use the proceeds to pay any claims against the deceased spouse's estate.

Some debts may not be collectible if the surviving spouse has limited assets, and all income sources are legally protected.

Social Security, Supplemental Security Income, Railroad Retirement, Veteran Pensions and Civil Service Pensions, for example, are protected from creditors as long as they are direct deposited into the bank account and the balance of the bank account is no more than twice the monthly amount of the protected income. Banks are responsible for not releasing income from a protected source.

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# Social Security Survivor Benefits

By Mollie Stolz, Aging Partners benefits counselor

Losing a spouse can be incredibly stressful, especially on finances. One way to ease this financial burden is to check eligibility for Social Security survivor benefits. Social Security can often be confusing and difficult to navigate, but there is information to help determine if an individual is eligible for survivor benefits.

## Earning Survivor Benefits

Typically, a person is entitled to survivor benefits if the deceased spouse has worked at least 10 years and paid into Social Security taxes. The Social Security office will determine the number of years worked and amount of benefit a spouse is entitled to receive.

A surviving spouse may be

eligible for full benefits at retirement age. Retirement age previously was 65, but it has increased based on birth year. Someone born in 1962 has a full retirement age of 67. However, a surviving spouse does not have to be at full retirement age to collect survivor benefits. Reduced benefits can begin at age 60, or as early as age 50 if the surviving spouse is disabled. These rules are subject to change if you have children under 16 or who are disabled.

If you lose your spouse and remarry prior to age 60, you are likely not eligible for survivor benefits. However, if you remarry after 60, you may still be entitled to a survivor benefit based on your former spouse's work.

Even if you have divorced and your former spouse has died, you

may be entitled to survivor benefits. Your former spouse must have been at least 60 at the time of death and your marriage had to have lasted at least 10 years to qualify. If you have remarried, you are not eligible for survivor benefits based on your former spouse's record. However, if you share a child under age 16, you may be entitled to benefits even if you were not married for 10 years. By receiving these benefits, it will not affect what other survivors may be entitled to receive.

## Amount of Benefits

The benefit amount a surviving spouse is entitled to is dependent on the deceased spouse's earning record. The surviving spouse's age also is considered. A surviving



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spouse at full retirement age or older is generally entitled to 100 percent of the deceased spouse's benefit amount. A spouse over age 60, but under full retirement age, typically is entitled to 71 to 99 percent of the benefit amount. A spouse with a child under 16 is eligible for 75 percent of the benefit amount.

Upon death, a surviving spouse is entitled to a \$255 one-time, lump-sum payment. This can only be paid to the current spouse.

Social Security benefits can be reduced if the surviving spouse is entitled to an outside pension. The Social Security Administration (SSA) assesses any pensions and determines how this can affect survivor benefits.

### Working and Receiving Social Security Benefits

If you are under your full retirement age and receiving survivor benefits, you will be subject to an

income cap if you're still working. Until full retirement age, the earning cap for 2024 is \$22,320. This number changes each year and is set in January by SSA. It is important to be mindful of the earning cap while taking benefits as it can reduce the Social Security benefit you are receiving if you exceed the cap. Beginning the month you reach full retirement age, there is no longer an income cap.


### Applying for Benefits

To apply for survivor benefits, you can stop by your local Social Security office or call the local office to set up an appointment. While survivor benefits can't be applied for online, it can be helpful to create an online ssa.gov account to track the progress of your application.

### Information Needed to Apply

Before applying, it is important to gather all documents necessary

to make the application process easier. You will need basic information about yourself such as Social Security number, place of birth, recent work history information (especially if under full retirement age), your spouse's Social Security number and birth date, date of marriage and date of death. You will need to provide direct deposit information at time of application as well. Physical documents needed are a death certificate, marriage license, birth certificate, and W-2 forms if your spouse worked in the last year. If applying as a divorced spouse, you also will need to provide your divorce decree.

Please visit [ssa.gov](https://ssa.gov) for additional information on benefits that are available. Stop into your local office or call your local office for questions or to set up an appointment to apply. 



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# Love of the Game: Victory Park Card Game Groups Deal Out Strategy, Fun



Many people experience joy and connection at the card table, where playing not only stimulates the mind but also fosters laughter and a sense of community.

While card games are often played at senior centers across the city, the Victory Park Senior Center, 600 S. 70th St., provides more opportunity for those looking to play.

“Because the Victory Park Senior Center has more flexibility in its schedule than our other senior centers, we wanted to offer something in the afternoons,” said Ben Middendorf, senior center manager.

What began with games of pitch and bridge has gained momentum. Mahjong, pinochle and pitch on Tuesdays from 2 to 4 p.m., and bridge and canasta on Thursdays from 2 to 4 p.m. are now offered.

Pat Mahan was looking for other bridge players at her local senior center before she found them at Victory Park on Thursdays. She since has found three others to form a group and play at various locations throughout the week, and they also split into pairs for marathon bridge once each month.

Participants stress that people don’t have to be an established player to join — it’s about having fun.

“We try to help people who are just learning to become better players,” Richard Schmeling said. “It’s about being helpful and encouraging.”

Players have a range of skill, from some having never played to those who have played almost their entire lives.

“This group is welcoming,” Sharyn Newton said. “We don’t care if you don’t know the rules, as long as you’re willing to learn.”

While Steve and Jennifer Hendrickson hadn’t played canasta before, they’ve found joy in learning.

“This group has been a godsend for us,” Jennifer said. “We love this group of ladies, and they are so patient in teaching us.”

Learning a new game has been especially helpful for the couple, whose lives were recently impacted when Steve was diagnosed with dementia. Since joining the card groups, the Hendricksons have found reprieve and hope.

“He’s been able to learn the rules and play independently the last few games,” Jennifer said. “It’s neat to see him perk up and become himself again. I really



From left, Bob Winders, Pat Mahan, Lafran Preble and Richard Schmeling enjoy coming to Victory Park to play bridge.



Canasta players, from left, are Sue Hansen, Steve Hendrickson, Jennifer Hendrickson, Sharyn Newton and Shirley McNary.

appreciate the group being accommodating and making us feel comfortable.”


## Join in the Fun

There is no cost to join and no registration. Players only need to come with a healthy sense of competition and willingness to have fun.

“The best thing is coming in, laughing and having fun,” Shirley McNary said.

If tables are full, waiting individuals will join in the next round.

“It’s casual,” Middendorf said. “If you don’t feel comfortable playing, just come and learn.”

For more information, contact Middendorf at 402-441-7154. 



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# Guarding the Golden Years: Staying Safe and Secure from Scams

Scams targeting older adults are becoming increasingly more common. The effects can be devastating, leading to financial loss and emotional distress. It's crucial to stay informed and vigilant to avoid falling for a scam.

According to the 2023 Federal Trade Commission's (FTC) Consumer Sentinel Network Data Book, Nebraska ranked 44th in the nation for fraud and scam reports per 100,000 population. While that ranking appears low, the number of cases has grown, especially among those aged 60 and over. Seniors file a disproportionately higher percentage of complaints in the state.

Older adults are being deliberately targeted due to their availability of disposable income and trusting nature. Many fraud and scam incidents are not reported. As a result, the number of victims is likely much higher than the data indicates.

## The Top 10 Scams in Nebraska (2023)

The Attorney General's Office Consumer Affairs Response Team (CART) takes hundreds of calls monthly from consumers wanting to report scams and file complaints. In 2023, the Top 10 scams in Nebraska were:

1. Imposter scams
2. Identity theft
3. Online shopping scams
4. Prize and lottery scams
5. Home repair scams
6. Auto-related scams
7. Healthcare scams
8. Internet service scams
9. Debt collection scams

10. Travel, vacations and timeshare scams

The top two, imposter scams and identity theft, account for one-third of reports.

## Imposter Scams

Imposter scams involve someone pretending to be a trusted organization, agency or person. They use convincing stories to trick individuals into giving personal information or money, often through gift cards and digital payment apps.

