

Living Well



Fall 2017 • Volume 13 • Issue 4

A publication of



**Keystone Award
Event Honors Service
to Seniors**
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**Reaching Out Can Aid
in Grieving**
page 32

I Only Lost A Leg
**Johnson Won't Let Fear Keep
Him from Riding** *page 4*

Dale Johnson, KFOR news director, rides again after losing his leg in a motorcycle accident.

Listen, Learn & Leave

Medicare's Annual Enrollment

2017

Saving Seniors Money

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- Medicare Supplements
- Medicare Advantage Plans

No names or phone numbers taken.

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10:30 a.m. Seminar ends.

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Director's Corner


When I was looking through one of the recently proposed budgets being considered by Congress, I noticed that one of the programs under consideration for cuts is the Senior Health Insurance Information Program (SHIIP). That concerned me greatly since State of Nebraska taxpayers benefited by more than \$15 million in insurance premium savings through SHIIP last year.

Let's face it — Medicare can be confusing! Understanding eligibility and benefits, supplemental coverage, prescription drug plans, "Advantage" plans, and how they all interact with employer and retiree coverage is a lot to navigate.

The State of Nebraska established SHIIP to inform and educate people about Medicare and help seniors and individuals with disabilities make informed decisions about health insurance.

The Nebraska SHIIP does not sell any products or policies. It does not conduct market research and

is not related to any insurance companies. SHIIP provides presentations at senior centers and other organizations while maintaining a counseling program for Nebraskans who request one-on-one assistance. SHIIP counselors provide accurate, objective information. They can help you understand your options so you can make a more informed decision.

Open enrollment starts in October. Aging Partners' staff is trained by SHIIP and can assist with program information. You can also call the Nebraska SHIIP office at 1-800-234-7119. 



Randall 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.

An audio edition of Living Well is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 "N" St., Ste. 120, Lincoln, NE 68508

Staying Involved



Just six months after his motorcycle accident, Johnson climbs Machu Picchu, Peru.

I Only Lost A Leg

Johnson Won't Let Fear Keep Him from Riding

As he rolls up into the handicap parking stall on his three-wheeled motorcycle, Dale Johnson often gets strange looks — until he gets off his bike and

bystanders see his prosthetic leg, that is.

“I do my best to not overtly show I have a disability,” he said.

You might be familiar with

his name — or rather, his voice.

Johnson has worked in radio for 43 years, spending nearly 33 years with KFOR, now as news director.

“I enjoy the responsible freedom



I knew every step I took I was getting stronger.”

– Dale Johnson

Johnson went on to get his license and worked in several Nebraska cities before landing at KFOR.

When Everything Changed

Growing up, Johnson rode all-terrain motorcycles on the farm. He got back into riding a few years ago, with plans to head to Sturgis, South Dakota for the annual motorcycle rally with his brother.

It was March 20, 2016 — a particularly beautiful first day of spring — when Johnson started up his Kawasaki 1500 Nomad, which he purchased less than a month before.

“I had to get used to the feel of the bike, so I would ride it here and there,” he said.

En route to the grocery store, Johnson was at the intersection of 27th and Stockwell when a teenager didn’t see him and turned into him.

“I tried to keep the bike up, but I hit the curb and flew over the top,” he said.

Johnson was thrown 21 feet into a grassy area. As he looked around, he knew it wasn’t good.

“I remember consciously staying awake,” he said. “I told people my name, my wife’s name, addresses and phone numbers. I knew I would be worthless if I wasn’t conscious. I knew I couldn’t relay information about who I was or where I was hurt.”

Before paramedics arrived, a witness applied a tourniquet to Johnson’s left leg, which took the brunt of the impact, perhaps saving his life. He

continued reciting information until paramedics showed up five minutes after the crash. Johnson remembers the backboard going under his back, being lifted into the ambulance and the sound of scissors cutting through his leather jacket.

When Johnson arrived at the hospital, there was no pulse in his left leg, which was broken in seven places from the knee to ankle. Doctors worked for four hours to save the leg, but they had to amputate in order to save his life. While in the intensive care unit, he took 27 units of blood — the human body only holds 10.

Johnson was left with a broken shoulder, badly bruised ribs, one leg and unwavering determination.

The Road to Recovery

After the initial shock of the news, Johnson didn’t want to let losing a leg keep him down.

“The minute I was conscious, I wanted to get out of bed,” he said. “Being in bed is boring. Getting up and moving seemed more exciting to me.”

After two days in the ICU, Johnson spent nine more days in the hospital before going home.

“I’ve been getting stronger ever since,” he said. “The only thing I lost was a leg.”

Johnson went to physical therapy not quite every day, but he continued to push himself.

“If they told me to do three sets of 10, I did 10 sets of 100,” he said. “I don’t make a good sick

Continued on page 6

of radio,” he said. “I have to be accurate and neutral, but I have the freedom to cover what I want.”

Johnson originally wanted to be an architect, but while visiting school he saw the campus radio station.

“They were wearing T-shirts and jeans, talking about the weather and playing rock ’n’ roll,” he said. “I thought to myself, ‘I can do that! That looks like fun.’”

Johnson Won't Let Fear Keep Him from Riding

Continued from page 5

person. I like being healthy, well and moving.”

During recovery, Johnson would go around the neighborhood block in his wheelchair, working his shoulders, arms and leg. After he got his prosthetic, he progressed to walking.

“I knew every step I took I was getting stronger,” he said.

Johnson worked hard to adjust to his new way of life, but that came with challenges.

“I do get down or frustrated,” he said, “mainly when I can’t do something — like carry in the groceries or take out the trash. But I don’t dwell on it, instead I focus on what I can do — like drive, do the laundry or unload the dishwasher.”

Johnson watched a lot of TEDx Talks to stay motivated and also attended a support group, where he can relate with other amputees who help one another keep a positive attitude and accept the change in their life.

On June 20 — three months to the day after the accident — Johnson drove himself to work and rolled himself into the building.

“I’ve learned that asking for help is not a sign of weakness,” he said. “I don’t need to be ashamed in asking for help. Sometimes I’m on the edge of doing something risky. I remind myself that if I fall and get hurt, I’m no good for anybody.”

Also aiding in Johnson’s recovery was his wife, Kimberly.

While his life changed in every way, she maintained hers with an added layer of responsibility.

“She continued to go to work and fix meals, but now she’s got to take out the trash, bring in the groceries, walk the dog and do all the things she usually does, but also the things that I can no longer do,” he said. “She’s handled that wonderfully.”

The couple always enjoyed traveling and already had scheduled a trip to Peru for autumn, so they used it as motivation. They made special arrangements but didn’t change the schedule. Johnson knew if he didn’t walk to see the sights, he had to sit in the bus. So he pushed himself and conquered mountains — literally — by reaching the top of Machu Picchu.

“Those little milestones are what take you to the next day,” he said.

Moving Forward

The accomplishments in Peru gave Johnson the determination to reach out to the parents and young driver.

“I told him, ‘You hit the right guy,’” he said. “I’m not dead. I drove here. I go to work. I can read and write, I can talk.”

Johnson didn’t want the young man to live the rest of his life with regret or replaying what happened.

“I told him to go on with the rest of his life,” he said. “And please watch out for motorcycles.”

Johnson went on to live the rest of his life, too. Last fall, he purchased a three-wheeled



Dale Johnson, KFOR news director, keeps a positive attitude in life. That was challenged by a life-altering motorcycle accident. But now, he understands the value of each day and each person.



Johnson and his wife, Kimberly, by Inca terraces in Peru.

motorcycle. The initial ride was scary, but Kimberly encouraged him to keep riding if he wanted, despite the fear.

“I ride differently now,” he said. “I have greater spatial management, and I’m prepared to stop at every single intersection with a vehicle.”

The goal is to ride to Sturgis next summer, and then Johnson plans to sell the bike. He wants to travel with his wife, spend more time with their five children and three granddaughters.

If Johnson took one thing away from the whole experience, it was the awesomeness of people.

“Everyone is awesome,” he said. “You are important to someone. You are good at what you do. It’s the little things. We tend to forget that in this busy world.”

Johnson appreciates each day, living life to the fullest. As a reminder, he recites a Mark Twain

quote: “The two most important days in your life are the day you are born and the day you find out why.”

“I believe my ‘why’ is to tell people that they can get through similar situations,” he said. “Your life isn’t over. If you want a motorcycle again, go buy one. If you want to go back to work, go. Find workarounds and make it happen, and hang around people who will help you get it to happen. It’ll get better — don’t take life too seriously.”

Now with more purpose, he shares his story to inspire others.

“I can get more out of the loss of a leg than the loss of a leg can take from me,” he said.

Earlier this year, he served on the Lincoln Fire & Rescue (LFR) Community Stakeholders Task Force. Johnson helped analyze the budget, union relationships, equipment and recommended

outcomes that would benefit LFR. That also included a day of firefighter training — suiting up in gear and going into fire situations.

“I didn’t fall or stumble,” he said. “I did everything everyone else did.”

Now Johnson serves on the LFR Advisory Board and was asked to be on the Nebraska Trauma Board. He also works with Bryan Trauma Center and the Nebraska Community Blood Bank to educate the public on Stop the Bleed, a national awareness campaign encouraging bystanders of emergency situations to receive training, be equipped and help in a bleeding emergency before professional help arrives to potentially save lives — because it saved his. **LW**

Keystone Award Event Honors SERVICE TO SENIORS

Funds raised through attendees and sponsors support projects for Aging Partners

By Linda Stephen, Seniors Foundation Board of Directors

Photos by Dennis Buckley, Neighborhood Extra

The Seniors Foundation hosted its annual Keystone Award Luncheon in May at the Country Club of Lincoln. Nearly 200 guests honored those who have provided a lasting legacy to enhance the quality of life for older adults in Lincoln and Lancaster County.

The Keystone Award, recognizing volunteer service to seniors in the community, was presented to Dorothy Applebee, a tireless entertainer who continues to perform on piano and organ across Lincoln at age 87. Applebee was a volunteer pianist for Madonna worship services for 18 years; a volunteer church service organist at Tabitha for more than 20 years; has played for weekly sing-alongs at Brentwood Estates for more than 10 years; and shares her musical talents twice monthly at Homestead Rehabilitation.

