

# LivingWell

Fall 2019 • Volume 15 • Issue 4

A publication of



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**Wyvill Advocates with  
*Faith, Focus and  
Follow-Through***  
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Nebraska Commission for the Deaf and Hard of Hearing  
Executive Director John Wyvill has faced many challenges in  
his life, and he is dedicated to advocate for better opportunities  
for others.



# Listen, Learn & Leave

## Medicare's Annual Enrollment

### 2019

### Saving Seniors Money

A Jim Schueth Seminar

- Prescription Drug Plans
- Medicare Supplements
- Medicare Advantage Plans

*No names or phone numbers taken.*

**8:30 a.m.** Coffee, pastry or fruit.

**9:00 a.m.** Seminar starts.

**10:30 a.m.** Seminar ends.

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# Director's Corner

In this issue, we are highlighting the great work and advocacy of John Wyvill and the Nebraska Commission for the Deaf and Hard of Hearing (NCDHH). Our state is truly blessed to have John's leadership in working toward achieving equality and opportunity in social, educational and vocational aspects impacting the lives of those who are deaf and hard of hearing.

John's talent and experience can best be seen through the legislative work he has done with NCDHH, the results he has produced while

serving at the VA and with the developmental disabilities population through DHHS, as well as through a multitude of committee assignments, both locally and nationally.

At Aging Partners, and with the help of a grant from the Community Health Endowment, our Health and Fitness program has worked with NCDHH to implement a flexible and easy-to-understand fall prevention program intended to focus on populations that have not yet been reached. Falls are the leading cause of injuries and accidents among seniors.

John's work to ensure and establish equality for those Nebraskans who are deaf or hard of hearing benefits all of Nebraska. In this issue, you will learn about why we applaud John and his work with NCDHH, and I urge others to join us in recognizing him. 



Randall S. Jones

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

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# Staying Involved

## Wyvill Advocates with *Faith, Focus and Follow-Through*

John Wyvill's work as executive director of the Nebraska Commission for the Deaf and Hard of Hearing (NCDHH) isn't just a career — it's life.

Born in Chicago, Wyvill was placed in the foster system until about 14 months when he was adopted. At age 4, he was tested and diagnosed with 95 percent hearing loss in both ears. Doctors said he would be lucky to graduate public high school, let alone college. They recommended that he go to a school for the deaf. But living outside of Chicago, his parents chose to send him to public school so he could learn to adapt and improvise in a hearing world rather than ride on a bus two to three hours each day.

"Since I was 4, people were putting limitations on me based on my disability, not my ability," Wyvill said. "My parents told me I could do anything I wanted, and that was my driving force of motivation."

He lived by the motto "faith, focus and follow-through."

"Faith: belief in myself and my abilities and belief that God has a plan for me. Focus: focus on developing the plan in achieving what I set out to accomplish. Follow-through: work the plan I have developed," he said.

Wyvill attended faith-based

or public schools until ninth grade when his family moved to Arkansas, where he was better accommodated in a smaller school system.

After graduating high school, he attended Westminster College in Fulton, Missouri, before transferring to Hendrix College in Conway, Arkansas, becoming the first in his family to attend and graduate from college. He then went on to law school in Little Rock, Arkansas, with his degree in political science and an interest in government.

### Public Service Career

Wyvill has experience in private practice as well as government affairs. He became the first deaf or hard-of-hearing person appointed to the Arkansas governor's cabinet to serve on Gov. Mike Huckabee's legal transition team, assistant legal counsel to the governor and director of the General Vocational Rehabilitation Program, which included the office of Deaf and Hard of Hearing.

He got the call to move to Nebraska in 2007.

"When my wife, Andrea, and I came for an interview, we fell in love with Lincoln," Wyvill said.

He worked for Nebraska Department of Health and Human Services Division of

Developmental Disabilities and the U.S. Department of Veterans Affairs before coming to the Nebraska Commission for the Deaf and Hard of Hearing. Since 2010, Wyvill has taught law and ethics courses at Bryan College of Health Sciences.

"All my roles have been two-fold purpose," he said. "They have been both rewarding to me and to make a difference in the world. My calling was not only to better myself, but to pay it forward and make a difference so people coming behind me don't face the same struggles I did."

Wyvill has served on several boards and committees, including vice chair of the United States Access Board, appointed by the president of the United States; the National Technical Institute for the Deaf (NTID) National Advisory Group (NAG), appointed by the U.S. secretary of education; served as president of the Council of State Administrators of Vocational Rehabilitation (CSAVR); and was the first Deaf or Hard of Hearing attorney to serve as president of the Pulaski County Bar Association in Arkansas. He currently serves on Aging Partners' Areawide Advisory Council and is vice president of the National Association of State Agencies of the Deaf and Hard of Hearing.

## Hearing Loss in Older Adults is Not Uncommon

Statistics show 20 percent of the U.S. population has some form of hearing loss, and 1 percent is deaf. Hearing loss affects one in three age 65 and over, and 80 percent of those 85 and over.

“Many are in denial about their hearing loss, but it is a natural part of the aging process, as a result of medical complications or medicines,” Wyvill said. “There is nothing wrong with asking for help. And if you don’t have the adaptive equipment, you could become cut off, leading to isolation and depression.”

Wyvill encourages anyone who notes a change in hearing to talk to a medical professional. For those who determine they have hearing loss, he encourages them to contact NCDHH.

“We can address equipment needs and provide free training to assisted living or nursing homes,” he said. “We can provide resources, support and sometimes just help with coping and adjusting, all at no cost. Call us, the worst thing is that we can’t help you, but odds are we can in some way.”