Examples to watch for:

- A scammer claims to be from a retailer's fraud department, saying an account has been misused and asking for bank details to "reverse the charges."
- A message says a package couldn't be delivered and provides a link or number to call, where individuals are asked to pay a "convenience fee" for re-delivery.
- Fake bank alerts say there's an

issue with an account and direct individuals to a fraudulent website where personal information is entered and immediately stolen.

- Calls or emails pretending to be from Social Security, claiming problems with an account that will result in a suspension of benefit payments until all information can be verified.  
What should you do? Stop. Hang up. Don't reply or click on links. Verify the message by contacting the organization using their official website or phone number. Remember, the federal government, especially Social Security, will not call without permission. They will send letters for official communication.

## Romance Imposter Scams

Romance scams are also on the rise, especially as more older adults explore and use online dating apps. These scammers build quick



connections and ask for money before meeting in person.

To protect yourself, request a video chat early in the relationship. Also conduct a reverse image search that scans the internet using a photo instead of keywords. Use the photos from the person's dating profile. The results may help identify where the photos are from and if there appears to be multiple profiles online with different names using the same photos.

To reverse search an image, go to [www.images.google.com](http://www.images.google.com) and drop the photo into the search box or click the "search by image" icon.

### Family Emergency Scams

Family emergency scams, also known as the "Grandparents Scam," is one of the oldest and most well-known imposter scams. It involves someone pretending to be a relative in trouble, often the "oldest grandchild."

Before sending money, verify the family member's whereabouts by calling or texting them using the contact information you already have. If a scam is suspected, reach out to other family members to confirm the story before taking action.

Scammers can use technology to mimic the voice of a loved one. Even if it sounds like a family member, independently verify the story.

### Tech Support Scams

Tech support scams occur when scammers by phone, pop-up message, or email trick individuals into paying for unnecessary technical support services to remove an alleged virus or other problem. They want money, personal information or to access computer files.

Do not call the number provided in the pop-up warning message.

Restart the device, even if it warns not to. Scan the machine with an antivirus program. If the issue persists, get help from a trusted, tech-savvy family member, friend or IT professional.

### Identity Theft

Identity theft is when someone uses personal information, like a Social Security number, date of birth or banking account number without permission to commit fraud or other crimes. Identity theft is a growing problem in Nebraska.

These are steps that can be taken to prevent identity theft, especially if your data has been shared in a data breach. The first step is to order and review credit reports from the national credit bureaus Equifax, Experian, and TransUnion. This can be done for free from [www.annualcreditreport.com](http://www.annualcreditreport.com). Look

*Continued on page 16.*

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# Guarding the Golden Years: Staying Safe, Secure from Scams

Continued from page 15.

especially for any recent inquiries for new credit not recognized.

Consider a security freeze, also known as a credit freeze. This will restrict access to your credit file, making it hard for identity thieves to open new accounts in your name. To freeze your credit, you must contact all three credit bureaus;

- Equifax: [www.equifax.com](http://www.equifax.com) or 888-298-0045
- Experian: [www.experian.com](http://www.experian.com) or 888-397-3742
- TransUnion: [www.transunion.com](http://www.transunion.com) or 888-909-8872

A credit freeze stays in place until you request its removal. It can temporarily be lifted if needed for a

credit check or job application.

Remember to change account passwords regularly, at least annually or semi-annually. Consider setting up two-factor authentication on accounts, a security process which requires two different methods to verify a user's identity before accessing a site, system or application. The second factor is often the answer to one of three pre-selected security questions or, more often, a six-digit passcode sent to the mobile phone tied to the account that you then re-enter.

Don't forget to monitor financial statements for unusual activity and shred old documents before discarding them.

## Unwanted Phone Calls

The TRACED Act was enacted and began in mid-2021 to empower phone companies to stop illegal and unwanted calls before they reach consumers through an authentication process. Legislation requires phone carriers to inform consumers about how to block unwanted calls.

To reduce unwanted calls, contact your telephone carrier to discuss their free call-blocking options. These options include brand-specific names of apps like Verizon's "Call Filter," AT&T's "Active Armor," T-Mobile's "Scam Shield," and Spectrum's "Call Guard."

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To enable the built-in call-blocking features on a cell phone:

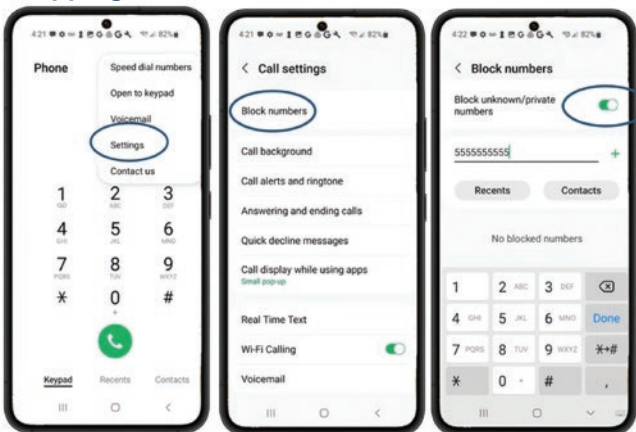
- On iPhone: Go to Settings > Phone > Silence Unknown Callers.
- On Android: Go to Settings > Block Numbers > Block Unknown/Private Numbers.

Implementing these free and onboard call-blocking options in tandem will dramatically reduce unwanted call frequency. The calls will be pre-identified as spam, potential fraud or another similar label. In some instances, the phone won't ring at all. Calls will still be able to connect to voicemail (though scammers rarely leave messages) and will be recorded in the call history. Important messages will not be missed.

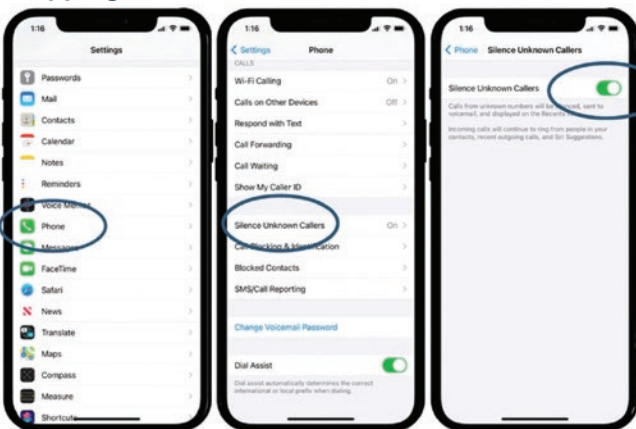
### Stay Informed

For more information on fraud and scam prevention, visit the Nebraska Attorney General's consumer website [ProtectTheGoodLife.Nebraska.gov](http://ProtectTheGoodLife.Nebraska.gov). Free booklets titled "Recognize and Report Scams" and "Identity Theft: A Consumer Guide" can be found under the site's Resource tab. These same materials can be requested and mailed by calling the Consumer Affairs Response Team hotline at 402-471-2682. 

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# Be ‘Visionary’ with Eye Health

As we age, the likelihood of experiencing some form of vision impairment increases.

Approximately one in three people age 65 and over have some form of vision-reducing eye disease. These conditions can affect quality of life, independence and overall health. The top three most common eye concerns affecting older adults are cataracts, glaucoma and macular degeneration.

## Cataracts

Cataracts are cloudy areas in the eye’s lens, often leading to vision problems. According to the National Eye Institute, more than half of all Americans age 80 and over either have cataracts or have had surgery to remove them. Starting around age 40, proteins in the eye’s lens break down and clump, creating the cataract, which worsens over time and increases lens cloudiness.

At first, symptoms may not be noticed; but over time, a cataract can make vision blurry, hazy or less colorful causing problems reading or performing daily activities. Other symptoms include not seeing well at night; lamps, sunlight or headlights seem too bright; halos around lights; seeing double; and having to change a prescription frequently.

Cataract risk factors increase with age, as well as if an individual smokes, drinks too much alcohol, has a family history of cataracts, spends a lot of time in the sun, takes steroids, has certain health problems such as diabetes and has had an eye injury, eye surgery or radiation treatment on the upper body.

To protect the eyes, wear sunglasses and a wide-brimmed hat, and wear eye protection to avoid injury during activities such as using

power tools and playing certain sports. Other actions to help with eye health can include quitting smoking and making eye-healthy food choices by eating plenty of fruits, vegetables, leafy greens, nuts and whole grains.