Bob Hans and Harland Johnson, two former Seniors Foundation board members who passed away in 2016, were honored with the Seniors Foundation Remembers Award. Accepting the awards were their wives, Lily Hans and Eulah Johnson.

The master of ceremonies was Mark Taylor Feit, and the keynote speaker was Maj. Gen. Roger Lempke.

Sponsors made the event possible. The 2017 Keystone Partner was Interim HealthCare, the largest contributor to the Keystone event. Seniors Foundation Board President Mark Richardson presented Lynette Helling, president of Interim HealthCare, with the Keystone Partner Award.

Past recipients of the Keystone Award, originally called the Community Service Award, include Helen Boosalis, Gil Savery, Lela Shanks, Jerry Joyce, Joe Hampton, Harland Johnson, Scott Young, R. David




Seniors Foundation Board President Mark Richardson, right, presents the "Seniors Foundation Award" to Eulah Johnson in honor of Harland Johnson, who passed away July 25, 2016, at age 82. He served on the Seniors Foundation Board for over three years and was a "Live & Learn" TV program host for Aging Partners.

Wilcox and Dayle Williamson.

Founded in 1981, the mission of the Seniors Foundation of Lincoln and Lancaster County is to enrich the lives of seniors by supporting Aging Partners. As a private 501(c)(3) nonprofit organization, the Seniors Foundation believes every person has the right to be treated with dignity and respect as they age. Past projects funded for Aging Partners include the Northeast Senior Center, the



Seniors Foundation Board President Mark Richardson presents the "Seniors Foundation Award" Lily Hans in honor of Bob Hans, who passed away Dec. 17, 2016, at age 79. He served for over three years on the Seniors Foundation Board.

Lincoln Downtown Senior Center, transportation vans and exercise equipment. Learn more at www.SeniorsFoundation.org or on Facebook at Seniors Foundation of Lincoln/Lancaster County. 

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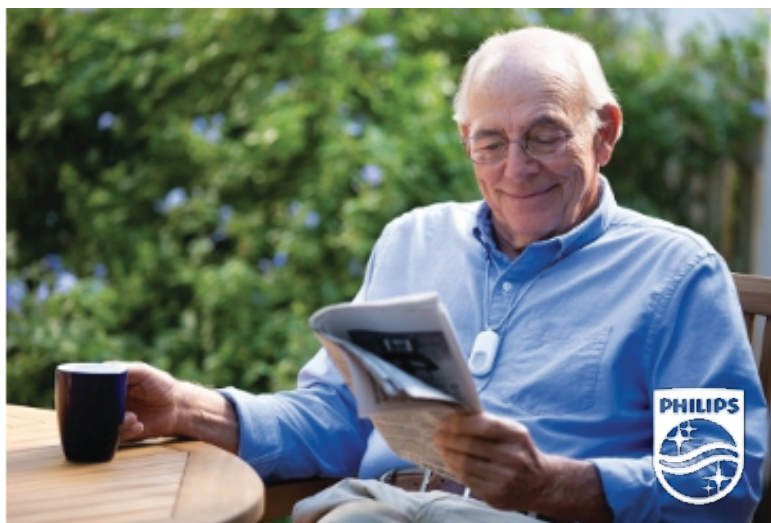
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Saline County residents enjoy Pop-up Senior Centers throughout their rural communities.

Pop-Up Senior Centers in Rural Communities Help Connect Older Adults

Pop-up Senior Centers are filling in the gaps for older adults in Fillmore and Saline counties.

These small communities do not have established senior centers. The goal of the pop-up centers is to help older adults connect to others and become better aware of the services that can help enhance their lives, all without having to travel far from home.

“We encourage all older adults to come,” said Amy Hansen, Saline County Aging Services director. “In rural communities, there tends to be more isolation, and it is important for people to get out and be with other people.”

The communities of Friend, Milligan and Wilber have welcomed Pop-up Senior Centers.

The events provide a glimpse of what senior centers feel like and allow attendees to get more involved in the community.

“We try to have a variety of activities that would appeal to any age group,” said Brenda Motis, Fillmore County Senior Service director. “From early seniors who aren’t on Medicare yet to those getting ready to




Fillmore County residents enjoy an informational and entertaining program on Mental Aerobics presented by Tracie Foreman, Aging Partners Health and Fitness.



Staff member Katie Keller, right, presents information on “Eat All Your Veggies Day” to Saline County residents.

retire and those who are older.”

Events may include bone density testing and information on nutrition, medicare, social security, fall prevention and scam awareness. There also might be a meal, games and sign-ups for Stepping On, a fall prevention class.

Both Aging Services in Fillmore and Saline counties hope to continue offering pop-up centers that provide different information each time. The Milligan Pop-up center is scheduled three times a year, for October, February and June. Friend and Wilber Pop-up's are monthly. 



Cindy Albert, Dorothy Wydman and Merle Fikar celebrate the Olympic Games by enjoying foods from various countries and playing games.



Dorothy Stych of Milligan visits with Jill Engel, Aging Partners Nutrition.



Lorene Zeleny, right, visits with Susan Keese, Aging Partners Nutrition.

Upcoming Pop-up Senior Centers

Saline County

Oct. 23, 2 p.m.

At Saline County Aging Services, 109 W. 3rd St. Wilber, Nebraska

Please RSVP by Oct. 20 to attend this event.

Oct. 25, noon

At Friend Community Healthcare System cafeteria, 905 2nd St., Friend

Please RSVP by Oct. 17 to attend this event.

Suggested contribution for meal: 60 and over, \$4.50, and for those under 60, \$5.00.

For more information or to RSVP, call Katie Keller at 402-821-3330.

Fillmore County

Oct. 12, 9 to 11:30 a.m.

Milligan Public Library, 507 Main St., Milligan

Event includes: hand massages, foot clinic, flu shots, Medicare Part D sign up and Medicare information.

For more information, please contact Brenda Motis at 402-759-4922.



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Designed for people age 55 and over.



Lincoln Parks and Recreation Programs Offer a Variety of Activities for Older Adults

By Lynn Johnson, Director,
Lincoln Parks and Recreation

Be Fit Outdoors!

In partnership with the Vintage Heights neighborhood, Parks and Recreation has recently added an outdoor four-station adult fitness area in Mendoza Park. This is located east of 84th Street and south of Old Cheney Road along the Billy Wolff/Antelope Creek Trail. The components of the new fitness area are weight machines that use bodyweight resistance to help build muscle and tone. Funding for this project was provided by the Vintage Heights

Home Owners Association and Parks staff provided construction management support. Other adult fitness stations are scheduled to be installed in conjunction with playground renovation projects at Cripple Creek Park (Birch Hollow and Beaver Creek Lane, near 48th and Pine Lake Road), Seacrest Park (70th and A) and Lintel Park (21st and Holdrege) before spring 2018.

Don't forget about Lincoln's 132 miles of trails; hiking trails at Pioneers Park Nature Center, located at the west end of Pioneers Park; and hiking and biking trails in Wilderness Park.

Be Fit Indoors!

Many of Lincoln's recreation centers have indoor walking/jogging tracks and fitness facilities to tone, strengthen and support aerobic capacity:

- Air Park Neighborhood Center, 3720 NW. 46th St., 402-441-7876
- Belmont Recreation Center, 1234 Judson St., 402-441-6789
- Calvert Recreation Center, 4500 Stockwell St., 402-441-8480
- Easterday Recreation Center, 6130 Adams St., 402-441-7901
- F Street Community Center, 1225 "F" St., 402-441-7951

Is It Time For a Change?

Are you thinking of selling your home to move to a more senior supportive environment? If so, it's important to realize that selling a senior's home can be complicated. The financial, logistical and emotional issues can be stressful for a family to navigate.

As a Seniors Real Estate Specialist (SRES), I'm uniquely qualified to assist seniors in housing sales and purchases. I'm a real estate professional who has the experience to help guide you through the process and special considerations, making your transaction less stressful and most successful.

If you are considering a change, I have a confidential, no obligation plan that can help you make the right choice for your needs. Whether it's aging in place at your current home or opting for something different, contact me and I can help.

My program includes:

- Confidential meeting to discuss your options and ideas
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- Irving Recreation Center, 2010 Van Dorn, 402-441-68502

Be Social!

Parks and Recreation offers great social activities for older adults throughout the fall and winter at recreation centers.

Fun and Free Activities for Older Adults:

- Billiards — Ongoing, weekdays, 8 a.m. to 3 p.m., free; F Street Recreation Center, 1225 “F” St., 402-441-7951
- Open Door Senior Time — Senior citizens can use the center for leisure activities, a walk in the gym or friendly conversation over a cup of coffee. Ongoing, Mondays, 9:30 to 11:30 a.m., free; Air Park West Recreation

Center, 3720 NW. 46th St., 402-441-7876

- Senior Pitch Tournament, Thirteen Point Pitch will be played. Registration fee includes lunch. Advanced registration is required and can be done in person or by calling 402-441-7951. Oct. 4, 10 a.m. to 2 p.m. Entry fee: \$6; F Street Recreation Center, 1225 “F” St., 402-441-7951
- Senior Potlucks: Participants must register at least two days in advance of each meal in person or via phone. The main dish is provided. Participants can bring a covered dish to share or pay \$6. Thanksgiving Potluck: Nov. 16, 11:30 a.m., \$6 or bring a side dish; F Street Recreation Center, 1225 “F” St.,

402-441-7951.

Holiday Potluck: Dec. 14, 11 a.m. choir performs, 11:30 a.m. meal, \$6 or bring a side dish; F Street Recreation Center, 1225 “F” St., 402-441-7951

- Widowed Persons Services: Support and fun social activities for widows and widowers. September-January, second and fourth Sundays, 2 to 4 p.m., free; Calvert Recreation Center, 4500 Stockwell, 402-441-8480

Additional information regarding Parks and Rec facilities and programs is available in the Fall/Winter Program Guide available at recreation centers, libraries, grocery stores and online at parks.lincoln.ne.gov.

Get out. Be active. Have fun! 