NCDHH’s mission is to promote and advocate for Nebraskans who are deaf, deaf-blind or hard of hearing; to achieve equality and opportunity in social, educational, vocational, and legal aspects impacting their daily lives; and to enhance and monitor access to effective communication and telecommunication technology.

“Our job is to carry out the motto on the state flag, ‘equality before the law,’” Wyvill said. “We seek to give

everyone the very best and fullest ‘good life’ of Nebraska. Whatever your age or challenges, we are here to help. Every single member of my team has the same passion and commitment. This isn’t just a job, but it’s about life-altering decisions.”

Wyvill and his staff advocate for communication access and support for education, employment, emergency preparedness, health care, text 911 and more. From something as simple as going to the movie with family and having it captioned to having an interpreter for a job interview or at the doctor’s office.

“Their lives are in the balance with some life-altering experiences,” Wyvill said. “Part of our role as an advocate is to point out things that aren’t working for hard-of-hearing people. It’s about improving access for all.”

NCDHH also serves as an advocate at the legislature and has assisted in mandating insurance to provide hearing aids for children and regulating interpreters to provide better access for deaf and hard-of-hearing individuals.

### NSTEP and Hearing Aid Bank

With offices in Lincoln, Omaha, Kearney, North Platte and Scottsbluff, NCDHH offers support and services such as the Nebraska Specialized Telecommunications Equipment Program (NSTEP) and hearing aid bank.

NSTEP is a program for deaf or hard-of-hearing persons eligible for a modified telephone through the Public Service Commission.

“The barrier for many is access to



*Nebraska Commission for the Deaf and Hard of Hearing Executive Director John Wyvill*


communication on the phone,” Wyvill said. “We ensure individuals have the appropriate adaptive equipment for communication.”

While many cannot afford the cost of hearing aids at an average \$3,000 to \$5,000, NCDHH also runs the Hearing Aid Bank with several organizations.

HearU Nebraska provides hearing aids to children up to 18 years old with priority to newly identified hard-of-hearing children ages 3 and under. The Lions Hearing Aid Bank provides hearing aids to residents 19 to 64 years old. The Sertoma Hearing Aid Bank provides used hearing aids to Nebraska’s adults age 65 and over who demonstrate financial need.

“There are many challenges of paying for hearing aids,” Wyvill said, “especially when insurance often won’t help.”

The NCDHH also establishes connections with businesses, hospitals, clinics and leading educators in Nebraska to ensure quicker access to the appropriate services and resources for deaf and hard-of-hearing individuals.

“I have been fortunate and blessed that I had my parents advocate and fight for me at an early age and instilled the drive in me; the fine line between success and failure,” Wyvill said. “I want to give someone else the best opportunity to succeed.” 

### How to Contact the Nebraska Commission for the Deaf and Hard of Hearing:

[ncdhh@nebraska.gov](mailto:ncdhh@nebraska.gov)

800-545-6244

[Facebook.com/NebraskaCommissionForTheDeafAndHardOfHearing](https://www.facebook.com/NebraskaCommissionForTheDeafAndHardOfHearing)



Gary DeFreece with his painting titled "Downtown Out of My Head."

## DeFreece Creates Despite Challenges

**G**ary DeFreece has a unique way of holding a pencil. But he never lets that stop him from doing what he enjoys.

Born in July 1950, doctors told DeFreece's parents he would never walk or use his hands. They brought him to the Beatrice State Developmental Center, where he was raised by the state until he was 19.

After surgery, his hands, with fingers once fused, are now a couple of thickened fingers and a thumb. He also has feet that aren't flawless. In and out of the hospital for surgeries as a child, DeFreece didn't know any other way.

"I did it on my own," he said. "When I was little, I was put down a lot by people saying 'you cannot

do that.' So I just had to prove that I could do it."

As a child, DeFreece began scribbling — and his scribbles got better and better. His God-given talent began to develop into his teenage years.

Without any formal training, DeFreece now creates detailed pencil drawings or acrylic paintings from original pictures or scenes he dreams about.

"Some people think I'm crazy because the detail takes a long time," he said. "But the detail is what really makes the picture."

The work is done freehand, with the exception of using a ruler.

"A lot of people would show me a picture, saying 'I don't think

you can draw that,'" DeFreece said. "But nobody tells me I can't do something."

Most of his drawings include mountains in the background, and DeFreece enjoys drawing buildings — adding minute details such as shingles or brick roads.

"I know my limitations; I can't do everything," he said. "I don't draw people, and I only do a few animals."

### Finding His Family

DeFreece met his parents in his mid-30s. And he met his younger brother in 2017 for the first time. It was emotional, he recalls.

"I see my mom a few times a year now," he said. "And my brother stops by when he drives through town."

For years, DeFreece found his figurative family while working as a finisher for Lincoln Laminating. There, he did sanding and routing for kitchen cabinets and bathroom vanities for more than 20 years. He initially retired in July 2016, but the company called him back. So he worked a few more months before retiring later that year in December.

"I told them I wanted to enjoy my life for a while," he said. "I miss the people I worked with, but I've found new people here at the Downtown Senior Center, which is the best thing that has ever happened to me."

DeFreece has come to the Downtown Senior Center nearly every day since he officially retired. He enjoys the activities; but mostly, he comes because of the people.

"I like what the center does for everyone," he said, noting how it's a great place for people to simply gather.

DeFreece also contributes to the small community that gathers at the center.

Downtown Senior Center Manager Denise Howe approached DeFreece last fall about showcasing his talents by teaching a drawing class.

He took a break this summer, but he will begin another painting session the first Tuesday of the month in October at 10:30 a.m. at the Downtown Senior Center.

"I've never painted live in front of people," DeFreece said. "So it will be

kind of interesting."