Without intervention, cataracts can lead to vision loss — an important reason for individuals age 60 and over to receive a dilated eye exam every one to two years. Surgery to remove the clouded lens and replace it with a new, artificial lens is an effective way to restore vision once cataracts begin interfering with daily activities such as reading, driving and watching TV. Getting an eye exam regularly will help determine when surgery is needed to help restore vision.

## Glaucoma

Glaucoma is a group of 14 eye diseases that damage the optic nerve, which leads to vision loss and blindness. Typically, glaucoma occurs with increased fluid pressure; however, it can occur with normal eye pressures. Vision impairment may begin slowly and be unnoticeable, beginning with peripheral vision. Primary open-angle glaucoma (POAG), the most common, is asymptotic.

“If undiagnosed, glaucoma chews away at the peripheral vision even though the central vision is fine,” said Dr. Ryan Jensen, Art of Optics optometrist. “A patient may still be seeing 20/20 but have no idea something is wrong.”

Since damage is irreversible, regular comprehensive dilated eye exams are recommended for aging persons. Early detection and treatment can prevent greater damage and protect vision.

Treatments typically start with prescription eyedrops to lower the pressure in the eye and prevent damage to the optic nerve, and they may progress to laser treatment to help fluid drain from the eye, or surgery.

There is no way to prevent glaucoma, but risk factors include being over age 60 — especially if Hispanic or Latino; an African American over age 40, and a family history of glaucoma.

## Macular Degeneration

Age-related macular degeneration (AMD) is the leading cause of vision loss in older adults. Aging causes damage to the macula, blurring central vision.



“Patients almost always say ‘I can’t see very well far away,’” Jensen said.

While AMD doesn’t cause complete blindness, losing central vision can make it difficult to see faces, read, drive or do close-up work such as cooking.

National Institutes of Health reports the incidence rate of AMD is 12.4 percent for people age 66 to 74, and it increases to 36 percent by the time a person is 85.

“That’s one in three individuals,” Jensen said. “The older we live, the higher the risk.”

Eighty-five percent of cases are dry AMD, when the macular gets thinner with age and progresses slowly over the years. So slowly, in fact, that many may not notice vision changes.

Less commonly, wet AMD typically causes faster vision loss due to abnormal blood vessels growing in the back of the eye, damaging the

macula. Any stage of dry AMD can turn into wet AMD.

Symptoms of this progressive disease depend upon the type and stage. Early to intermediate AMD might cause no symptoms to mild central vision blurriness or difficulty seeing in low light. In both types of late AMD, many people notice straight lines look wavy or crooked and there are blurry areas near the center of vision. Over time, the area may become larger or a person may notice blank spots and colors seem less bright.

Individuals at risk for AMD include those age 55 and over. The risk increases with age. Others who may be at risk are those who are white, smoke or have a family history of AMD.

There is no treatment to prevent early AMD; but in later stages, special dietary supplements may help as well as medicines injected into the eye or



Dr. Ryan Jensen, Art of Optics optometrist

Continued on page 20.

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# Be ‘Visionary’ with Eye Health

Continued from page 19.

photodynamic therapy, a combination of injections and laser treatment.

## Diabetic Retinopathy

Another concerning eye condition is diabetic retinopathy, which affects the blood vessels in the retina and causes vision loss and blindness in people with Type 1, Type 2 or gestational diabetes.

Caused by high blood sugar due to diabetes, sugar in the blood can damage the blood vessels into the retina. These vessels become blocked and leak fluid or bleed. Because of this, the eyes grow new blood vessels that don't work well, which can leak or bleed easily.

Diabetic retinopathy can lead to other serious eye conditions. Early detection can help protect vision. Some people notice vision changes

such as trouble reading or seeing faraway objects. In the later stages, blood vessels in the retina start to bleed into the vitreous, the gel-like fluid that fills the eye. When this happens, there may be floating spots or streaks that look like cobwebs. Sometimes the spots clear up, but it's important to get treatment. Without it, scars can form in the eye and blood vessels will bleed again.

Managing diabetes by staying active, eating healthy and taking medicines can help prevent or delay vision loss. More than half of individuals with diabetes will develop diabetic retinopathy.

## Keeping on top of things

Jensen recommends anyone age 40 and over have an annual comprehensive eye exam, stressing


the importance for those over age 65 or those with diabetes.

“We want the eye evaluated from front to back to rule out any disease processes,” he said.

Jensen said it's important to pay close attention to vision — noticing any distortion or cloudiness. He adds that it's always better to get it evaluated before it's too late.

“Listen to your visual system and body,” he said. “If anything is going on, get it checked out.”

Other ways to protect vision include wearing sunglasses and eating green, leafy vegetables; fish oil; and doing regular exercise.

“Be a visionary when it comes to your sight,” Jensen said. “If you see a chance of vision problems, take it seriously and come in. The earlier the better.” 



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# NeighborLNK Partnership Forges Friendship, Assistance

A love of animals and a mutual willingness to give and receive assistance has resulted in a strong friendship between Sheila and Dan.

The pair was linked through Aging Partners' NeighborLNK program, which matches volunteers and homebound aging adults or persons with disabilities to help with errands such as picking up groceries, medications or library books, and help reduce isolation through phone or video calls. The program was created

during the COVID-19 pandemic when aging adults were hesitant or unable to get out into the community. That was when Dan heard about it, believing he could do more to help those struggling.

Since matched in July 2020, Dan has called Sheila about once a week, offering to pick up groceries while shopping for his own family.

"I'll call her to chat and find out what groceries she needs," he said.

"Then, I let her know the cost of the

groceries and deliver them."

Without a vehicle, Sheila walks seven blocks to purchase many of her groceries. While still physically fit, she can't always get everything she needs — especially when it comes to baking. That's where Dan comes in.

"He picks up the supplies I need to bake, and I always give him a great big slice of cake in return," Sheila said.

They've become friends, sharing more about themselves, their families and interests.

Dan said he values the opportunity to connect with someone who holds different perspectives.

"We have different viewpoints on many things, but it's nice to hear from others what they might think of something," he said. "It's good to be around that and for my family to see how we keep our commitments."

The pair has found common ground particularly in their love of animals. Living in an apartment complex, Sheila often helps others with their pets and has previously taken in many whose owners could no longer care for them. Dan helped by setting up an auto-delivery for dog food online.

"He's so knowledgeable," Sheila said. "Dan knows his way around a computer. If I need anything, he can help me. I appreciate it, and it makes things easier for me."

Dan, who works full time and is raising three teenage children with his wife, said volunteering has been a positive experience for him.

"It's a good reminder that there is a



*Partnered through NeighborLNK, Dan has helped Sheila with picking up groceries and other items. What neither of them expected was the friendship that has formed over the last four years.*

segment of our community that doesn't always have the means to get what they want," he said. "It's easy to be consumed with your own life and work, but it's important to be reminded that there are people in need as well. I'm reminded of what life can be like for many people who don't have others to help."

And for Sheila, she cherishes the friendship as well.

"I feel so much more secure knowing Dan is there if I need something," she said. "He's a nice and dependable guy."

### Getting Involved

Sheila recommends the program for others who may need a little assistance.

"Why not?" she said. "If you need someone, they're there to help."

Both Sheila and Dan say the program has been a valuable experience, while Dan adds, "It's easy to get involved, and the time commitment is minimal."

"The benefit that both the recipient and volunteer receive is immeasurable



**The benefit that both the recipient and volunteer receive is immeasurable — not only for the two people involved, but for Lincoln as a community."**

*— Dan, NeighborLNK volunteer*

— not only for the two people involved, but for Lincoln as a community," he said. "It's rewarding to meet someone and help. This is one simple way in my busy life I can do that for someone else, and it's been good for me, too."

Residents age 60 and over and persons with disabilities may apply to be part of the program. Volunteers must be at least 19 years old, apply, sign a waiver, pass a background check and complete a brief online training. There is no age limit to volunteer, according to Suzanne Hatfield, NeighborLNK coordinator.