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Nonprofits Work Together to Benefit Community

Since 1982, the Human Services Federation (HSF) has worked to facilitate and strengthen partnerships between Lincoln nonprofits. HSF works with more than 100 member nonprofits to help solve problems while responding to community needs and ensuring quality in the various health and human services. HSF supports its members through education, networking and the power of collective action.

Education that HSF provides includes training on topics such as human resources, leadership, grant writing, case management and more. Last year, more than 700 people registered for the 15 trainings HSF provided.

Networking helps nonprofits understand what others do in Lincoln, which helps with referrals.

“We connect nonprofits so they know where to send people for their needs,” said Jason Varga, executive director. “In behavioral health support this is especially important, as that person may not want to make that extra phone call to get to the right place. This way a nonprofit can refer them directly to where they need to go.”

About 40 member agencies attend HSF’s monthly meeting to share what they are doing, and its newsletter goes out to more than 800 people.

“Lincoln is good at working together and getting people to the right place,” Varga said.

Networking helps smaller



From left, Human Services Federation board member and Medication Center Executive Director Casey Karges, and HSF Executive Director Jason Varga interview Aging Partners Executive Director Randy Jones and Aging Partners Care Management Program Coordinator Joyce Kubicek about the services Aging Partners provides in the community.

nonprofits work with more experienced ones in the community. HSF also offers an executive director mentoring program, connecting new and experienced nonprofit directors.

The power of collective action includes pooled benefits with for-profit businesses to get discounts, allowing a nonprofit to provide for its employees and more efficiently use funds, which can then be diverted to improve client services.

Three years ago, HSF launched its weekly Human Services Connection radio show, which airs each Thursday from 1 to 1:30 p.m. on KZUM 89.3.

“Each week we feature an HSF member to talk about the services they provide and what’s going on in the agency,” Varga said.

“We connect nonprofits so they know where to send people for their needs.”

– Jason Varga

The radio show can benefit a nonprofit by attracting donations or helping a potential client receive help. Previous radio shows can be found at kzum.org/human-services-connection.

Varga, who has worked six years at HSF, served as program coordinator before becoming the executive director a year ago. As the only staff member, he does everything from answering emails and phone calls to coordinating training and paperwork.

For more information, you can visit hsfed.org, or call 402-441-4399. **lw**

Mayor Announces 2017 Lincoln Cares Projects


Lincoln Mayor Chris Beutler recently announced the City projects that will be funded through the 2017 Lincoln Cares community donation program. Lincoln allows customers of the Lincoln Electric System (LES) to add \$1 to their monthly bill payments for Parks and Recreation, Lincoln City Libraries and Aging Partners. The six announced projects include new and replacement fitness equipment for the Aging Partners Health and Fitness Center. The project partner is the Seniors Foundation of Lincoln and Lancaster County.

“Since its inception in 2003, Lincoln Cares has raised nearly \$1.5 million through donations, matching funds and sponsors,” Beutler said. “I want to thank all those who have contributed in any way to the success of this public-private partnership that has provided important support for our parks, libraries and services for older adults.”

Seven media organizations will provide in-kind advertising and promotion for the program — KOLN/KGIN-TV, KLKN-TV, Alpha Media, Broadcast House, the Lincoln Journal Star, Houck Advertising and Firespring. This year’s project partners include Lincoln Parks Foundation, Foundation for Lincoln City Libraries, Seniors Foundation, Olsson Associates, Dillon Foundation, Friends of the Dog Parks, Prairie Corridor Partnership, Culver’s and the Great Plains Trails Network.

LES customers can support Lincoln Cares by enrolling at www.LES.com/lcdonate or calling 402-475-4211. The \$1 donation is automatically included on the LES bill each month, and customers can discontinue their automatic donation at any time by calling LES.

The average number of LES customers enrolled per month is 3,652. From February 2003 through April 2017, Lincoln Cares has collected \$873,784


 **Since its inception in 2003, Lincoln Cares has raised nearly \$1.5 million through donations, matching funds and sponsors.”**

– Chris Beutler

in donations from LES customers. More than \$600,000 in additional funds has been contributed through direct donations to the City and from local foundations, businesses and neighborhood associations.

Programs and projects funded by Lincoln Cares are selected based on input from the Lincoln Cares Advisory Board, which includes representatives from Parks and Recreation, Lincoln City Libraries and Aging Partners, as well as the community.

The other 2017 Lincoln Cares projects are upgrades for library meeting spaces, school family nights at Lincoln City Libraries, three new dog runs, Haines Branch Prairie Corridor enhancements, and the Parker’s Pals scholarship program.

More information on Lincoln Cares is available at lincoln.ne.gov (keyword: Cares). 

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Planning Ahead

Medicare Part D Open Enrollment: Guidance to Choose the Best 2018 Plan

To help offset the costs of prescription drugs and insurance premiums, Medicare Part D is available for people 65 and over (and some disabled people under 65) with Medicare.

With so many plans available, it is hard to know which is best for you — but there is help.

Drug companies will announce their 2018 rates and formularies (list of covered drugs) this October. Part D open enrollment, for those who wish to change their plan, is Oct. 15 to Dec. 7, with new plans taking effect Jan. 1, 2018.

If you already have Medicare Part

D coverage and do nothing during the enrollment period, you will keep your same plan. If you do not enroll when first eligible, you must wait for the next open enrollment period to sign up, and you may pay a premium penalty. If you have other prescription coverage as good as what Medicare offers (“creditable coverage”), you can delay enrolling in a Part D plan without penalty.

When you compare plans, be sure to look at your total estimated out-of-pocket costs, including the premium, deductible (if any) and copays. Also, find a plan that includes your specific combination

of prescriptions on its list of covered drugs (“formulary”).

“It does pay to compare plans, ideally every year, but at least every few years, in case your medications have changed or plan pricing or formularies change,” said Karen O’Hara, Aging Partners Financial and Insurance counselor.

Anyone can compare plans at www.medicare.gov by themselves, but help is available. Aging Partners and the Nebraska Department of Insurance Senior Health Insurance Information Program (SHIIP) have trained counselors available to help you analyze the information.



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They can take appointments during open enrollment to help find the best plan for you for the coming year.

SHIIP will have enrollment assistance available by appointment and through enrollment events across the state. For more information, call the SHIIP toll-free hotline at 800-234-7119. You can also contact Aging Partners in Lincoln at 402-441-7070 or your local aging services program for an appointment. 

If you want help analyzing Medicare Part D plans for 2018, contact the Nebraska Department of Insurance Senior Health Insurance Information Program (SHIIP), Aging Partners or your local county aging services program for an appointment.

Nebraska SHIIP
800-234-7119

Butler County Senior Services
402-367-6131

Fillmore County Senior Services
402-759-4922

Lancaster County - Aging Partners
402-441-7070
Toll-free 800-247-0938

Polk County Senior Services
402-764-2252

Saline County Aging Services
402-821-3330

Saunders County
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Resource Fairs Highlight Information Available for Older Adults

In community centers, libraries and other locations across Lincoln, older adults are learning about the programs and services available through Aging Partners' Resource Fairs.

"We want to meet older adults who might not be familiar with the various services we provide, to help them better understand what we can do for them," said Sandy Lutz, Community Activities and Services administrator.

Aging Partners representatives give demonstrations and information on programs such as health and fitness; nutrition; long-term care; transportation; and financial, personal and family services.

Attendees might see a demonstration on the different emergency response systems



This is a nice way to develop friendships in the neighborhood."

– Bonnie Montgomery

available or meal options available through Aging Partners. At some locations, nurses are available to conduct health screenings.

"I thought it was very informational," Lillian Sells said. "I learned a lot and will come back."

The events are open to anyone, free of charge, and there is no registration. The open-house format allows older adults to come and go as they please.


For Bonnie Montgomery,



Carolyn Hogg reads more about Aging Partners services and programs during a Resource Fair at the Carol Yoakum Family Resource Center.

coming to the senior centers is a way to build relationships.

"As life goes on, we lose friends, but this is a nice way to develop friendships in the neighborhood," she said.

For more information about upcoming Resource Fairs, call 402-441-7070. 



Bonnie Montgomery and Lillian Sells talk about the services available to them during an Aging Partners Resource Fair.

Upcoming Resource Fairs

When: Oct. 19, 10 a.m. to 1 p.m.

Where: Center for People in Need, 3901 N 27th St.

When: Nov. 7, 10:30 a.m. to 1 p.m.

Where: F Street Recreation Center, 1225 "F" St.

Sleeping Your Best Can Benefit Your Health

Talk to any parent of a young child and you'll know sleep is important. Not only does it help you feel your best, but not getting enough quality sleep can impact your physical and mental health, quality of life and safety.

While you sleep, your body works to support healthy brain function and maintain your physical health — including your ability to focus, problem-solve and learn throughout the day. Healthy sleep also helps your immune system and decreases your risk for obesity and diabetes.

About 22 million Americans of any age suffer from sleep apnea, obstructed breathing at night which results in sleep disruption. Long-term side effects include sleepiness, headaches and other symptoms, and it contributes to chronic medical conditions such as cardiovascular disease.

"Sleep is important," said Dr. John Trapp, Nebraska Pulmonary Specialties pulmonologist. "Living tired because of disrupted sleep affects your health."

Untreated, sleep apnea can increase a person's risk for high blood pressure, heart attack, stroke, obesity and diabetes. It also can increase the risk or worsen heart failure and arrhythmias, or the chance of having work-related or driving accidents.

Symptoms of Sleep Apnea

Most people who suffer from sleep apnea might not know because it only occurs during sleep. Often a family member or bed partner might be the first to notice the symptoms.

Many are aware of snoring, snorting or gasping awakenings, and the cessation of breathing during sleep. A person with sleep apnea might also feel restless, wake up for unknown reasons, experience morning headaches, sore throat upon waking, sense of shortness of breath, frequent nighttime urination and may awake in the morning still tired or have daytime fatigue and drowsiness not explained by other conditions.

Sleep apnea can run in families, based on the construction of a person's jaw, face and body structure.

Testing and Diagnosis

To get sleep apnea diagnosed, you can visit with a primary care physician — it is not necessary to visit a specialty doctor.

Your doctor will probably use a screening acronym, STOP BANG, to see if you are at risk for sleep apnea.