While he says he may not have had the easiest beginning, DeFreece picked up the pencil and made beautiful pictures from his life, sharing them with others. **lw**



Gary DeFreece's work titled "St Andrew's Country Club"

# Age is an honor.

Throughout life, he's always known just what to do. **And he still does.** Age doesn't take away our wisdom. It enhances it. Age doesn't take away our dignity. It intensifies it. Age doesn't take away our want for influence or our wish to be listened to. We are the sum of all of our years of experience. Age is an honor. Not a disease. Let's end ageism.



[legacyretirement.com](http://legacyretirement.com)



# Centers Provide Entertainment, Information

Senior centers are more than just a place for bingo and card games. They are gathering places for those 60 and over that offer music, meals, classes, room for conversation, reminiscing and, most of all, a place of belonging and friendship.

"During our working years, we go to our jobs and form relationships," said Beth Schuster, Aging Partners senior center coordinator. "Once we retire, a lot of those relationships fade. We need to form other relationships; and many of those can be found at our senior centers."

## Something for Everyone

Aging Partners senior centers provide various activities and entertainment such as concerts, classes, trivia and educational events. Many centers also provide social outings to places such as the Henry Doorly Zoo, Kansas Dinner train, Hastings Museum and the Brownville Dinner Theater.

"We try to make activities all-encompassing for all our seniors," Schuster said.

Dinner and a Show, offered the second Thursday each month April through September, draws many older adults. A small fee provides attendees a meal, good conversation and entertainment.

The centers also plan special events – the Winter Holiday Party, picnics and celebrations are a great way for seniors across the county to meet.

But that's not all. Each center

provides its own unique programming based on what attendees want or can provide.

"We always look at what people are doing," Schuster said. "We plan for seniors of all ages. We program for the people thinking about coming, too, not necessarily only for those who are already there."

Many centers recently have been doing intergenerational events; bringing in children to put together puzzles, decorate cookies or read.

"We feel some grandkids aren't around their grandparents and vice versa, so this helps build relationships beyond generations," Schuster said. "We hope to do more of this in the future."

Centers also provide information about programs and services available to older adults through Aging Partners and the community.

"We feel we need to have good programming in our centers to cover important topics such as scams, fraud, health and fitness, Medicare, Medicaid, Social Security and to tell them about the newest benefits out there," said Sandy Lutz, Aging Partners program supervisor. "We provide information to better assist them in the complicated times of growing older."

Centers also can provide a range of events available from Aging Partners, such as health and fitness, exercise, nutrition, financial services, Medicare Part D re-enrollment assistance, access to case managers, legal help and volunteer tax assistance during tax season.

Computer access can be found at the Downtown, Lake Street and Northeast centers.

Meals also are available at the centers. Those interested in a meal are asked to register two days in advance. There is a \$4 suggested contribution for those 60 and over, and an \$8 fee for those younger than 60.

Transportation is provided to each center within a specific boundary area. Call the center in your area for details. If you would like to use the van, the suggested contribution is only \$2 each way (\$4 round trip). Please contact your senior center manager to schedule a pickup time.

## How to get involved?

With centers across the county, older adults don't have to only attend the center in their neighborhood. They can attend events at any of the centers.

"You're going to be greeted warmly and welcomed to participate in activities," Lutz said. "We always ask for input about what they'd like to do, tell them about activities planned and ask them to consider joining us."

A person doesn't even have to be involved at a center to attend an event or outing.


Senior center staff members always are willing to take activity suggestions.

"The best way to become involved is to attend an event and ask yourself



how you can get involved,” Lutz said. “Our attendees want to hear experiences or learn things from their peers. Can you teach others how to crochet? Our seniors help us formulate the perfect senior center.”

Aging Partners’ *My Center News* is filled with monthly activities and events of each center. These newsletters are available for free at your local senior center and can be found online at [lincoln.ne.gov](http://lincoln.ne.gov) (search keyword “my center news”).

“Our programs are open to everyone,” Lutz said. “We encourage everyone to come and see what we have to offer.” 

### Lincoln and Lancaster County Senior Centers

#### Asian Community & Cultural Center

144 N. 44th St., Suite A  
Lincoln, NE 68503  
402-477-3446  
(Please leave a message)  
Wednesdays, 9 a.m. to 1 p.m.

#### Belmont Center

Belmont Recreation Center  
1234 Judson St.  
Lincoln, NE 68521  
402-441-7990  
Monday - Friday  
9 a.m. to 1 p.m.

#### Downtown Center

1005 “O” St.  
Lincoln, NE 68508  
402-441-7154  
Monday - Friday  
9 a.m. to 1 p.m.

#### Lake Street Center

Saint James United Methodist Church  
2400 S. 11th St.  
Lincoln, NE 68502  
402-441-7157  
Monday - Friday  
9 a.m. to 1 p.m.

#### Northeast Center

6310 Platte Ave.  
Lincoln, NE 68507  
402-441-7151  
Monday - Friday  
8 a.m. to 4 p.m.

#### Bennet Center

American Legion Hall  
970 Monroe St.  
Bennet, NE 68317  
402-416-7693  
Tuesdays & Thursdays  
10 a.m. to 2 p.m.

#### Firth Center

Community Center  
311 Nemaha St.  
Firth, NE 68358  
402-416-7693  
Mondays, 9 a.m. to 1 p.m.

#### Hickman Center

Hickman Community Center  
115 Locust St.  
Hickman, NE 68372  
402-416-7693  
Wednesdays, 9 a.m. to 1 p.m.

#### Waverly Center

Waverly VFW Post 9875  
*\*New Location\**  
13820 Guildford St.  
Waverly, NE 68462  
402-416-7693  
Wednesdays, 9 a.m. to 1 p.m.  
Second Wednesday  
9 to 11 a.m.