"Not everyone needs to have a vehicle to run errands," said Suzanne Hatfield, NeighborLNK coordinator. "We have some participants just looking to visit with someone."

The program has utilized a variety

of volunteers from young to old, to student and youth groups to help with service projects. Younger volunteers may be especially helpful in technical support and ordering items online for their participant.

"We love to see the impact of these intergenerational relationships," Hatfield said.

Applications can be found at [www.lincoln.ne.gov/City/Departments/Aging-Partners/Being-Well/NeighborLNK](http://www.lincoln.ne.gov/City/Departments/Aging-Partners/Being-Well/NeighborLNK). For questions or to request an application by phone, call Hatfield at 402-441-7575.

Aging Partners staff will review applications and assistance requests to make matches based on location and services requested. Once a match is made, both parties are notified. 

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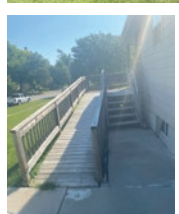


# Habitat for Humanity Program Helps With Needed Home Repairs

Habitat for Humanity of Lincoln brings people together to construct homes, with a vision to build strength, stability and self-reliance. Established 1988, the nonprofit partners with families in need of affordable housing.

While many have heard of Habitat's program that involves homeowners actively participating in building their own home alongside volunteers and then paying an affordable mortgage — Habitat for Humanity has another program to help current homeowners with health and safety repairs.

The Home Repair Program assists low- and fixed-income individuals in making necessary repairs and improvements to ensure



*The Habitat for Humanity Home Repair Program may be helpful to aging adults, who often live on a fixed income but may need home adjustments to remain safely living in their home.*

they can live safely and comfortably in their home and stay connected to their community.

“This program is for people who don't have the means to do a big repair on their home, but the repair

might change the way they can live in their home,” said Shay Homeyer, Habitat for Humanity of Lincoln executive director.

Addressing critical health and safety issues, the program can assist

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with a variety of repairs such as wheelchair ramps, roofs, gutters, hot water heaters, widen doorways for wheelchair accessibility, bathroom and kitchen adjustments, support handles, lighting, weatherization and energy efficiency.

The focus of the program is to allow individuals to live safely in their home for years to come. Repairs are completed using financing, or in some cases, grant funding.

Applying is the first step in the process. See [lincolnhabitat.org/programs/home-repairs.html](http://lincolnhabitat.org/programs/home-repairs.html).

“Each person qualifies differently depending on parameters,” Homeyer said. “The only way to know what you qualify for is to apply. We’ll help you through the process, assess your needs and go from there.”

Individuals applying should own and live in the home that needs the repair within Lancaster or Seward counties. The homeowner must meet income guidelines and be able to afford a no-interest loan. A repair committee will evaluate each application and assess which repairs are most critical.

For more questions, call 402-477-9184 and talk to Greg Olson, home repair manager. Please leave a message, and someone will return your call.


### Other Programs and Volunteer Opportunities

Habitat for Humanity volunteers are an essential part of accomplishing the mission to bring people together to build homes, communities and hope.

“It could be at our ReStore, administration office or at a build site — we have different levels of volunteer opportunities,” Homeyer said.

Construction volunteers help with building of a home; tools, teaching and instruction is provided.

The Habitat ReStore, 5601 S. 59th St., is a home improvement discount store benefiting Habitat for Humanity of Lincoln. Open to the public, shoppers can get great deals on new and used furniture, appliances, building material and home décor. ReStore volunteers provide customer service and clean donated material, stock shelves, prepare the sales floor, unload donated material and other duties. ReStore also accepts donations. Call 402-464-0010 with questions.

For more information and to apply to volunteer, visit <https://lincolnhabitat.org/get-involved/volunteer>. For more information on Habitat for Humanity, visit [www.lincolnhabitat.org](http://www.lincolnhabitat.org). 



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# Cholesterol and Heart Health: How Cholesterol Impacts Your Health and Its Effects on Your Heart

By Devin Mueller, Aging Partners Nutrition

February is National Heart Month, and there is no better time to remind ourselves of heart health benefits. It is important to understand how cholesterol levels impact our health and what actions we can take to promote heart health and reduce the risk of heart disease and stroke.

Cholesterol is a substance that is fat-like and can be waxy, but it has some important roles. It helps your body make membranes, hormones and vitamin D. The cholesterol found in your body comes from the food you eat and your liver. The liver makes the cholesterol the body needs to thrive, but how does this affect our heart?

While there are some health benefits to cholesterol, remember there are two sides to every story. There are two types of cholesterol: HDL (good) and LDL (bad). Each type has specific effects on our body. LDL cholesterol can be a leading factor of heart disease because it causes buildup in the arteries, which has been linked to an increased risk for heart attack and stroke. On the other hand, HDL cholesterol has an impact in moving the bad cholesterol back to our liver, which excretes it from the body. In return, this may decrease chances of having either a heart attack or stroke.

Both forms of cholesterol can be positively impacted with a healthy diet and lifestyle choices. Certain types of fats, such as saturated and trans fats, have

been shown directly to impact cholesterol levels. These types of fats are found in animal products as well as processed foods.

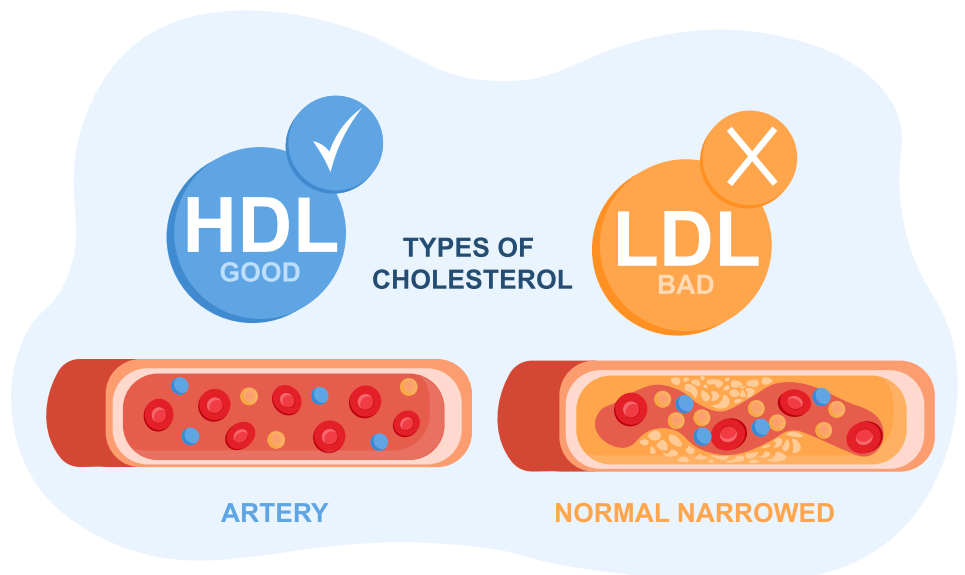
Incorporating regular exercise, refraining from smoking and maintaining a healthy weight also can impact cholesterol levels and help maintain a healthy heart.

A lot of these are lifestyle changes and choices that we control, but, for some, treatment may include the use of a cholesterol-lowering medication. It is imperative to visit your doctor regularly for optimal health. If you need medication under their

guidance, they might prescribe a drug called a statin, which works to lower the fats in our blood.

## What Should Your Numbers Be?

Now that we know the positive and negative effects cholesterol has on our heart and overall health, let's look at the "optimal" numbers for our heart's best health. The table below highlights the numbers that can help ensure we are keeping our heart in tip-top shape. Be mindful of your fasting blood sugar levels. Research from the Centers for Disease Control and



## Know Your Numbers for Optimal Heart Health

Blood Pressure	Cholesterol			Fasting Blood Sugar
120/80mmHg	Total <200mg/dL	LDL <100mg/dL	HDL ≥60mg/dL	100mg/dL

Prevention suggests prolonged elevated blood sugar can damage the nerves and vessels, which help control your heart. High blood pressure over a prolonged period can exert so much force that it damages the walls and arteries. An easy way to remember the difference between HDL and LDL cholesterol levels is that we want HDL to be high and LDL levels to be low.