If you have more than three of these things, it puts you at risk for obstructive sleep apnea. If you have more than five, you are at high risk.

These risk factors don't necessarily determine you have sleep apnea, but your doctor will order a sleep study, which must be done either at home or in a sleep center.

A home sleep study requires equipment that you take home and apply yourself. Overnight, it monitors airflow to your mouth and nose, snoring, oxygen levels, heart rate and some chest movements.

"Based on that limited data, focused on breathing, the results are sent to a sleep center to review," Trapp said.



Dr. John Trapp, Nebraska Pulmonary Specialties pulmonologist

S - Snoring (Do you snore loudly?)

T - Tiredness (Are you tired or fatigued during the day?)

O - Observed apnea (Has someone observed you stop breathing or choking/gasping during sleep?)

P - Pressure (Do you have or are you being treated for high blood pressure?)

B - Body Mass Index (Is your Body Mass Index more than 35 kg/m²?)

A - Age (Are you over the age of 50?)

N - Neck circumference (For a male, is your shirt collar 17 inches or larger? For a female, is your shirt collar 16 inches or larger?)

G - Gender (Are you male?)

Continued on page 20

Sleeping Your Best Can Benefit Your Health

Continued from page 19

Results are scored by a registered polysomnogram sleep technologist and interpreted by a board-certified sleep technician, then sent back to your doctor to determine if you have sleep apnea and if it is mild, moderate or severe based on the number of times you experience obstructed breathing during the night and the severity of low oxygen levels.

Treatment is Readily Available

Sleep apnea is a chronic condition that requires long-term management, varying from lifestyle changes, surgery, dental devices or breathing devices, which can successfully treat sleep apnea in many people.

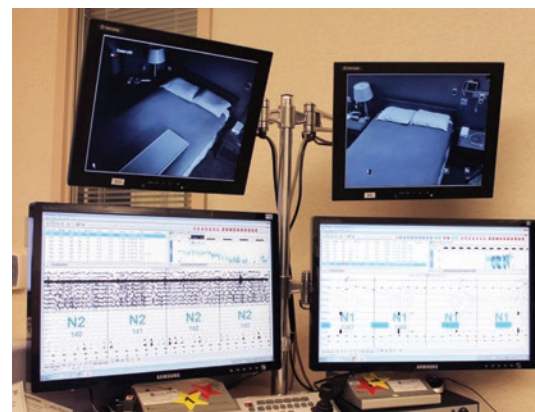
“These are adaptive devices, just like glasses, to help improve your

quality of life,” Trapp said.

The easiest treatment for sleep apnea is position retraining, in which you do not sleep on your back. Other treatments can include weight loss or correcting nasal problems. For some patients who do not respond to these, or need additional treatment, doctors recommend Continuous Positive Airway Pressure, or CPAP, which is the most common treatment.

Most patients don’t need oxygen, so the machine uses air pressure to splint open the airway to allow for breathing throughout the night. The machine uses air from the room, and many machines have the option to attach a humidifier, which might be helpful in the winter.

CPAP machines now have remote monitoring which, if allowed, your doctor can pull up the



At the Bryan Sleep Center, technicians monitor you and your vitals as you sleep.

information on your machine and help adjust settings remotely to help you feel comfortable.

“We want to tailor treatment to suit the patient and make them as comfortable as possible,” Trapp said. “That means finding the right mask and pressure.”

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FY18_0278_004_AD(Small)NPP_JMM

If a person wishes not to use CPAP, they also can look into oral appliance devices, which are fitted by a dentist to help pull the jaw forward, opening the airway.

Other treatments may include surgery, depending on what is causing the sleep apnea.

"We do treatments that are acceptable for many patients," Trapp said.


Treatments may take a bit to get used to, but working with your doctor can help you get comfortable. And some patients see benefits immediately.

There is no reason to not get evaluated, because treatment is readily available.

"Treatment helps reduce the risk for some medical complications such as hypertension, stroke, atrial fibrillation and diabetes," Trapp said. "We know these are risks of leaving sleep apnea untreated."

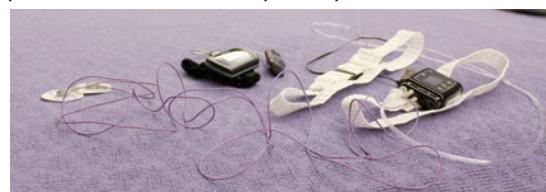
Sleep apnea can cause high blood pressure because your body is looking for a way to wake up for oxygen. Your body can then have high blood pressure constantly, which can cause other health problems.

Treatment can enhance your quality of life at night and daytime alertness while reducing risk for other health complications.

Trapp is board certified in sleep medicine, internal medicine, pulmonary and critical care medicine. As a Lancaster County Medical Society board member, he served as the society's president from 2003 to 2004. He also is a member of the American Academy of Sleep Medicine, Nebraska Medical Association, American College of Chest Physicians and the American Thoracic Society. 



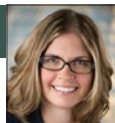
The Bryan Sleep Lab has a welcoming, comfortable atmosphere for those who prefer an in-center sleep study.



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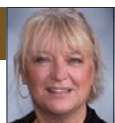
Jeannine Bryant, Changing Spaces SRS



FACEBOOK 101

Tuesday, October 24, 5:00 p.m.

Diane Siefkes, dkSolutions



5 WISHES

Tuesday, November 7, 5:00 p.m.

Rhonda Saunders, Hospice Community Care



HEALTHIER HOLIDAYS

Thursday, November 9, 5:00 p.m.

Kelly Greene, RD, LMNT, Dietitian

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Aging Partners Health and Fitness: Putting Our Best Foot Forward!

By Tracie Foreman, Aging Partners Health and Fitness

It might surprise some to learn that Aging Partners Health and Fitness has a community reach that is both far and wide as well as a program base that serves many age groups.

On any given day, Health and Fitness staff may be in one of the eight counties served by Aging Partners doing foot clinics, community health presentations or participating in health fairs. Foot clinics are offered in Butler, Saline, Seward and York counties by Aging Partners and staffed by contract registered nurses. The number of people taking advantage of these clinics in rural communities has increased dramatically through the years.

With health care costs rising, it is more important than ever for older adults to take preventive measures with their health. Lancaster County has two Senior Health Promotion Centers, offering preventive health care two days a week at low or no cost. The University of Nebraska College of Nursing, Aging Partners and St. Mark's Church have teamed up to offer preventive health services on Wednesdays and Thursdays most weeks throughout the school year. Walk-in services include:

- Comprehensive foot care
- Blood pressure, bone density, blood glucose and cholesterol screenings
- Ear wax removal
- Health promotion education

As the aging population continues to grow, Health and Fitness staff have committed to offering a variety of fitness options to individuals at all levels of ability.

At Home

Those with health conditions or balance issues that limit mobility, or those wishing to work out in the comfort of their own home, have the option of viewing Health and Fitness programs each morning on LNKTV Health (formerly 10 Health) or LNKTV City (formerly 5 CITY-TV). Check with your cable provider for the corresponding channels. A number of these programs are also available online.

In the Community

Aging Partners has a fitness center at 233 S. 10th St. that offers state-of-the-art cardio and strength equipment. Hours are 8 a.m. to 4 p.m., Monday through Friday with personal trainers on staff Tuesdays and Thursdays to assist.

Multi-level yoga and tai chi classes are available at various locations, days and times in the community. Seated tai chi, seated yoga, and movement and music classes are modified for those who are just getting started with a fitness program or have special limitations.

Qigong, a new class, will be offered this fall.

Dance is a popular way to improve strength and cardiovascular health. Dynamic movement and movement and music classes, through the use of music and synchronized movements, help participants improve strength, balance, flexibility and heart health.



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Prevention is the Key

Aging Partners Health and Fitness programs focus on disease and injury prevention. Individuals are encouraged to take measures that decrease risk, promote optimum health and encourage independent living.

These evidence-based programs are offered in the community for those wishing to remain independent:

- **Stepping On - Building Confidence and Reducing Falls**

This seven-week, one-day-a-week program educates participants on steps they can take to prevent falls and build confidence to reduce or eliminate them.

- **Living Well - Take Control of Your Health**

Developed by Stanford University, Living Well is a six-week, evidence-based chronic disease self-management program.

- **Living Well - Diabetes Self-Management Program**

This exciting new program will be added to Aging Partners Health and Fitness class options


this fall. The six-week, two-hours-a-week class will help participants gain better control of their diabetes using small steps toward effective glucose monitoring, medication management, problem-solving and healthy eating strategies.

- **Active Living Every Day**

This group meets one hour per week for 12 weeks to explore ways movement can be fun and easily incorporated into regular daily activities.

More Information

Business and community organizations, church or civic groups can take advantage of the variety of community presentations offered through Aging Partners. Knowledgeable and entertaining speakers provide an array of presentations to your group.

For more information on programs, class times and locations, call 402-441-7575 or visit aging.lincoln.ne.gov. 



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Aging Partners Health and Fitness Center Moving

Aging Partners Director Randy Jones announced recently that the Aging Partners Health and Fitness Center will move to the 9th and “J” Street Building, 555 S. 9th St. The goal is to have the move occur in early winter. The Center is currently at 233 S. 10th Street.

“We will continue offering the same exercise and cardio options our clients currently enjoy, and the same welcoming staff to greet them and work with them,” Jones said. “The move will also allow us to make more efficient use of the space we have available.”

On-street parking will be available to fitness center clients along “J” and 8th streets. There is also a sheltered bus stop just north of the fitness center on 9th Street.

The fitness center and Aging Partners Health and Fitness programming will continue operating at the current location until the move. Other agency program staff for Handyman and Lifeline emergency response system services, currently housed in the Health and Fitness Center, will also be relocated to 9th and “J” streets.

The Aging Partners Health and Fitness Center is open from 8 a.m. until 4 p.m. weekdays and provides a variety of exercise and cardio equipment. Fitness, wellness and fall prevention classes are offered throughout the community in addition to those held at the fitness center. Aging Partners Health and Fitness also provides Senior Health Clinics at the Downtown Senior Center and the Vermeer Education Center at St. Mark’s Church. 