# Nebraska Family Caregiver Support

## LIFESPAN RESPITE NETWORK

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A family caregiver is a person who provides ongoing care for an individual unable to care for themselves. Caregiving is rewarding, but also demanding and stressful. To supply “help for the helpers,” the Nebraska Lifespan Respite Network offers information, education and support.

For more information, including funding sources or becoming an independent respite provider, just call or click:

**866-RESPITE (737-7483) or  
402-471-9188  
[respite.ne.gov](http://respite.ne.gov)**

## NEBRASKA

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DEPT. OF HEALTH AND HUMAN SERVICES

# Oh My: Lincoln Children's Zoo Offers Tigers and Monkeys and Volunteer Opportunities, Too

After a 10-acre, \$24 million expansion, the Lincoln Children's Zoo is now open year-round. New exhibits include giraffes, two tigers, spider monkeys, a splash pad and more. Additional attractions expected to come next year include cheetahs, giant anteaters, new café, outdoor giraffe play experience and an event and concert area.

It's no wonder the zoo staff and animals rely on volunteers for support. There were 245 volunteers in 2018.

And with the zoo now open year-round, volunteers can help from a wide range of tasks. The zoo utilizes youth volunteers mostly during spring and

winter when school isn't in session, so there is a higher demand for adult volunteers during spring and fall.

Full-time volunteers assist with tasks such as cleaning exhibits, preparing animal diets, general administrative work, facility cleaning and upkeep, as well as gardening that includes pruning, trimming and weeding plants. Volunteers typically rotate through the various duties depending on what is needed.

"We do have volunteers who are solely engineers on our train," said Jordan Slagle, zoo volunteer coordinator. "We accept applications for that in the spring and fall."



Zoo train volunteers, from left, Harold Dorssom, Orville Brown and Bob Tooker

## Medicare Prescription Drug and Advantage Plans

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**Karla Wilson**  
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402.434.7242  
[kwilson@unicogroup.com](mailto:kwilson@unicogroup.com)



**Bob Grundman**  
Senior Benefit Strategies  
402.489.9171  
[grundman@inetnebr.com](mailto:grundman@inetnebr.com)



"I volunteer because they need the help and the kids love it," said Harold Dorssom, zoo volunteer for 14 years.

Full-time volunteers should expect to work a couple hours once a week, averaging about 10 hours each month. They also are asked to volunteer for two events annually, in addition to one night at Boo at the Zoo.

The zoo hosts various events throughout the year. For those who want to contribute to the zoo, but cannot make large commitments, consider

volunteering for an event.

Some events include Breakfast with the Easter Bunny, Breakfast with the Penguins, Dinner with Giraffes, Brews at the Zoo and the Red Panda Run. The largest event each year is Boo at the Zoo in October, where the zoo welcomes more than 2,000 people each night for trick-or-treating.


Zoo Lights Powered by LES will be new this year in November and December. The zoo will be illuminated with more than 250,000 lights, including a 34-foot Christmas tree, 40-foot lighted

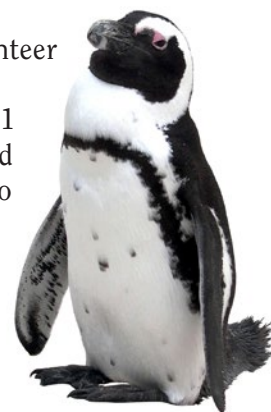
tree dancing to music, hot cocoa and train rides.

Event volunteers are needed to help set up and decorate. During

the event, volunteers help with directions, crowd control and more.

To volunteer, contact Zoo Volunteer Coordinator Jordan Slagle at [jslagle@lincolnzoo.org](mailto:jslagle@lincolnzoo.org) or 402-475-6741. To apply for a full-time volunteer position, go to [https://www.lincolnzoo.org/contribute/volunteer\\_at\\_the\\_zoo.html](https://www.lincolnzoo.org/contribute/volunteer_at_the_zoo.html).

Volunteers must be 18 and older, and be willing to complete an interview and orientation. Volunteer train engineers must be at least 21 and possess a valid driver's license. To volunteer for this year's Boo at the Zoo, contact Slagle by Oct. 15. 



*The Lincoln Children's Zoo is looking for volunteers to better enrich the lives of children who visit each year.*



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# Ponca Tribe of Nebraska Serves Natives

Pride of belonging to a Native American tribe runs deep.

With offices in Niobrara, Lincoln, Norfolk, Omaha and Sioux City, the Ponca Tribe of Nebraska provides services for Ponca and other tribal citizens. These include social services, health services, domestic violence assistance, tribal court and free transportation, called Ponca Express. Because many of these programs are grant-funded, they only can be offered to registered tribal citizens.

"I help elders who experience any type of victimization," said Jenika Long, Ponca Tribe of Nebraska elders victim advocate. "We also have services regarding sex trafficking and domestic violence."

Citizens of all tribes can utilize the Ponca Fred LeRoy Health & Wellness Center in Omaha, and the Ponca Hills Health & Wellness Center in Norfolk. These clinics cover medical, dental and pharmacy services. Dental work ranges from exams, x-rays, crowns, periodontal care, dentures, root canals and more. The health center offers help with elder care, lab services, physical therapy, mental health, social services and substance-abuse counseling. A special diabetes program also is open to all tribal citizens.

"If we can't assist with something, the clinic can refer you to another provider," Long said.

Community health workers can provide case management support for tribal citizens to help implement good eating habits, nutrition, exercise and help for those who are experiencing issues with diabetes.

Ponca Tribe citizens can utilize social services for families in crisis, i.e. those at risk of having children removed from the home and placed in foster care. Social Services supports Ponca citizens to keep children safe, promote healthy families and improve social, spiritual, physical and emotional needs by working with or referring them to Ponca Tribal offices and other resources within the community.