### What Are Some Dietary Changes?

Aim to incorporate a variety of colorful fruits and vegetables, lean proteins, whole grains and low-fat dairy each day. Fruits and vegetables contain a variety of vitamins, minerals, fiber and phytochemicals. Choose whole grain products, which tend to have more fiber and may lower LDL cholesterol. Incorporate lean proteins such as chicken and fish more often and trim excess fat from higher-fat type of meats. Limit food that is high in saturated fats and animal fats such as bacon and sausage. Choose low-fat or reduced-fat dairy products. Limit sodium content to no more than 1,500 mg/day and choose “reduced-sodium” or “no-salt added” products. Compare the Nutrition Facts Label to determine the healthiest option for you. <sup>1,2</sup>

Sources: [www.mayoclinic.org](http://www.mayoclinic.org); [www.medlineplus.gov](http://www.medlineplus.gov); [www.cdc.gov](http://www.cdc.gov)

### Show How Much You Know!

- To help ensure optimal heart health, our total cholesterol should be \_\_\_\_\_ mg/dL.
- The preferred range for LDL cholesterol should be \_\_\_\_\_ mg/dL for optimal heart health.
- LDL is considered \_\_\_\_\_ cholesterol and can cause hardening and scaring of the arteries.
- The preferred range for HDL cholesterol should be \_\_\_\_\_ mg/dL for optimal heart health.
- HDL is considered \_\_\_\_\_ cholesterol and helps flush our bodies of the bad cholesterol.

#### Word choices:

- good
- bad
- greater than or equal to 60
- less than 100
- less than 200

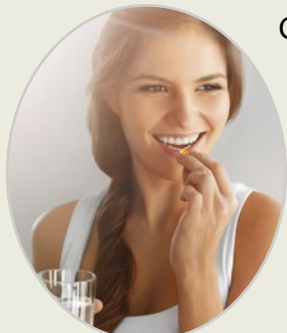


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# Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

*“I rose before the sun and walked on the fresh fallen snow. I was not the first creature to disturb the gentle lull as tracks of mice, rabbits and a fox were widely evident on my meandering stroll. I thought the paths of my farm tenants held more purpose than mine until I realized we all were searching for sustenance. Theirs was a search for the body while mine was a search for the soul! Winter is good for such searches.”*

– Aldo Leopold

Aldo Leopold was an early American environmentalist and philosopher whose wonderful book, “A Sand County Almanac,” is required reading for every freshman in an environmental field at the University of Nebraska-Lincoln. Although it is more philosophy than

technical knowledge, it is a fantastic read that I highly recommend.

Aldo was correct in his assessment of winter being good for searches and planning. You don’t necessarily need to go walking in fresh snow on these searches (it is fun, however), but now is an ideal time to plan for the upcoming year and we in the Aging Partners program section hope to help.

If you are planning on large-scale projects requiring professional contractors, start calling them now! Lincoln is still in a building/remodeling boom and their time is limited. So, if you are wanting a new roof, start calling now! If you are wanting a new driveway or patio poured, start calling now! If you want new siding or windows

or doors, start calling now! If you wonder if you should start calling now no matter what your issue is, the answer is probably yes!

Also, several folks ask us if we know any contractors that give discounts to older adults. As City employees we are not allowed to recommend contractors, so I suggest doing your due diligence and ask lots of questions. Reputable contractors will not hesitate to share information about past clients who are willing to offer reassurances about quality of work. Regarding discounts, supply and demand is the rule and as noted, demand is far above supply now. Please also inquire at Habitat for Humanity because they do more than build houses, they also remodel them! There is an excellent article on



## Nebraska's Caregiver Tax Credit

No age restrictions to qualify.

Starting tax year 2025, this nonrefundable tax credit covers out-of-pocket costs incurred by unpaid family caregivers for select services directly related to assisting an eligible family member. The credit is capped at \$2,000 per year, or \$3,000 if caring for a veteran or individual with dementia.






Find out if you may qualify with our short questionnaire. Scan the QR code or visit [aarp.org/NEcaregiving](https://aarp.org/NEcaregiving).

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page 24 in this issue detailing their program.

Regarding household projects, the Handy Home Services program is still available for small jobs that do not require a permit. A few examples of projects that fit this requirement would be replacing a float valve or flapper on a toilet, tightening up screws on hinges of doors and cabinets, or changing out a light switch from a standard to a dimmer-capable one. To use the Handy Home Services program, clients must be 60 years of age or over, own the home where the requested work is being performed, and must also live in that home. There is a simple three-page form that needs to be completed and processed prior to any work orders being assigned. If you think this might be a program you could make use of and meet the prerequisites, please contact Laurie at 402-441-7030. Suggested hourly contributions vary by individual.

If your plans for the new year include the most common New Year's resolution – exercising more, then you need to visit our Schmieding Foundation Center for Active Living Fitness Center at Victory Park and take a tour. The fitness center has two distinct areas set up. One is for cardiovascular work outs and features treadmills and other equipment designed to get your heart rate up and your blood pumping. The second area features strength training equipment to tone muscles – swimsuit season is not that far away! The fitness center has spent a large amount of time investigating the new equipment in the strength area. Gone are the days of metal plates on bars and the need for spotters. The new equipment uses compressed air to increase or decrease resistance and it is easy to operate. The strength area also

features a stretching cage and table to work on flexibility. If you are looking for a more guided work out, you can ask any of the staff about our classes. The first step to getting in shape is getting started! Regardless of your current state of health, even a few minutes of exercise everyday will be beneficial.

If you are looking to visit a senior center for a meal, engage in activities or just visit with friends, the transportation program is still running daily routes to the various centers in Lincoln. Reach out to Mike at 402-441-8816 to determine which center is in your area and how to get signed up for transportation and activities. Our vehicles are ADA equipped and assistance is available if required.

Well, as usual my editor is counting my words, so I need to wrap this up. Stay safe and continue to “search!” **lw**

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## **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@communityactionatwork.org](mailto:sbates@communityactionatwork.org)



The Community Action Foster Grandparent Program is available to all, without regard to race, color, national origin, gender, age, religion, sexual orientation, disability, gender identity or expression, political affiliation, marital or parental status, genetic information and military service. Accommodations may be possible for those with limited English proficiency.

# Aging Partners Health and Fitness

## Focusing on Fall Prevention

By Karen O'Hara, Aging Partners Health and Fitness

Falls pose a significant risk to older adults, threatening their independence and safety. This can lead to substantial economic and personal costs. According to the Centers for Disease Control and Prevention, falls are the leading cause of both fatal and nonfatal injuries among older Americans.

An older adult dies from a fall every 29 minutes. Every 15 seconds, an older adult visits an emergency room for a fall-related injury. Every week in Nebraska, there are 233 emergency room visits, 70 hospitalizations and four deaths due to fall injuries, according to the Nebraska Department of Health and Human Services. More than half of these injuries occurred

at home; and in many cases, hip fractures or traumatic brain injuries were sustained.