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Sweet Potatoes: Yam I Am Not

Before you reach for the candied yams this holiday season, keep in mind that they might not even be actual yams! Many think of sweet potatoes and yams as the same, but they are two different and unrelated vegetables.

The sweet potato is considered to be one of the oldest known vegetables, having originated in South or Central America thousands of years ago. It is said that Christopher Columbus even brought sweet potatoes to Europe after his first voyage in 1492. Yams, however, are native to Africa and Asia. The term “yam” comes from the West African word that means “to eat.” Sweet potatoes are more widely available whereas yams may only be found in specialty stores. It can often be confusing to decipher

the differences between sweet potatoes and yams, especially since grocery stores often label sweet potatoes and yams as the same. Keep in mind that unless you are shopping at a specialty store, you are probably purchasing sweet potatoes.

Yams and sweet potatoes may look similar on the outside but will have color and texture differences within. Yams may have a dark, rough exterior with a purple or white flesh on the inside. They also tend to be more starchy and dry. Sweet potatoes have a tan or even purple-colored exterior with orange or white flesh on the inside.

Health Benefits

Sweet potatoes provide many health benefits through an abundance of nutrients and

antioxidants that help protect the body. Sweet potatoes are an excellent source of Vitamin A, which is rich in beta-carotene. Beta-carotene has been shown to have positive benefits for eye health. Sweet potatoes are also very high in Vitamin C and manganese, which are also essential for good health and development. It is a good source of fiber and potassium, providing more of the latter than a banana! Sweet potatoes provide antioxidants, which have been shown to have positive benefits in protecting the body from free radicals. Purple sweet potatoes have the antioxidant anthocyanin, which may promote heart health.

Sweet potatoes are considered to be a complex carbohydrate, meaning that it takes longer for the

Continued on page 26

So Which is Which?



Sweet Potatoes

Moister flesh, gold or copper skins



Yams

Drier, starchier flesh, darker bark-like skins

Eat to Your Health

Sweet Potatoes: Yam I Am Not

Continued from page 25

body to break down and metabolize. Sweet potatoes are also a good source of fiber, providing about 6 grams per medium sized potato. This high-fiber complex carbohydrate can help to keep you “full” longer while also helping to stabilize blood sugars. There has also been recent research that suggests sweet potatoes can increase blood levels of adiponectin, a hormone that helps support insulin metabolism and is essential for blood sugar regulation.


Adding to Your Diet

Sweet potatoes can be a healthy and delicious addition to any meal. As Dr. Seuss says about green eggs and ham, the same can be applied to sweet potatoes in that “You can eat them here or there, you can eat them anywhere!” They can be steamed, roasted, pureed, mashed or boiled and don’t always have to include butter or sugar! Sweet potatoes can

Yams may have a dark, rough exterior with a purple or white flesh on the inside. They also tend to be more starchy and dry. Sweet potatoes have a tan or even purple-colored exterior with orange or white flesh on the inside.

simply be substituted for any other potato that you would incorporate. Consider adding sweet potatoes into casseroles, soups, egg dishes or topped on a cold salad. Get creative with your seasonings and oils; add cinnamon, nutmeg or olive oil for extra flavor and nutrition!

Choose sweet potatoes that are firm and without bruises or cracks. Aim to choose potatoes that are roughly the same size, as this will help them cook more evenly. Ideally, sweet potatoes (or any other potato for that matter) should be stored in a cool, dark and well-ventilated area for up to 10 days. Potatoes should be kept out of the fridge, as this can alter their taste. Sometimes sweet potatoes may be more difficult to cut, especially if they are very large. It may be worth microwaving the potato for 3 to 5 minutes, then cutting open and finishing in the oven.

Keep in mind that although the terms “sweet potatoes” and “yams” are sometimes used interchangeably, they are not actually the same vegetable. They both have their own unique textures, taste and colors. Sweet potatoes can be an easy and delicious addition to our meals while providing a variety of health benefits. 



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Roasted Sweet Potato and Brussels Sprouts

1 pound Brussels sprouts, trimmed
1 teaspoon cumin
1 large sweet potato
1/3 cup olive oil

Pepper, to taste
1 teaspoon salt
1 Tablespoon red wine vinegar

1. Preheat oven to 400 degrees F.
 2. Peel and chop sweet potato into 1-2 inch pieces. Combine potatoes and Brussels sprouts.
 3. Pour olive oil over vegetables and mix well.
 4. Add cumin, salt and pepper to taste. Stir to coat.
 5. Spray baking pan with non-stick spray and pour on vegetables.
 6. Roast for approximately 40-45 minutes or until vegetables are brown and softened.
- Place vegetables in serving bowl and toss with 1-2 Tablespoons red wine vinegar to taste. Enjoy!

Source: www.whfoods.com



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Living At Home

ADRC Serves Older Adult, Disabled Communities

A one-stop resource, the Aging and Disability Resource Center (ADRC) provides referrals and options counseling, can identify unmet service needs, and recommend community resources. The program is available for adults age 60 and over and individuals of all ages with a disability. Caregivers of those individuals also can receive relevant information on services they may need.

Area Agencies on Aging across Nebraska have ADRCs, which were started in April 2016 as a pilot project by the Nebraska Legislature.

Perian Pattillo, ADRC options counselor, provides information and referral information for eight to 10 phone calls, emails or walk-ins daily.

"It's a lot like what we already provide as an agency, but it has been expanded to those who are younger with disabilities," said Sandy Lutz, Community Activities and Services administrator.

Help can range from housing, medical or financial needs, assistance filling out medicaid forms, adaptable equipment, needed medications or transportation. Assistance is provided at no cost.

"Many people are frustrated when they need help and don't know where to start looking for it," Lutz said.


Several people who have used the ADRC include high school graduates with disabilities who are seeking referrals and resources.

"Once they graduate, the support system they had from the public school is not available anymore, and that's challenging," Lutz said. "They are thrilled when they contact us, and we can provide them concrete information on resources that might be available to them."

ADRC staff help fill out applications for various benefits for which they might be eligible, such as transportation, meals in their home or different

adaptive equipment. If an individual wants a higher level of assistance, staff will complete a simple assessment to better determine the needs and what services may be available. They will complete an action plan, help implement it, and follow up as long as needed.

"We partner with agencies that provide services to those with disabilities to help reach consumers better," Lutz said. "One agency isn't going to necessarily address the needs of all people who have disabilities. It's been exciting to broaden our knowledge base and share resources."

To receive ADRC services, call 402-441-7070 or walk into Aging Partners at 1005 "O" St. Monday through Friday from 8 a.m. to 4:30 p.m. Services are available to individuals residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 

Did you know...

Among adults over 65, gambling is the most frequently identified social activity and yet, several studies place gamblers at higher risk for depression, as well as alcohol and drug use.




You or someone you know may have a problem with gambling. Help is just a phone call away.



127 S. 37th Street, Suite B, Lincoln, NE 68510
www.ChoicesTreatmentCenter.com

24/7 Helpline
402-476-2300
CALL NOW FOR HELP
OR INFORMATION

Nebraska Gamblers Assistance Program Help Line
1-800-522-4700
www.problemgambling.nebraska.gov

 **We partner with agencies that provide services to those with disabilities to help reach consumers better."**

– Sandy Lutz

Bus Routes Now Easier to Determine

The Lincoln transit system can be a challenge to follow for some, but StarTran now has tools that make it easier.

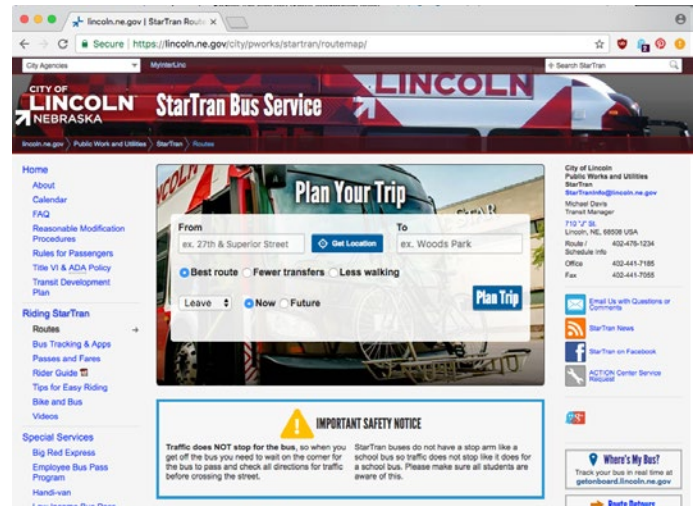
Patrons can find transit information using Google Maps, both on a desktop and mobile phone. After entering the destination and choosing the “Transit” option, the app calculates the most efficient bus route, minimizing the amount of walking and transfers from bus to bus. It also provides information on the nearest bus stop.

A trip planner, available at startran.lincoln.ne.gov, allows users to enter trip details and provides a list of transit options for their destination, also in Google Maps. Each option includes directions to and from the nearest bus stop, applicable route numbers and travel time.