The Ponca Tribe of Nebraska believes much of the tribe's history being lost each day could be preserved for future generations through its Circle of Elders. Therefore, a lunch is provided for the tribe's elders every Monday in Lincoln. Other offices provide lunches as well, Long said.

Ponca elders can attend gatherings to help educate other tribal citizens to pass along the tribe's history.




## PONCA TRIBE OF NEBRASKA

Caregivers are welcome to attend the lunch, too, with their native elder.

The Ponca Tribe of Nebraska's Lincoln office can be reached by calling 402-438-9222. More information also can be found at [poncatribene.org](http://poncatribene.org) or [www.facebook.com/PoncaTribeOfNebraska/](http://www.facebook.com/PoncaTribeOfNebraska/).

The Ponca Tribe can assist citizens in counties including Boyd, Burt, Douglas, Hall, Holt, Knox, Lancaster, Madison, Platte, Sarpy, Stanton, Wayne and a couple counties in Iowa and South Dakota. However, tribal citizens outside of this area can still call for resources.

"We wouldn't discourage anyone if they need assistance; we will try to find a way to help them or find someone to help," Long said. "It never hurts to just call." 

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# Planning Ahead

## Free Produce Available Through Lincoln Fresh Program

**H**aving food available is something many take for granted.

However, Food Bank of Lincoln Community Engagement Director Michaela Kumke points out not everyone has the resources to get that food.

“It’s a basic need,” she said. “Having food affects how we live, work, play and grow.”

According to its website, nearly 58,000 people who live in the 9,300-square-mile, 16-county area served by the Food Bank lack consistent, reliable access to enough food to lead an active, healthy life. Since 1982, the Food Bank of Lincoln has worked to address food insecurity — connecting people to more than 8

million meals in fiscal 2019 alone.

During this past spring and summer, one way the Food Bank achieved that was through Lincoln Fresh — a mobile produce operation. This is a collaboration between the Food Bank and Community Action Partnership of Lancaster and Saunders counties, and it is funded by the Community Health Endowment. The food truck goes out twice a day Monday through Thursday — once in the morning and once in the afternoon — to 16 locations throughout Lincoln to distribute fresh fruits and vegetables, free of charge, to anyone who needs it.

Community Health Endowment allocates funds to purchase the produce, but much of it comes to

Lincoln Fresh through donations from local grocery stores, including Costco, Hy-Vee, Open Harvest, Natural Grocers, Russ’s Market, Sam’s Club, Super Saver, Walmart and Whole Foods. Kumke said this partnership allows grocers and hobby gardeners to donate their surplus produce without contributing to excessive food waste.

Since Lincoln Fresh made its first appearance in April, more than 56,000 pounds of produce has been distributed to more than 6,200 individuals in need. There have been more than 50 varieties of produce offered. Aging Partners’ Northeast Center and the Asian Community and Cultural Center have been two

*Continued on page 14.*

*Older adults at the Asian Community and Cultural Center and Northeast Senior Center receive fresh produce from the Food Bank of Lincoln’s Lincoln Fresh truck.*



## Free Produce Available Through Lincoln Fresh Program

*Continued from page 13.*

sites for the blue Lincoln Fresh food truck. Combined for these two locations, nearly 10,000 pounds of produce was distributed to about 1,100 people during the first few months.

Kati Umberger, Food Bank of Lincoln healthy food access coordinator, said the goal for Lincoln Fresh is to serve 300 to 400 families each week and help to reduce health disparities for those living in poverty by increasing their access to healthy food.

“The response to this program has been encouraging,” she said. “It’s through the support of the community that we’re able to continue our effort to take down hunger.”

Plans are to operate Lincoln Fresh until the Wednesday before Thanksgiving. Those attending any of the sites are asked to please bring their own bag.

### Hunger Has No Season

While Lincoln Fresh may not be something that can be offered year-round, Food Bank of Lincoln continues its mission daily.

For instance, the Food Bank organizes the Summer Food Service Programs at 32 sites throughout the community to help children have access to at least one nutritious meal each day even when school is out for the summer. The Backpack Program sends children home with food-filled backpacks on Friday afternoons during the school year.

The Food Bank has been identified as the administrator for the federal Commodity Supplemental Food Program (CSFP) in the Lincoln area. CSFP works to improve the health of low-income people at least 60 years of age by supplementing their diets with nutritious U.S. Department of Agriculture foods.

The Food Bank also has monthly rural mobile food pantries — including locations throughout Aging Partners’ eight-county area such as Ashland, Crete, Cedar Bluffs, David City, Fairmont, Osceola, Seward, Wahoo and York — and works to assist people who are eligible for Supplemental Nutrition Assistance Program (SNAP) benefits to recertify. SNAP helps low-income individuals and families purchase the food they need.

Kumke said 52 nonprofit agencies partner with the Food Bank. She said these agencies can purchase food at a significantly reduced rate to help provide food to those in need.

Umberger said she has seen how there are individuals feeling the pinch of increased living expenses. However, she is pleased to see how the

community does a good job supporting efforts to help feed these people.

“There is a great network of organizations focused on addressing the local struggle of food insecurity,” she said.

### How Can You Help?

It takes significant resources to accomplish what the Food Bank does, Kumke said.

The Food Bank organizes food and monetary donation drives throughout the year, noting that every \$1 donation can provide approximately three meals.

“A little really can go a long way,” Kumke said. “We’re a well-oiled machine and can get a good return on donors’ investments.”

The Food Bank’s website states that every donation provides more than financial resources. The donation, for instance, helps send a message of hope for the senior citizen making the challenging choice between purchasing essential medicine or food or gives a reprieve to the child struggling to keep their focus in school because of hunger.