### Fall Prevention

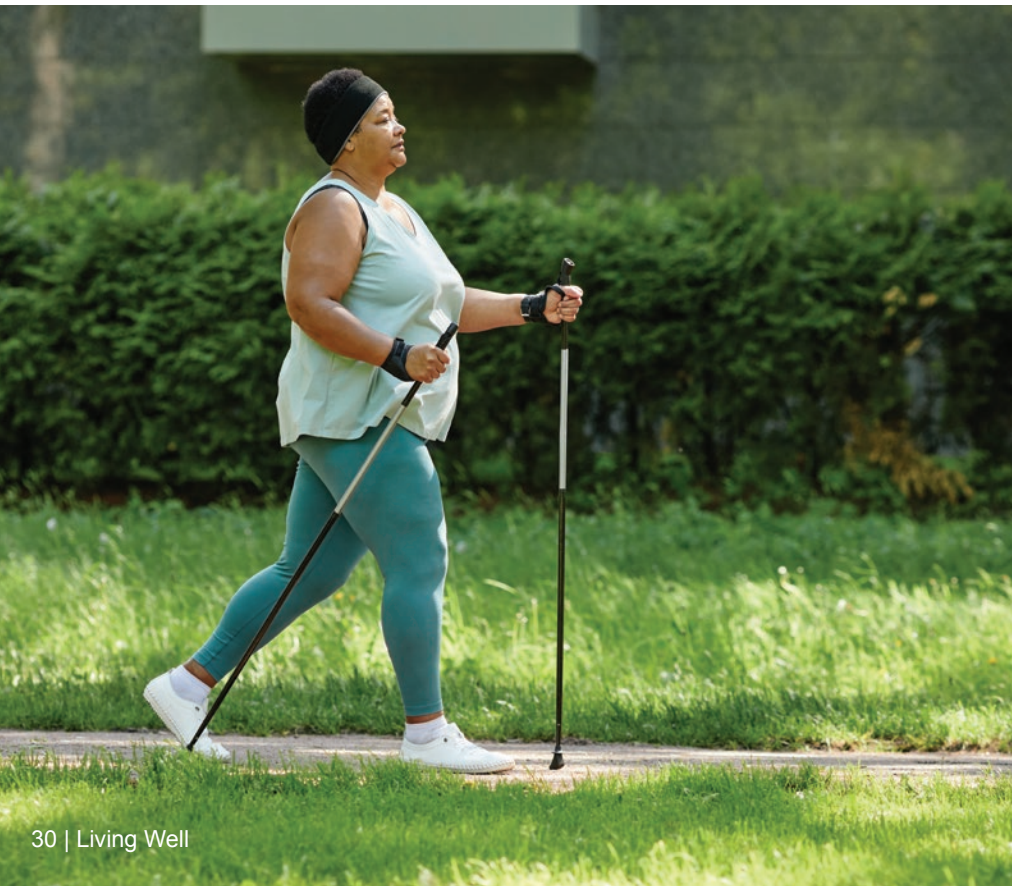
Contrary to popular belief, falling is not an inevitable result of aging, according to the National Council on Aging (NCOA). Through practical lifestyle adjustments, evidence-based interventions and community partnerships, fall numbers can decrease among older adults.

To help reduce fall risk, take into consideration the following tips provided by the NCOA:

- **Find a good balance and exercise program.** Look to build balance, strength and flexibility. Aging Partners

offers multiple evidence-based fall prevention programs, including Tai Chi for Arthritis and Fall Prevention, Strong Bodies strength training class, Bingocize and Stepping On fall prevention workshops. For more information about these programs, call 402-441-7575. For older adults wanting to increase their overall strength and fitness, try the Schmieding Foundation Center for Active Living Fitness Center at Victory Park, 600 S 70th St.

- **Talk to a health care provider.** Ask for a fall risk assessment and share your history of falls. Regularly review medications with a doctor or pharmacist to ensure side effects are increasing fall risk. Take medications only as prescribed.
- **Have your vision and hearing checked annually, and keep your eyeglasses updated.** Good eyesight and hearing ability are key to staying on your feet.
- **Keep your home safe.** Remove tripping hazards such as rugs and cables, increase lighting, install handrails or lighting on stairs and install grab bars in key areas like bathrooms.
- **Talk to family members.** Enlist family support in taking steps to stay safe. Falls are not just an issue for older adults. To learn more about protecting yourself and your family from falls, visit <https://www.ncoa.org/older-adults/health/prevention/falls-prevention>. 



## Debunking Fall Myths

**Myth:** Falling happens to other people, not me.

**Fact:** One in four older adults falls every year in the United States, resulting in about 36 million falls.

**Myth:** If I remain at home, I can avoid falling.

**Fact:** More than half of all falls occur at home.

**Myth:** If I limit my activity, I won't fall.

**Fact:** Performing physical activities helps you maintain independence, because strength and range of motion benefit from remaining active.

**Myth:** Using a walker or cane increases dependence.

**Fact:** Walking aids help older adults maintain and improve mobility. Have a physical therapist fit the walker/cane to you and give instructions about its safe use.

**Myth:** Taking medication doesn't increase fall risk.

**Fact:** Medications affect everyone differently and may sometimes make you dizzy or sleepy.

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**Nebraska Helpline:**  
1-833-238-6837

**National Helpline:**  
1-800-GAMBLER

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

[problemgambling.nebraska.gov](http://problemgambling.nebraska.gov)

# Caregiver Corner

## When Grieving Requires Guidance

While grieving is a deeply personal process that often can feel overwhelming, it's important to remember seeking help is a sign of strength, according to Carly Woythaler-Runestad, Mourning Hope Grief Center executive director.

Mourning Hope, 1311 South Folsom St., is a nonprofit organization providing support to individuals and families coping with grief and loss to help ensure "no one grieves alone," Woythaler-Runestad said.

Founders Pam Dinneen and Kay Kronholm worked with middle school students and saw that there were no community resources to help struggling, grieving students. Through many trainings and research

done across the nation, Mourning Hope was founded in 1994 to come alongside grieving children, teens and their families.

"When kids have a death loss, there are often problems in the classroom and beyond," Woythaler-Runestad said.

After being founded to provide resources and support to children, the organization expanded services to teens and young adults who have experienced a serious illness or death of someone in their life. They also provide services to caregivers and families of these children, including parents, grandparents, foster parents or any significant adults in the child's life. Recently, Mourning Hope has seen more of a need to

expand services to adults of any age, Woythaler-Runestad said.

"The longer we've been in the community, the more we saw a need for older adults as well," she said. "We typically work with people age 4 through young adults and now older adults. We have the opportunity to help people in some of the darkest days of their lives and offer hope."

Today, half of Mourning Hope's services are adult programming.

"Individuals and families can seek services if they have a parent, sibling, grandparent, child, spouse or close friend die," Woythaler-Runestad said.

Thanks to generous donations, Mourning Hope offers its



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600 Church St. in Seward  
[tutera.com/location/greene-senior-living/](http://tutera.com/location/greene-senior-living/)

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*Mourning Hope, 1311 South Folsom St., can help individuals and families coping with grief and loss.*



services at no cost — making a significant impact in the community.

During its first year in 1994, Mourning Hope served nine kids — and in 2023, the organization served about 1,800 distinct individuals.

### Programs and Services

Each person grieves differently. Therefore, Mourning Hope provides a variety of services, including grief support groups, counseling, community education, resources and referrals.

Peer grief support groups for children, adults, caregivers and families help participants find hope and connection. There also are specialized groups, including school-based grief support groups and suicide support.

For those needing more individualized help, Mourning Hope provides short-term grief counseling and consulting for individuals and families by licensed mental health professionals and master's level college interns who consult as a team. This provides the opportunity to train future counselors and provide counseling services to the community. Counseling offers communication, creative expression, play and education to help children, individuals and families learn healthy coping skills and ways to process grief.

Mourning Hope also provides things such as holiday programming; special events; overnight, children's and family camps all designed to address grief.

"Grief is unique," Woythaler-Runestad said. "Although our society teaches us that there are orderly stages when we grieve, we know there's nothing predictable about grief and it's not a linear timeline. We recognize that we are all on different journeys, and we have to support people where they're at. We don't get over grief; we just learn to integrate it into our lives, and it becomes less raw and less acute. Ultimately, Mourning Hope's goal is to ensure that no one has to grieve alone."


### Get Help and Give Help

For more information on Mourning Hope or to access services, visit [www.mourninghope.org](http://www.mourninghope.org) or call 402-488-8989.

Mourning Hope is accomplishing much with its staff of seven individuals and more than 200 volunteers.

"We have volunteers who sew comfort pillows for children, group facilitators, food hosts to set up and serve food for families and other office and project volunteers — we have so many ways to get involved," Woythaler-Runestad said.

To find out more on volunteering and to apply, visit [www.mourninghope.org/supportus/volunteer](http://www.mourninghope.org/supportus/volunteer).

"The best thing anyone can do is to be aware and raise awareness," Woythaler-Runestad said. "If you know someone grieving, tell them about Mourning Hope and have them reach out. We also can help locate services if a person isn't in Lincoln." 