The Token Transit app allows riders to purchase bus passes and pay for rides using their smartphones. Riders then present the phone pass to the bus operator. The Token Transit app is available in the Apple App Store, or can be downloaded at no

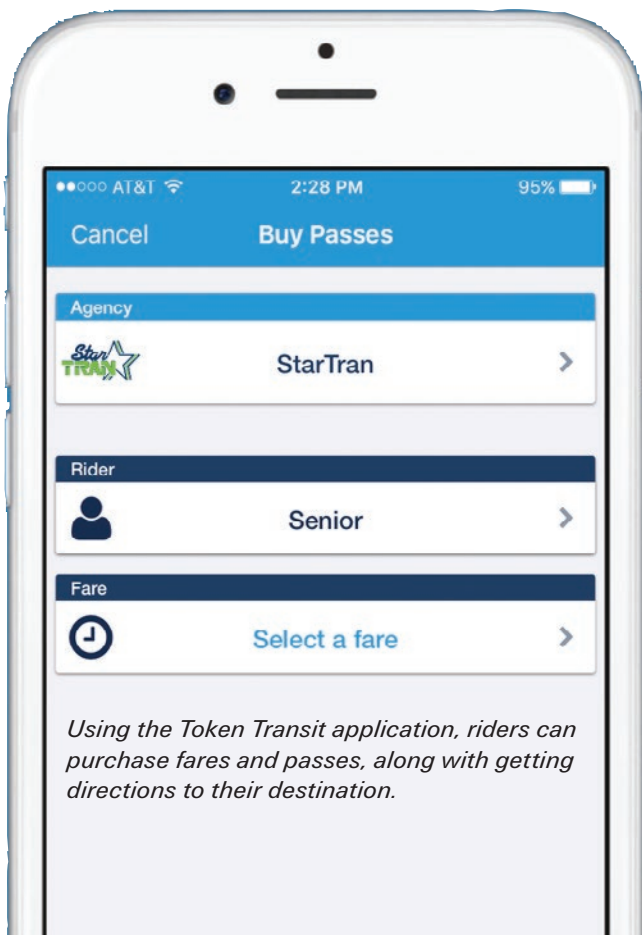


Token Transit

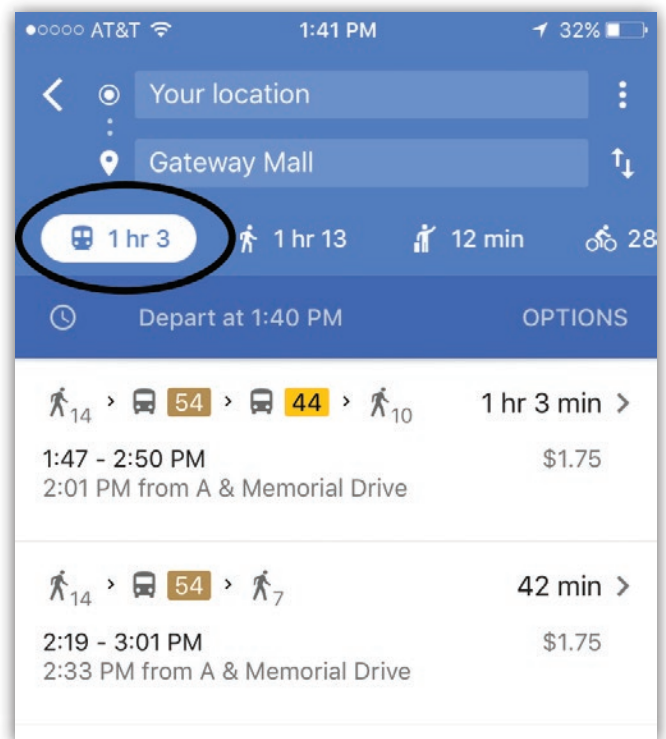


cost at tokentransit.com/app or by texting “Token” to 41411.

For more information, visit StarTran’s website at startran.lincoln.ne.gov or call 402-476-1234.



Using the Token Transit application, riders can purchase fares and passes, along with getting directions to their destination.



Google Maps can also determine a transit route and estimate time and cost. To use this feature, riders can click the “transit” icon below the destination.

Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

Welcome to fall! The summer has passed and we're busy with all the things we do leading up to winter. Summer was very busy, thanks to regular rainfall, and we want to keep that good flow happening! All those new Handymen and Handywomen want to stay busy!

First and foremost, let me share some exciting news about our Safe Homes for Seniors program. If you are not familiar with the program, it's a joint effort between the Lincoln-Lancaster County Health Department (LLCHD) and the Handyman program. We work together to properly remove and dispose of hazardous materials

such as cleaning supplies, yard chemicals and paint from people's homes that are no longer being used. The point of the program is to make sure old chemicals do not cause harm to the owners or end up someplace where they can become harmful to others and the environment. The best part about this program is that it's absolutely free for homeowners through our Handyman program. An exciting new development is that the LLCHD has opened a Hazardous Materials Collection Center at 5101 N. 48th St. in Lincoln for year-round disposal. Now our program doesn't have to wait for the mobile collection days! If you need the program, call Diana at 402-441-7030 or Linda at 402-441-7032 today.

As you probably are aware, fall

is a busy time for that last yard cleanup before Old Man Winter takes over for a few months. If you are in need of one last lawnmowing, leaf-raking or gutter-cleaning, please contact Diana or Linda to schedule. We stop taking orders for yardwork Nov. 30, but that may change because weather is the deciding factor for outdoor work.

Two other pre-winter events to keep in mind are the free furnace checkup and snow removal signup. The furnace checkup continues strong thanks to the generosity of several local furnace companies donating their time to make sure that burners are clean, fans are operating



Medicare Products ADVISORS

TO LEARN MORE. CALL TODAY!



Karla Wilson
Individual Health Insurance/
Medicare Product Specialist
Direct: 402.434.7242



Bob Grundman
Senior Benefit Strategies/
Medicare Product Specialist
Direct: 402.489.9171

Still Working, and Approaching Age 65?

Trust UNICO's Medicare Team to help you navigate the maze of Medicare questions such as:

- ▶ Should I enroll in Medicare Parts A & B now or remain on my current group health plan?
- ▶ If I remain on my current group health plan, is the prescription drug benefit portion of that plan "creditable" by federal definition or will I face a future penalty?
- ▶ If I enroll in Medicare, should I use a Medicare Supplement and separate Prescription Drug card or a Medicare Advantage Combination plan?

Are you over 65 and already enrolled in Medicare, but still have questions? **We can help!**

unicogroup.com 402.434.7200



UNICO


correctly, filters are allowing good flow, and that furnaces overall are venting properly to ensure a safe and economical winter season for our clients. However, the number of service calls is limited, so call today to make sure you can take advantage of this great opportunity.

Snow removal is always a concern for people, not just seniors. We have a few cold-loving Handymen and Handywomen ready to take on the challenge. Just a reminder, unlike our other programs where you call in for each service, you are signed up for the season with the snow removal program. Taking weather forecasts into consideration, we dispatch crews when there are 2 or more inches of snow. I don't send them out if the next day is supposed to be sunny, windy and 70 degrees — we let Mother Nature take care of the snow on those days. On the other side of the weather coin, if we get an inch of wet slushy snow and


the next day is supposed to be below freezing, I will send the crews out to prevent ice buildup. Priority will be given to clients who have used the program in the past, but we do expect to have more spaces available. Call to get on a route or, at worst, a waiting list.


We will continue to do inside work throughout the winter, so if you have dripping faucets, flickering lights, squeaky doors or other minor projects, don't hesitate to call us. Also, don't forget about our new Home Helpers test program. We have a couple of Home Helpers who are willing to


do light housework and laundry.


We continually receive nice comments about our Handymen and Handywomen, and I'll conclude by sharing a few. I wish I could list them all, but my editor says I write too much already (but I have to sneak a few in!). 





 **Del did a great job and is such a nice man!"**


 **Joe did a heck of a job on our gutters. It's nice to see water coming out of downspouts and not off the roof!**

 **I am 94 and still living in my home of 60 years thanks to your program. A thank you just doesn't seem enough sometimes!"**

 **As always, a sincere thank you to Larry and the program. I could not stay in my home without it."**

 **I got a good night's sleep for the first time in weeks knowing my security light works and my toilet wasn't refilling every 20 minutes."**

 **I wish I had known about this program and Randy years ago."**

 **Dennis is the fastest and best mower west of the Mississippi!"**

Caregiver Corner

Life after Caregiving: Reaching Out Can Aid in Grieving

Taking care of an ill spouse or loved one can be difficult, but even more challenging is the wave of emotions after their death. Many hospice organizations provide grief support groups to help guide caregivers and spouses through the grieving process alongside others in similar situations.

“ I can’t say enough good things about the help I had through AseraCare. I don’t know how I would have done it without them.”

– Bill Lyon



Bill and Dianne Lyon in 2007.

After Joyce Schmidt’s husband, Frank, was diagnosed with cancer, he lived only five weeks. They were married 47 years when he died Nov. 5, 2014.

“It all seemed like a blur as a caregiver, because it’s just something you do,” she said. “He had a lot of company; that helped. And our hospice care provider was there when I needed it.”

Bill Lyon’s wife, Dianne, was ill for several years with various medical conditions. Having experience as a registered nurse and working 20 years in geriatrics, Dianne taught Lyon how to be a caregiver.

“We were able to handle many situations together, but things progressed, and we sold our home and moved into a senior living community,” he said.



Joyce and Frank Schmidt in 2007.

Dianne died in October 2014, about a year after their move. They were married 50 years.

“I can’t say enough good things about the help I had through our hospice care provider,” Lyon said. “I don’t know how I would have done it without them.”

A short time after their spouses passed, Nancy Gabelman, AseraCare Hospice bereavement coordinator, invited Schmidt and Lyon to a grief support group.

“We all told our story and what we experienced,” Schmidt said. “It’s really helpful. I always looked forward to the meetings and always came home with information regarding the struggles others had to endure.”

Not every story was the same, but the ends results were. The group helped validate what each person was going through and help them during the grieving process.

“Many feel alone when they are grieving, but the groups help you be with people who are taking the same journey or challenge as you,” Gabelman said. “It helps lighten how you feel.”

Lyon appreciated listening to other’s situations and how they coped.

“I found great value in the group meetings,” he said. “They were extremely helpful.”

Tips were passed along through the group. One was to leave a light or the television on when leaving home so it doesn’t feel empty upon return.

For some, just talking to a group of people who understand is beneficial.

“If you haven’t been through it, you probably don’t understand,” Lyon said.

Though they no longer attend, the support group helped Schmidt and Lyon move past their deep grief, and together, they built a friendship. That friendship blossomed into a romantic relationship about a year ago.

“I never thought there’d be another man in my life,” Schmidt said. “You just never know.”

Having both suffered the loss of a spouse, they keep their



Bill Lyon and Joyce Schmidt met at AseraCare Hospice’s grief support group. After the loss of their spouses, they built a friendship which blossomed into a relationship. Having known each other’s pain, they are able to grieve and talk about their spouses without hesitation.



We all told our story and what we experienced. It’s really helpful. I always looked forward to the meetings and always came home with information regarding the struggles other had to endure.”