To find out more about Food Bank of Lincoln and schedules of the mobile food trucks and any of its other programs or how you can help in its efforts, visit [www.LincolnFoodBank.org](http://www.LincolnFoodBank.org). 

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## Lincoln Fresh Schedule

### Mondays:

- 48th & Madison parking lot  
10:30-11:30 a.m. Oct. 7 and 21; Nov. 4 and 18
- Calvert Recreation Center, 4500 Stockwell St.  
2:30-3:30 p.m. Oct. 7 and 21; Nov. 4 and 18
- Oak Lake Park, Sun Valley Boulevard and Charleston Street  
10:30-11:30 a.m. Oct. 14 and 28; Nov. 11 and 25
- Community Action's The Gathering Place, 1448 E St.  
2:30-3:30 p.m. Oct. 14 and 28; Nov. 11 and 25

### Tuesdays:

- Aging Partners Northeast Center, 6310 Platte Ave.  
10:30-11:30 a.m. Oct. 8 and 22; Nov. 5 and 19
- Community Action Head Start, 2301 "O" St.  
2:30-3:30 p.m. Oct. 8 and 22; Nov. 5 and 19
- Willard Community Center, 1245 S. Folsom St.  
10:30-11:30 a.m. Oct. 1, 15 and 29; Nov. 12 and 26
- Community Action Head Start, 1821 "K" St.  
2:30-3:30 p.m. Oct. 1, 15 and 29; Nov. 12 and 26

### Wednesdays:

- Asian Community Center, 144 N. 44th St., Suite A  
10:30-11:30 a.m. Oct. 9 and 23; Nov. 6 and 20
- Clinic With a Heart at Sowers Tower, 1701 S. 17th St.  
2:30-3:30 p.m. Oct. 9 and 23; Nov. 6 and 20
- Matt Talbot Kitchen and Outreach, 2121 N. 27th St.  
11-11:30 a.m. Oct. 2, 16 and 30; Nov. 13 and 27
- Carol Yoakum Family Center, 4621 NW 48th St.  
2:30-3:30 p.m. Oct. 2, 16 and 30; Nov. 13 and 27

### Thursdays:

- Southern Heights Presbyterian Church, 5750 S. 40th St.  
10:30-11:30 a.m. Oct. 3, 17 and 31; Nov. 14
- Connection Point, 1333 N. 33rd St.  
2-3 p.m. Oct. 3, 17 and 31; Nov. 14
- Eiseley Branch Library, 1530 Superior St.  
10:30-11:30 a.m. Oct. 10 and 24; Nov. 7 and 21
- Malone Community Center, 2032 "U" St.  
3:30-4:30 p.m. Oct. 10 and 24; Nov. 7 and 21

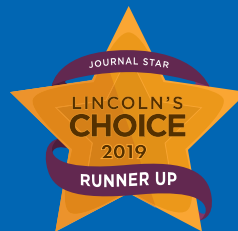
*Note: Lincoln Fresh will be canceled in the event of lightning or a hazardous weather warning and when Lincoln Public Schools is closed for weather.*



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# Can Technology Help Seniors Age in Place?

By Jeremy Hoshor, Aging Partners  
System Specialist

“Aging in place” is a key pillar objective for Aging Partners. However, as we age, living in our homes can become increasingly dangerous; more so if living alone. The risk of falling or just the feeling that everyday tasks are becoming more frequently difficult may sway seniors into thinking that leaving their home for an assisted living facility is their best option. Although this may truly be the case in some instances, many times there are options to be explored that could allow seniors to extend their stay in their favorite place they call home.

Technology is one of those options, and it can possibly play a key role in seniors aging in their own homes. The explosion of the

internet has sparked a side market of smart devices that are able to communicate with one another to perform specific tasks. Combining multiple devices in any number of seemingly endless ways can transform your residence into what is modernly referred to as a “smart home.” Although in many ways, smart devices are in the adolescent stage, there are a dizzying number available to the consumer at relatively affordable prices. A big advantage of many of the devices on the market today is that they largely function both independently as well as conjunctively with other devices. This allows the user to deploy them one at a time, while building a more comprehensive system. This is probably the wisest method to follow. Special attention must be paid to the devices’ compatibility to

ensure they will work together. Here is a look at some of the devices that are available.

## Voice-Controlled Assistant (VCA)

These are great system starters because they provide many benefits on their own, but they also interface with many other products. As stand-alone devices, VCAs can answer questions verbally posed to them by performing an internet search and enunciating it back to the user. When used in concert with other smart devices, they can receive verbal commands and instruct devices in the home what to do. Examples of these types of devices would be Amazon Alex, Google Assistant and Apple Siri.

## Smart Lights

Smart bulbs are a good way to introduce seniors to smart homes

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and are also scalable to be incorporated into more complex systems. Smart bulbs with built-in motion sensors can be programmed to turn on when they sense motion to, for example, light up a dark hallway when arriving home or a bathroom when getting out of bed. Compatible smart bulbs also can be combined with other systems to turn on based on other triggers, such as when you arrive home, when a door is opened or when a TV is turned on.

## Smart Security

A security system with smart features allows for typical security system features such as door and window sensors and audio alarms to be interfaced with smart devices such as doorbell cameras, smoke alarms, voice-controlled assistants and light bulbs. A security system can give the homeowner peace of mind, especially when living alone.

With a myriad of smart devices available, seniors have many options with which to begin creating their smart home. With the potential to help with tasks that may be starting to evade them, seniors may have the confidence to stay in their homes longer, which is a good thing for all!