# Nebraska Family Caregiver Support

## LIFESPAN RESPITE NETWORK

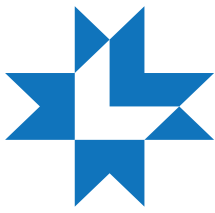


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### AGING PARTNERS

600 S. 70th St., Bldg. 2

Lincoln, NE 68510

402-441-7070 or 800-247-0938

[lincoln.ne.gov/Aging](http://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 bill paying; and Homestead Tax Exemption.
- **Legal Counseling** – Free legal advice and referral services for those who meet financial guidelines.

### NEIGHBORLNK

This program connects qualified, authorized volunteers with homebound seniors (age 60 and over) and persons with disabilities who seek additional support such as grocery pickup and delivery, errands such as food and medication delivery, and friendly phone visits.

▲ 402-441-6076 or 402-441-7575

### HANDY HOME SERVICES AND TRANSPORTATION

- **Durable Medical Equipment** – Providing items that address short- and long-term needs. We have various lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers. 402-441-7032
- **Handy Home Services** – Minor home repairs and maintenance including mowing, leaky faucets, painting and broken light fixtures. ▲ 402-441-7030
- **Ride within Lincoln to the Centers** – Schedule a ride to your Aging Partners Center (handicap accessible). ▲ 402-441-7158
- **Lancaster County Public Rural Transit** – Scheduled transportation to and from Lincoln to rural Lancaster County areas. (handicap accessible). ▲ 402-441-7031

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

- **Alzheimer's Disease** – Information and referral. 402-441-7070 or 800-247-0938
- **Caregiver Support Services** – Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information and a safe environment to share concerns. ▲ 402-441-7575
- **Health Education Programs** – A variety of topics assisting individuals to make healthy lifestyle choices.
- **Nutrition** - Noon meals, selected evening meals with entertainment and special holiday meals are available at some centers. 402-441-3480

### HEALTH, FITNESS AND NUTRITION

- **The Schmieding Foundation Center for Active Living Fitness Center** – Cardio and strength training equipment. A certified personal trainer is available by appointment. ▲ 402-441-7575
- **Exercise** – Tai Chi, chair yoga, Qigong and dance classes are available at several locations. Daily fitness programs on LNKTV City (ALLO channel 2, Spectrum channel 1300 and Kinetic channel 5) and LNKTV Health (ALLO channel 3, Spectrum channel 1301 and Kinetic channel 10). ▲
- **Senior Health Promotion Center** – University of Nebraska-Medical Center and Aging Partners provide comprehensive foot care along with blood pressure, cholesterol, glucose and bone density screenings by appointment. ▲ 402-441-7506

### INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

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

### LIVING WELL MAGAZINE

This quarterly publication features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with Living Well, call David Norris at 402-441-6156 or email [dnorris@lincoln.ne.gov](mailto: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](mailto: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: 402-416-7693  
American Legion Hall  
970 Monroe St., Bennet
- Firth Center: 402-416-7693  
Community Center  
311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693  
Hickman Community Center  
115 Locust St., Hickman

## 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.

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

## 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  
Mark DeMers, 402-764-2711
- Saline County Aging Services  
Lori Moldenhauer, 402-821-3330
- Seward County Aging Services  
Alison Rook, 402-646-7110
- York County Aging Services  
Lori Byers, 402-362-7626

## MULTI-COUNTY SENIOR CENTERS

**Butler County**

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

**Fillmore County**

- Exeter Senior Center  
217 S. Exeter Ave., Exeter  
402-266-2133

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

**Polk County**

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

**Saline County**

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

**Seward County**

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

**York County**

- McCool Junction Senior Diners  
c/o Village Hall  
323 E. "M" St., McCool Junction  
402-724-2525
- York Leisure Home (meal site only)  
215 N. Lincoln Ave., York  
402-362-5900
- York Senior Center  
725 Nebraska Ave., York  
402-362-2496

## NURSING FACILITY LEVEL OF CARE AND MEDICAID WAIVER

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

## 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](http://seniorsfoundation.org).

# Aging Partners News and Events

Call 402-441-7575 for Health and Fitness classes or 402-441-7158 for event information.  
[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)

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There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Contact Deb Elrod at 402-441-6146 or [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov) to sign up.

## Health and Fitness

### Schmieding Center for Active Living Fitness Center

600 S. 70th St.  
Monday through Friday  
8 a.m. to 4 p.m.

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

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

### Evidence-Based Tai Chi Classes

*NOTE: Because all Tai Chi for Arthritis and*

*Fall Prevention classes are progressive, no registrations will be accepted after the fourth class of each session. Tai Chi class sizes are restricted due to space limitations, so 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.

Dec. 10 through March 6  
(no class Dec. 24 and 26)

This class is beneficial to people with or without arthritis and can help prevent falls. Each session includes breathing techniques and warmup and cooldown exercises. Suggested contribution is \$2 per class or \$48 per session.

### Tai Chi for Arthritis and Fall Prevention Level II

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

Jan. 6 through April 2  
(No class Jan. 20 and Feb. 17)

This class is only available to those who have completed at least one full session of the Tai Chi for Arthritis and Fall Prevention Level I. Suggested contribution is \$2 per class or \$48 per session.

### Chair Yoga

Eastridge Presbyterian Church  
1135 Eastridge Drive

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

- Wednesdays, 9:30 to 10:30 a.m.  
Jan. 8 through March 26  
April 16 through June 25
- Fridays, 9:30 to 10:30 a.m.

Jan. 10 through March 28  
April 18 through June 27

### Dance for Life

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

- American Lutheran Church  
4200 Vine St.  
Mondays, 1:30 to 2:30 p.m.  
Jan. 6 through April 7  
(no class Jan. 6 and Feb. 17)  
April 14 through July 7  
(no class May 26)
- Auld Pavilion  
1650 Memorial Drive  
Wednesdays, 10 to 11 a.m.  
Jan. 8 through March 26  
April 2 through May 14

### Qigong Refresh and Recharge

This ancient, meditative practice focuses on slow, gentle movements which 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. This class is appropriate for individuals at all levels of ability.

- American Lutheran Church  
4200 Vine St.  
Tuesdays, 10 to 11 a.m.  
Jan. 7 through March 25  
April 1 through July 8
- Auld Pavilion  
1650 Memorial Drive  
Thursdays, 1:30 to 2:30 p.m.  
Jan. 9 through March 27  
April 3 through May 15

### Evidence-Based StrongBodies Strength Training Program

Victory Park Center, Classroom 105

600 S. 70th St.  
Tuesdays and Thursdays  
Beginners: 8:15 to 9:30 a.m.  
Intermediate: 9:45 to 11:30 a.m.  
Intermediate: 11:45 a.m. to 1:30 p.m.  
Feb. 4 through April 24

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

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

The exercises in StrongBodies work all the major muscle groups, utilizing a combination of dumbbells, adjustable ankle weights and body weight. StrongBodies is an evidence-based class and meets twice a week for 12-week sessions. Class size is limited.

### **Evidence-Based Living Well with Chronic Conditions Workshop**

Victory Park Center, Classroom 105  
600 S. 70th St.  
Tuesdays, 2:30 to 4:30 p.m.  
March 4 through April 8

This interactive workshop is facilitated by trained leaders and helps individuals with chronic conditions take steps to manage their health and live happier, healthier lives. Topics include action planning, communication, healthy eating, physical activity and medication management. Class size will be limited so register early!

Suggested contributions of \$4 per class for age 60 and over.

### **Stepping On – Building Confidence and Reducing Falls**

Victory Park Center, Dining Room  
600 S. 70th St.  
Mondays, 1:30 to 3:30 p.m.  
March 17 through April 28

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. 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 \$4 per class for age 60 and over.

### **Foot Clinics/Senior Health Promotion Services**

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

Services are available to those age 60 and over. The following services are available on most clinic dates throughout the year: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care and health education. A \$25 suggested contribution will help these services continue.

Please call 402-441-7506 or 402-441-7575 for more information or to make an appointment for clinic services.

### **Aging Partners Events**

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

Call the individual centers to reserve a meal two days in advance.