– Bill Lyon

memories alive by talking about their spouses, looking at pictures and visiting the cemetery. While there is still some pain, they’ve coped and healed. Time aided most in the recovery.

“At first, time goes slowly,” Lyon said. “Now, at almost three years since my wife died, life is back to normal in many ways and time goes by fast again.”

Schmidt recently noticed she no longer needs the TV on as background noise.

“Time works its magic,” Lyon said. “Although you never really get past it, the sharp edge is gone. Knowing Joyce has improved life considerably.”

For a complete list of hospice care providers, contact Aging Partners at 402-441-7070. 



A Pioneering Area Agency on Aging



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

AGING PARTNERS

1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938

aging.lincoln.ne.gov

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties.

Key for Services: ▲ = Lancaster only

MISSION

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

Being Well

NUTRITION

402-441-7159

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers.
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers.

HEALTH AND FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070

- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - Pilates, yoga, stretch and tone classes are available at several locations. Daily fitness programs on LNKTV City and 10 Health. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Harvest Project** - Specialized community support services are provided to individuals who are age 55 and over, live in Lancaster County and have severe mental health diagnosis. ▲ 402-441-7070
- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030

- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Aging and Disability Resource Center (ADRC)** - The Aging and Disability Resource Center is a pilot project whose mission is to assist seniors and persons of all ages with disabilities to obtain information, services and supports.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Assisted Living and Nursing Facilities Resource Listings**

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, including Part D, private insurance policies, homestead exemption and budgeting are among the available services.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.

SENIORS FOUNDATION

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

Staying Involved

SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and four in Lancaster County.

▲ 402-441-7158

LINCOLN/LANCASTER COUNTY SENIOR CENTERS

- Asian Center: 402-477-3446
144 N. 44th St., Suite A, Lincoln
- Belmont Center: 402-441-7990
Belmont Recreation Center
1234 Judson St., Lincoln
- Bennet Center: 402-416-7693
American Legion Hall
970 Monroe St., Bennet
- Firth Center: 402-416-7693
Community Center
311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693
Presbyterian Church
300 E. 3rd St., Hickman
- JoAnn Maxey Center: 402-441-7849
Malone Community Center
2032 "U" St., Lincoln
- Lake Street Center: 402-441-7157
St. James United Methodist Church
2400 S. 11th St., Lincoln
- Downtown Center: 402-441-7154
1005 "O" St., Lincoln
- Northeast Center: 402-441-7151
6310 Platte Ave., Lincoln
- Waverly Center: 402-416-7693
14410 Folkestone St., Waverly

Other Services

INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

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

TRANSPORTATION

- Ride within Lincoln to the Centers

▲ 402-441-7158

- **Lancaster County Public Rural Transit**
Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.

▲ 402-441-7031

- **Other options in the community**
Listings available at 402-441-7070.

LIVING WELL MAGAZINE

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

LIVE & LEARN

A monthly TV show for and about older adults on LNKTV City and video-on-demand at lincoln.ne.gov (keyword: vod) or Live & Learn's YouTube channel at lincoln.ne.gov (keyword: live & learn). View on LNKTV City or online at lincoln.ne.gov.

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

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Joyce Kubicek

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Amy Theis, 402-747-5731
- Saline County
Trudy Kubicek, 402-826-2463
- Saunders County
Mary Dailey, 800-247-0938
- Seward County: 800-247-0938
- York County, Jerri Merklinger
402-362-7626

MULTI-COUNTY PROGRAMS

- Butler County Senior Services
Diana McDonald, 402-367-6131
- Fillmore County Senior Services
Brenda Motis, 402-759-4922
- Polk County Senior Services
Jan Noyd, 402-764-2252

- Saline County Aging Services
Amy Hansen, 402-821-3330
- Seward County Aging Services
Kathy Ruzicka, 402-761-3593
- York County Aging Services
Lori Byers, 402-362-7626

MULTI-COUNTY SENIOR CENTERS

Butler County

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

Fillmore County

- Exeter Senior Center
217 S. Exeter Ave., Exeter
402-266-2133
- Fairmont Senior Center
519 Fairmont Ave., Fairmont
402-268-2831
- Geneva Senior Center
1120 "F" St., Geneva
402-759-4921

Polk County

- Osceola Senior Center
340 N. State 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
- Stromsburg Senior Center
118 E. 3rd St., Stromsburg
402-764-8227

Saline County

- DeWitt Senior Center
202 E. Fillmore Ave., DeWitt
402-683-4326 or 402-520-0873

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
215 N. Lincoln Ave., York
402-362-2900

Aging Partners News and Events

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

When you receive *Living Well* magazine by email, you have direct access to many services. Click your

mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*.

By visiting the Aging Partners website, you will find current and past issues. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Wellness

Aging Partners Health and Fitness Center

Monday through Friday
8 a.m. to 4 p.m.
233 S. 10th St., Suite 101

All ages are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available.

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. \$10 monthly suggested contribution for age 60 and over. \$15 fee for under age 60.

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

Chair Tai Chi

This ongoing program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants are taught simple movements they can practice sitting or standing near a chair.

- Aging Partners
Health and Fitness Center
233 S. 10th St., Suite 101
Tuesdays, 9:45 to 10:30 a.m.

Stepping On – Building Confidence and Reducing Falls

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls.

- Eastmont Towers
6315 “O” St.
Thursdays, 1 to 3 p.m.
Oct. 5 through Nov. 16
- Madonna ProActive
7111 Stephanie Lane
Thursdays, 9:30 to 11:30 a.m.
Sept. 14 through Oct. 26

Qigong (New class)

Simple Qigong movements work with the body, breath, mind and subtle energies to attain health, vitality and longevity. Participants will leave feeling energized and refreshed.

- Auld Recreation Center
1650 Memorial Drive
Fridays, 11 to 11:45 a.m.
Sept. 15 through Nov. 3
(eight-week session)
Nov. 10 through Dec. 22
(six-week session – no class Nov. 24)

Dynamic Movement Classes

Each class focuses on stretching, breathing and a unique combination of dance steps and synchronized movements that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength.

- St. Mark's United Methodist Church
Gymnasium
8550 Pioneers Blvd.
Thursdays, 3:30 to 4:30 p.m.
(eight-week session)
Sept. 14 through Nov. 2
(six-week session)
Nov. 9 through Dec. 21
(no class Nov. 23)
- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
(eight-week session)

Sept. 11 through Oct. 30
(seven-week session)
Nov. 6 through Dec. 18

Contemporary Yoga

This renewing practice emphasizes body postures, breathing and relaxation to bring about a sound and healthy body. Movements consist of a variety of positions and poses that have strengthening and restorative benefits.

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 9 to 10 a.m.
(eight-week session)
Sept. 11 through Oct. 30
(seven-week session)
Nov. 6 through Dec. 18

Contemporary Yoga II (New class)

This dynamic class is based on Vinyasa flows designed to increase heat and oxygen in the body. Practice will be floor based, rather than using a chair, although chairs will be a prop from time to time. Prior yoga experience is recommended.

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 10:30 to 11:30 a.m.
(seven-week session)
Nov. 6 through Dec. 18

Chair Yoga

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

- Vermeer Education Center
(located north of St. Mark's)
4000 S. 84th St.
Wednesdays, 3 to 4 p.m.
(eight-week session)
Sept. 13 through Nov. 1
(six-week session)
Nov. 8 through Dec. 20
- East Lincoln Christian Church
7001 Edenton Road
Fridays, 11 a.m. to noon
(eight-week session)
Sept. 15 through Nov. 3



(six-week session)

Nov. 10 through Dec. 22 (no class Nov. 24)

Movement and Music

Auld Recreation Center
1650 Memorial Drive

This movement and music class explores elements of dance in a no-pressure, social environment in which music energizes, enriches and empowers. All levels of mobility are welcome. No dance experience is necessary. The class is at a comfortable pace. Research has shown that dance reduces stress and depression; improves flexibility, strength, balance and endurance; and reduces the risk of dementia.

- Thursdays, 10:30 to 11:45 a.m.
(eight-week session)
Sept. 14 through Nov. 2
(six-week session)
Nov. 9 through Dec. 21 (no class Nov. 23)

Tai Chi – Continuing 24 Form

This class is suggested for those who have completed the 24 Form instructional classes.

- Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 1 to 1:30 p.m.
(Please note new time.)
(eight-week session)
Sept. 11 through Oct. 30
(seven-week session)
Nov. 6 through Dec. 18
- Auld Recreation Center
1650 Memorial Drive
Fridays, 10:15 to 10:45 a.m.
(eight-week session)
Sept. 15 through Nov. 3
(six-week session)
Nov. 10 through Dec. 22
(no class Nov. 24)

Beginners Tai Chi for Balance and Fall

Prevention Class - Basic 8 Form

Auld Recreation Center
1650 Memorial Drive

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

- Thursdays, 9 to 10 a.m.
(six-week session)
Nov. 9 through Dec. 21
(no class Nov. 23)

Traditional Tai Chi – 24 Form

Auld Recreation Center
1650 Memorial Drive

Tai Chi has been shown to reduce stress, enhance core strength and balance, and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction.

- Fridays, 9 to 10 a.m.
(six-week session)
Nov. 10 through Dec. 22
(no class Nov. 24)

Diabetes Self-Management Workshop (New)

Gere Library, 2400 S. 56 St.

Wednesdays, 1 to 3 p.m.
Oct. 25 through Nov. 29

The Diabetes Self-Management Workshop is a six-week course for adults with diabetes, their family members and friends.

Learn about diabetes including:

- What to eat and when to exercise.
- Monitoring your blood sugar.
- Foot care.
- Communicating with family and your health care provider.
- Low and high blood sugar.
- Tips for dealing with stress.
- How to set small and achievable goals.
- Overview of relaxation techniques.
- How to increase your self-confidence.
- Feel better and take charge.

This workshop is offered at no cost but suggested contributions of \$4 per class are appreciated.

Active Living Every Day

A free workshop offered by Aging Partners and Lincoln Parks and Recreation. Learn how enjoyable physical activity can be, even if you have never been active before. Discover how easy it is to create an activity plan that fits your individual preferences and lifestyle. Even house cleaning and shopping can count toward weekly goals. Active Living Every Day addresses the root causes of inactivity and helps you overcome those challenges. Attendees report they are exercising more, eating healthier and burning calories. Blood pressure, blood sugar levels and sleep improved. They learn from and support one another in their efforts to improve and maintain good health. Life's a hit when you're feeling fit!