*NOTE: Aging Partners does not promote any specific brand or product. Product mentions are specifically informative only.* <sup>LW</sup>



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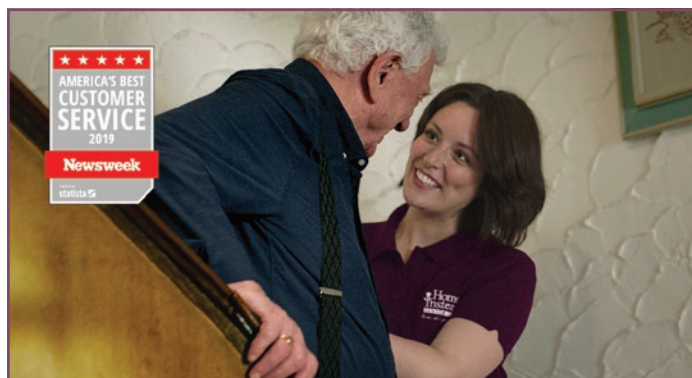
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## En garde! Ready? Fence! *Pick Up A Sword and Get Fit*

*Lincoln Fencing Club Coach Kit Boesch, right, leads a group of seniors in a warmup.*

While it appears at first glance to be a medieval sport, fencing boasts many health and fitness benefits for its modern-day participants. The competitors of all ages boost their endurance, balance, coordination and flexibility.

"It's fun, good physical and mental exercise," said Kit Boesch, Lincoln Fencing Club (LFC) coach.

LFC at 27th & "O" streets welcomes older adults to join in the experience that offers three types of sport with different weapons: foil, épée and saber. The rules of each are slightly different, including target area and the type of hit.

"Fencing is a great sport for learning how to curb anger and positively channel it," Boesch said. "Many enjoy it for the exercise, but also the mental fitness of not just acting, but reacting to an opponent's move."

In 2012, researchers led by Francesco di Russo of the Foro Italico University of Rome hypothesized that participants in sports, such as fencing, which require constant movement and

adaption to changes around them, might counteract age-related decline in memory, learning and processing speeds.

Somewhere over age 70, Boesch said exercise became essential to her.

"If you don't exercise, you can lose your mobility over time," she said. "Fencing is the best way for me not to lose my physical or mental ability."

The sport can be as physically challenging as the individual wants it to be.

"Seniors often tell me 'I can't because ...,'" she said. "I'm not the person to tell that to. I've had two new knees, a new hip, new shoulder and back surgery. We have older adults fencing now who have fibromyalgia and osteoarthritis."

Boesch herself boasts five national fencing medals. Along with coaching, she plays golf on Mondays, pickle ball on Tuesdays, fences on Wednesdays, walks on Thursdays, and fences or walks on Saturdays.

"Moving requires commitment, time, money and exercise as your body



*Fencers Sandy Fletcher and Denise Schneider-Bargar duel.*

will permit," she said. "Notice I didn't say 'find' the time, because that is too easy not to do. Whether your best time is in the morning as the sun comes up or in the afternoon when it's easier to sit and watch television, it doesn't matter. Find what you enjoy doing and see what you can afford. Make a

## Lincoln Fencing Club Philosophy and Core Values

To provide a safe, family-centered, personally-challenging fencing program that develops people as well as fencers.

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- Respect for ourselves and those around us.
- Responsibility for our own actions on and off the fencing strip
- Inclusiveness-everyone is welcome!

commitment to doing it.”

Fencing isn't just a sport of movement; it also requires critical thinking.

“We teach all the different moves, but it is up to each fencer to decide when to use them,” Boesch said. “You have to think two to three moves



*Kit Boesch, left, discusses a move with Mary Nason.*

ahead and stay focused on your opponent. Many compare it to physical chess.”

Boesch began fencing while she was a student at the University of Wisconsin-La Crosse. Her field hockey coach asked her what she was doing in the offseason.

“I said ‘nothing,’” she said. “She told me she had a class that would fit my temperament. I’ve been fencing ever since.”

Boesch fenced all through college and when she began teaching high school, she started fencing clubs along

*Continued on page 20.*

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## En garde! Ready? Fence!

*Continued from page 19.*

her way. She went on to coach at Ohio State University while earning her master's degree. She came to Lincoln to pursue her doctorate, but soon dedicated her time working for the City and started LFC with Rick Kohn and Damon Scaggs in 1980.

"We each brought in an interest group, some equipment and helped build it," she said.

LFC met at local high schools, YWCA, YMCA, Whittier School and many downtown basements before landing at 2645 "O" St., Suite 2.

### Class for Seniors and Wheelchair Fencers

Although LFC members range from ages 5 to 83, Boesch teaches a class for older adults 55 and over on Tuesdays and Thursdays from 10 to 11:30 a.m. for beginners, and 11 a.m. to 12:30 p.m. for intermediate.

The class gives seniors a safe place to join without being compared to younger fencers.

Participants learn about the sport, do a warmup, lesson and a drill — and many enjoy the social experience.

LFC also offers wheelchair fencing, a fast-moving battle of tactic

and technique. Athletes compete in wheelchairs fixed to a frame and fastened to the floor. LFC has four wheelchair coaches and is fully-equipped for wheelchair fencers, including a wheelchair accessible bathroom.

For all fencers, LFC provides the equipment.

"Just come with a desire to learn, meet new people and participate in a sport that will exercise you to your maximum capacity," Boesch said. "If you are uncomfortable, too hot, just want to watch, that's OK. I'm not going to push anyone. But I'd like you to try it."

For seniors, the cost to join LFC is \$40 per month, for those under age 55, the cost is \$75 a month. The cost includes the use of equipment, the class and use of the club during open fencing.

"Put on some tennis shoes, a T-shirt and sweatpants and come join us," Boesch said.