\$5 suggested contribution age 60 and over; \$10 fee under age 60.

\$4 transportation suggested contribution for age 60 and over.

### **Aging Partners Day Trips**

April through June 2025  
Join us for trips featuring fun places and activities.  
Round-trip transportation fee (in Lincoln) to Victory Park is \$5 (must have 40 participants signed up for trips to occur)

Please note early deadlines! Payments need to be made within three days of reservation to guarantee your spot. Please hurry and get your trips booked early, so you don't miss out on the fun!

For details and reservations, call 402-441-7158.

- An Evening with the Cranes  
Iain Nicolson Audubon at Rowe Sanctuary  
Thursday, April 3  
Cost: \$115 per person  
Reservations accepted from Jan. 2 through Jan. 20. Payment due within three days of your reservation. No refunds after Jan. 27.
- Harry S. Truman Library and Museum  
Thursday, May 22  
Cost: \$80 per person  
Reservations accepted from March 3 through April 28. Payment due within three days of your reservation. No refunds after May 2.
- Kearney Archway/Classic Car Collection Museum  
Thursday, June 26  
Cost: \$80 per person  
Reservations accepted from April 4 through May 23. Payment due within three days of your reservation. No refunds after June 6.

### **Belmont Senior Center**

1234 Judson St.  
402-441-7990

- Chair Yoga at Belmont Senior Center  
1st and 3rd Tuesday of each month  
10:45 a.m.  
Certified yoga instructor Chery Bieber leads this gentle 30-minute yoga session using a chair for balance and stability. Perfect for beginners!
- A History of York County  
Monday, Jan. 13  
10 a.m.  
Carrie Remmers from the Anna Bemis Palmer Museum in York will take us through the current exhibit on the history of York County and highlight some of the important artifacts in the museum's collection.
- Musical performance by Denise Howe  
Monday, Jan. 27  
10 a.m.  
Former Northeast Senior Center manager Denise Howe brings her guitar stylings to Belmont with a performance of classic hits! Denise is an accomplished guitarist and vocalist and has played at many different events and venues in the Lincoln area.

*Continued on page 38.*

# Aging Partners News and Events

Continued from page 37.

- Music BINGO with Elliott Piper  
Monday, Feb. 10  
10 a.m.

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

- Mardi Gras Party  
Tuesday, March 4  
All Day  
Mardi Gras party! Join us for fun with beads and masks, jazz and king cake!

## Northeast Senior Center

6310 Platte Ave.  
402-441-7151

- BINGO  
Wednesdays, 10 a.m.

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

- Bill Chrastil Performs  
Friday, Jan. 3  
10 a.m.

Bill Chrastil is a multi-talented entertainer who has been captivating audiences for over 30 years! Bill's live show is a whirlwind tour through musical history. Buckle up for a thrilling ride that starts with his electrifying tributes! The event is free and no reservation needed. Just show up and enjoy the show. For lunch, please call two business days in advance.

- Art with Anna  
Thursday, Jan. 9  
Thursday, Feb. 13  
10 a.m.

Join Anna Alcalde as she leads participants through some easy beginner painting techniques (class size limited to the first 10 individuals to sign up that day).

- "Personal Expressions, Celebrating a Life Well Lived" presentation by Kevin Orth, Butherus, Maser & Love  
Thursday, Jan. 30  
10:30 a.m.

Kevin will share some insight on how most of us are probably not prepared to plan and carry out a funeral ceremony for someone we love. And so much of the

information available on this critically important subject fails to focus on what is most important – having a personalized, meaningful funeral that helps families and friends begin the healing process of mourning after the death of someone we love. For lunch, please call two business days in advance.

- Jimmy Mack Performs  
Friday, Feb. 14  
10 a.m.

Join us on the day of love while Jimmy Mack serenades us with his classical love songs. Refreshments will be served. The event is free and no reservation needed. For lunch, please call two business days in advance.

- "Is Your Plan Right for You?" presentation by Colleen Ozanne, Nebraska SHIP  
Thursday, Feb. 27  
10:30 a.m.

Colleen will make sure you are pleased with your Medicare plan and it is meeting your needs. For lunch, please call two business days in advance.

- Chris Sayre Performs  
Friday, March 14  
10 a.m.

A native of Lincoln, Chris has dedicated more than 25 years to the performance and promotion of both traditional and contemporary folk music. Self-taught on over a dozen instruments, Chris takes audiences on a musical journey through history by exploring the songs and dance tunes of our common experience. Chris will be performing his "Irish Sampler" for this St. Patrick's Day celebration. Refreshments will be served. The event is free and no reservation needed. For lunch, please call two business days in advance.

- Tim Jarvosky Performs  
Friday, March 28  
10 a.m.

Tim is all about the numbers. His wife, Dorothy, calls him a triple threat: saxophonist, singer and bandleader. He not only plays alto and tenor sax, but soprano and baritone as well. Tim also is a vocal chameleon who can channel Louis "Satchmo" Armstrong, Elvis, Frank Sinatra

or whatever styling suits the music. The event is free and no reservation needed. For lunch, please call two business days in advance.

## Victory Park Center

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

- January birthday party with music by Denise Howe  
Thursday, Jan. 16, at 10 a.m.
- Medicare Advantage presentation by Colleen Ozanne, Nebraska SHIP.  
Monday, Feb. 3, at 10 a.m.
- February birthday party with music by Tom Ficke  
Thursday, Feb. 13, at 10 a.m.
- St. Patrick's Day performance by High Street Irish  
Tuesday, March 4, at 10 a.m.

## Washington Street Center

225 Washington St.  
404-441-7157

- BINGO – Tuesdays at 10:15 a.m.
- Stretch and Tone with Kelle  
Mondays at 10:30 a.m.
- Bookmobile  
Thursdays at noon  
Jan. 9 and 23, Feb. 6 and 20, March 13 and 27
- The Quarter Notes  
Thursday, Jan. 9, Feb. 13 and March 13
- Bill and Friends  
Wednesday, Jan. 29, Feb. 26 and March 26

## Rural Senior Centers

- Bennet Center  
American Legion – 970 Monroe St.  
Open: Tuesdays and Thursdays,  
9 a.m. to 1 p.m.
- Firth Center  
Firth Community Center –  
311 Nemaha St.  
Open: Mondays, 9 a.m. to 1 p.m.
- Hickman Center  
Hickman Community Center – 115  
Locust St.  
Open: Wednesdays, 9 a.m. to 1 p.m.
- Denise Howe performs throughout  
Lincoln and the surrounding area,

entertaining audiences with her singing and guitar playing talent. Country, folk, and her original tunes are among her many musical offerings!

- Monday, Feb. 3, 10:30 a.m.  
Firth Community Center –  
311 Nemaha St.
- Wednesday, Feb. 5, 10:30 a.m.  
Hickman Community Center –  
115 Locust St.
- Thursday, Feb. 6, 10:30 a.m.  
Bennet American Legion –  
970 Monroe St.

## Support Groups

### Aging Partners Caregiver Support Group

St. Mark's United Methodist Church  
8550 Pioneers Blvd., Room 137  
(Enter through door 9 on south side of St. Mark's, turn left and go downstairs)  
2nd Tuesday of every month  
5 to 6 p.m.

Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information and a safe environment to share concerns.

Eligible caregivers are:

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

### Lincoln Parkinson's Disease Support Group

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

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

- Free event
  - Family and friends welcome
- For more information, visit LPDSG.org or call 402-780-1211.


### Lincoln Alzheimer's Caregiver Support Group

Charles H. Gere Branch Library  
2400 S. 56th St., Meeting Room #2  
Lincoln, NE 68506  
2nd Thursday of the month  
6:30 to 7:30 p.m.

Build a support system with people who understand.

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

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

If you have questions, contact Karla Frese at 402-780-1211. Visit [www.alz.org/nebraska](http://www.alz.org/nebraska) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at [alzconnected.org](http://alzconnected.org). 

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This magazine is for the 87,530 age 60 and over adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

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

\_\_\_ Check or money order payable to *Living Well* enclosed.  
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Questions about subscribing? Contact Deb Elrod at [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov) or 402-441-6146.

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