- Lake Street Senior Center
St. James United Methodist Church
2400 S. 11th St.
Thursdays, 10 to 11 a.m.
Sept. 7 through Nov. 30
(no class on Nov. 23)

Vermeer Education Center

UNMC Health Clinic

4000 S. 84th St.

(located north of St. Mark's)

Services available to people age 60 and over include comprehensive foot care, blood pressure, blood glucose, cholesterol, osteoporosis screenings and health education. \$15 suggested contribution will help these services continue.

- Wednesdays, 9:30 a.m. to 1:30 p.m.
Oct. 4, 11 (foot care only), 18 and 25
Nov. 1, 8, 15 and 29
Dec. 6

Downtown Center

UNMC Health Clinic

Senior Health Promotion Center
1005 "O" St., lower level

Services available to people age 60 and over include comprehensive foot and ear care, blood pressure, blood glucose, cholesterol screenings and health education. \$15 suggested contribution will help these services continue.

- Thursdays, 9:30 a.m. to 1:30 p.m.
Oct. 5, 12, 19 and 26
Nov. 2, 9, 16 and 30
Dec. 7

Senior Center Events

Downtown Fright Fest

Tuesday, Oct. 31, 10 a.m. to noon
Downtown Center, 1005 "O" St.

\$4 meal suggested contribution for age 60 and over; \$8 meal fee for under age 60. \$4 (downtown boundary transportation area) suggested contribution for age 60 and over.

What isn't there to love about Halloween? Candy, spooky movies, decorations, ghost stories, costumes! Join us for our annual Halloween party. You can dress as your favorite spook or character, and you might even win the costume contest! Party begins at 10 a.m. Reserve your meal by Friday, Oct. 27.

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Aging Partners News and Events

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Brain Matters 2017

“Cutting Through the Fog: Mindful Approaches to Improving Memory”
Friday, Nov. 3 from 9 a.m. to noon
(Check-in begins at 8:30 a.m.)
Light refreshments served.
Jack J. Huck Continuing
Education Center
301 S. 68th Street Place
Lincoln, Room 302

Is it really possible to improve your memory? Have you ever found yourself forgetting where you left your keys or what you were supposed to pick up at the grocery store? Or blanking on a person's name or a medication you've used for years? How many times have you wondered how many of these inconvenient lapses are just a natural part of aging, and how many might be a cause for concern? Then you've probably wished there was a way to cut through the fog and optimize your ability to remember, learn, plan and adapt. Cost: \$15. Preregistration required by Tuesday, Oct. 26, call 402-437-2700. Featured speakers include Judy Harvey Ph.D. CCC-SLP, assistant Professor of Practice, University of Nebraska, and Abbe D. Bateman-Davis, M.S., CCC-SLP, speech language pathologist, Tabitha Home Health Care. Ms. Bateman-Davis and Dr. Harvey started the UNL-Tabitha Memory Clinic located in the Barkley Memorial Center, UNL East Campus in 2015.

Annual Pepsi Scholars Senior Prom

featuring the music of “Fine Wine”
Sunday, Nov. 5 from 2 to 4 p.m.
Nebraska East Campus Union
1705 Arbor Drive, East Campus

The “Pepsi Service Scholars” are UNL students from locations across the state selected to take a class in Service-Learning. Each year, the class holds a Free Senior Prom for the older adults in the community to dance, enjoy food and have a wonderful afternoon of fun! Put on your dancing shoes and join us at the Prom. Sponsored with the UNL Pepsi Scholars. Call 402-441-7157 for more information.

Veterans Recognition and Lunch

featuring Jimmy Mack
Thursday, Nov. 9 at 10 a.m.
Northeast Senior Center, 6310 Platte Ave.
Lunch: 11:30 a.m.
\$4 meal suggestions contribution for age 60 and over. Veterans eat free in recognition of their service. \$8 meal fee for under age 60.

Within Lincoln city limits,
\$4 suggested van transportation contribution. There will be a special roll call recognition of our veterans. Call 402-441-7151 for reservations by 1 p.m. Friday, Nov. 6.

“Music Fest” Meal and Show

featuring Robert Patton,
Baritone Vocalist
\$4 suggested meal contribution for age 60 and over.
\$8 meal fee for under age 60.
\$4 suggested contribution,
transportation.

Robert Patton will sing a variety of music from light classical to familiar show tunes, along with some Christmas music, at four of our senior centers in October and December. Robert completed a 20-year career with the U.S. Air Force Singing Sergeants in Washington, D.C. He performs opera, show tunes, Broadway hits and more. Since retiring from the military he has performed with the Dorian Opera Theatre and as soloist with the Fort Dodge and Central Iowa Symphonies. Sponsored with the Lincoln Musicians' Association, Local 463, American Federation of Musicians, the Music Performance Trust Fund (MPTF) and Film Funds. For reservations, call Lake at 402-441-7157, Downtown at 402-441-7154, Belmont at 402-441-7990 or Northeast at 402-441- 7151, two days in advance.

- Lake Center, 2400 S. 11th St.
Wednesday, Oct. 25, 10:30 to 11:30 a.m.
Wednesday, Dec. 13, 10:30 to 11:30 a.m.
- Downtown Center, 1005 “O” St.
Thursday, Oct.19, 10:30 to 11:30 a.m.
Thursday, Dec. 14, 10:30 to 11:30 a.m.
- Belmont Center, 1234 Judson
Thursday, Oct. 26 at 10:30 a.m.
Tuesday, Dec. 12 at 10:30 a.m.
- Northeast Center, 6310 Platte Ave.
Friday, Oct. 27 at 10 a.m.
Friday, Dec. 15 at 10 a.m.

Veterans Celebration Dance

featuring “The Humdingers”
Tuesday, Nov. 14 from 7 to 10 p.m.
Auld Pavilion, 1650 Memorial Drive

Aging Partners values the contributions our servicemen and women have made to our country and community. As a special thank you, we are celebrating with an evening of great classic country and ‘50s and ‘60s musical nostalgia. We'll have live music by Omaha's own “Humdingers,” dancing, refreshments and a surprise or two. So, put on your dancing shoes and help celebrate our veterans. All ages are welcome! Sponsored by Aging Partners and HUMANA.

Bob Ross Painting Class

Lake Senior Center
2400 S. 11th St.
Saturday, Nov. 18
9:30 a.m. to 3:30 p.m.

“Desert Glow,” a quiet but colorful sunset glows against a beautiful Southwestern landscape. What evening mysteries might just unfold? Paint along with certified Bob Ross instructor Donald R. Belik in this one-day painting class and take home a finished oil painting. No experience required. All materials and supplies are provided. Preregistration required. Call 402-441-7158. Payment due Wednesday, Nov. 15. Cost \$50. Mail payment to Aging Partners, “Attention Art Class,” 1005 “O” St., Lincoln, NE 68508.

Aging Partners Resource Fairs

Don't miss your chance to learn all about Aging Partners and the variety of services we offer older adults in our area. Upcoming Fall Resource Fairs are set for these locations.

- Thursday, Oct. 19, 10 a.m. to 1 p.m.
Center for People in Need
3901 N. 27th St.
- Tuesday, Nov. 7, 10:30 a.m. to 1 p.m.
F Street Recreation Center
1225 “F” St.
(during their food distribution event.)



Special Holiday Celebration Meals

Wednesday, Nov. 22

Thanksgiving Holiday Meal

Friday, Dec. 22

Winter Holiday Meal

\$6 suggested meal contribution for age 60 and over.

\$9 meal fee for under age 60.

\$4 transportation contribution within center boundaries, for age 60 and over.

If you have never eaten a delicious meal at one of our Aging Partners Centers, the holidays are the best time to give us a try. Why not make us a special part of your holiday plans? Many of our centers will feature holiday entertainment on those days.

Make your reservations one day in advance at your nearest center, or call 402-441-7158 for information about our center locations.

- Wed. November 22

Thanksgiving Meal will be served at the following Senior Centers:

Asian Senior Center

144 N. 44th St., Lincoln

Downtown Senior Center

1005 "O" St., Lincoln

Hickman Senior Center

300 E. 3rd St., Hickman

Lake St. Senior Center

2400 S. 11th St., Lincoln

Maxey Senior Center

2032 "U" St., Lincoln

Northeast Senior Center

6310 Platte Ave., Lincoln

- Wed. December 20

Winter Holiday meal will be served at the following Senior Centers:

Downtown Senior Center

1005 "O" St., Lincoln

Lake St. Senior Center

2400 S. 11th St., Lincoln

Maxey Senior Center

2032 "U" St., Lincoln

Northeast Senior Center

6310 Platte Ave., Lincoln

Waverly Senior Center

14410 Folkestone St., Waverly

Holiday Lights

CaraVAN Tour

Dinner and holiday music: 5:30 p.m.

Lights tour departure: 6:30 p.m.


\$8 meal suggested contribution for age 60 and over. \$8 meal for under age 60.

\$6 suggested transportation contribution for age 60 and over.

Who doesn't love the holidays?

Holiday treats, holiday sweaters and of course, all those glowing holiday lights brightening our fair city! Join us for holiday music with Gary O'Brien at the piano, a tasty Hy-Vee catered meal at the Downtown and Northeast Centers, and a "Holiday Lights CaraVAN Tour" of some of Lincoln's most beautiful holiday light displays! Seating is limited. For reservations, call the Downtown Center, 402-441-7158 by Friday, Dec. 15 or call the Northeast Center, 402-441-7151 by Monday, Dec. 18.

Severe Weather Closings

In the event of severe weather or dangerous conditions, Aging Partners Centers may be closed. As a rule, if the Lincoln Public Schools are closed, the centers also will close. Please listen to KFOR 103.3 FM or 1240 AM radio for the most accurate and up-to-date Senior Center closings information. 

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A special invitation to the 57,200 age 60 and over adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

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

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Date of birth: ___/___/___ Last 4 digits of SSN: _____

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