For more information, visit [lincolnfencing.com](http://lincolnfencing.com), or call Boesch at 402-430-3017 or Kristian Anderson at 402-420-7688. **lw**



### Foil

The foil (left) is a flexible, rectangular blade about 35 inches in length and weighs less than 1 pound. Points are scored with the tip of the blade touching the torso of the body. It does not include the arms, neck, head or legs.

### Épée

The épée (middle) is a stiff blade with a larger hand guard and a bit heavier than a foil. Touches are scored only with the point of the blade, but the entire body, from head to toe, is a valid target. The full-body target is what makes épée a competition of patience and careful strategy.

### Saber

The saber (right) is similar in length and weight to the foil. However, the saber is a cutting and thrusting weapon; therefore, scores can be made with the tip as well as the edge of the blade. The target area is anything from the waist to the top of the head. The saber is a fast, aggressive game, favoring the fencer who attacks first.



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**Friday, November 1 : Medicaid Qualifications & the 5-year Lookback**

Presented by Andrew Loudon, Trusts & Estates Attorney, Baylor Evnen. **RSVP by Monday, Oct. 28**

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- **RSVP:** (531) 739-3500 or [HFTconcierge@hillcresthealth.com](mailto:HFTconcierge@hillcresthealth.com)

# More Reasons Why 'It's Always Wise to Exercise'

By Peggy Apthorpe, Aging Partners Health and Fitness

A growing body of research is showing that exercise is as good for the brain as it is for the body. Ozioma Okonkwo, professor of medicine at the University of Wisconsin School of Medicine and Public Health, says “back in the day, the majority of exercise studies focused on the part of the body from the neck down, like heart and lungs. Now we are finding that we need to go north, to the brain, to show the true benefits of a physically active lifestyle on an individual.”

Exercise likely improves brain health, memory and thinking through various ways. Aerobic exercise and strength training cause the heart to beat faster, which increases blood flow to the brain. Blood delivers oxygen; a good thing since the brain is the biggest consumer of oxygen in the body.

Exercise also helps release mood-enhancing brain hormones such as norepinephrine and dopamine. Some studies show exercise appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning. In addition, it can help reduce insulin resistance and inflammation while stimulating the release of growth factors – chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain and even the abundance and survival of new brain cells.

Mind-body exercises such as meditation, yoga and Tai Chi help reduce stress and improve mental clarity. They have been used to treat anxiety conditions, depression and insomnia, according to Jonathan Greenberg, Ph.D., at Massachusetts General Hospital and Harvard Medical School. Some say that in addition to keeping your body young, these practices can turn back the years on your brain, too.

Researchers at the University of South Florida and Fudan University in China found that Tai Chi increases brain volume in seniors who practiced it three times a week for 40 weeks. The study's results are impressive since gray matter usually shrinks with age.

Another study at the University of Massachusetts Center for Mindfulness found increases in gray matter in the hippocampus after an

eight-week mindfulness-based stress reduction program.

Research presented on the first day of the Alzheimer's Association's 2019 International Conference suggests that healthy lifestyle choices may reduce the risk significantly of developing dementia, even among people with a genetic predisposition to the disease. Experts stress that even taking small steps toward a healthier lifestyle is worthwhile.

Start now! It's never too late or too early to incorporate healthy habits. The Alzheimer's Association outlines “10 Ways to Love Your Brain:”

- **Break a sweat** – Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow.
- **Stump yourself** – Challenge your mind by doing new things or playing games of strategy such as bridge.
- **Buddy up** – Staying socially engaged may support brain health.
- **Take care of your mental health** – Seek treatment if you have depression, anxiety or stress.
- **Catch some zzz's** – Not getting enough sleep may result in problems with memory and thinking.



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- **Fuel up right** – Eat a balanced diet high in vegetables and fruit.
- **Heads up!** – Brain injury can raise the risk of dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.
- **Follow your heart** – Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.
- **Butt out** – Smoking increases risk of cognitive decline.
- **Hit the books** – Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or through the Osher Lifelong Learning Institute (OLLI).

Aging Partners Health and Fitness offers a variety of physical activity programs. Our Fitness Center at 555 S. 9th St. has aerobic, strength training, flexibility and balance equipment for all fitness levels. Certified personal trainers are available on Tuesdays and Thursdays or by appointment. Classes are offered at convenient locations throughout Lincoln. They include dance classes like Dynamic Movement and Movement with Mitzi, as well as Qigong, Chair Assisted Yoga and Tai Chi for many levels, including evidence-based Tai Chi Moving for Better Balance classes.

For more information, please call 402-441-7575 or see pages 36 and 37 of this issue. 



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## Don't Let Holiday Treats Trick You in to Compromising on Calories

**T**he holiday season is upon us. It seems that from Halloween to New Year's, we are surrounded by endless temptations of food. Candy, desserts and comfort foods can be a fun and social part of the holidays, but also can present spooky challenges to maintaining our health-related goals. There are some tips and tricks that can help you avoid holiday pitfalls while still enjoying the foods of the season.

### Practice Portion Control

Portion control can be a challenging part of the holidays. We only get these foods once a year and might as well splurge, right? Preparing ahead of time and prioritizing our plate allows us to enjoy the occasional sweet treat while staying on track with our goals.

Set yourself up for success by preparing ahead of time. If you are attending a party in the evening, consider eating smaller meals and snacks throughout the day. It also is important not to skip meals, which can cause overeating later on. If you are bringing food to a party, take something healthy that you enjoy. This ensures you have at least one healthy item available and, if faced with leftovers, provides a good option to take home.

Aim to follow the MyPlate guidelines, focusing on lean meats, fruits, vegetables, whole grains and low-fat dairy. Consider having a small snack, such as a piece of



fruit, before attending social events to help control hunger. Staying hydrated also is a great way to help curb cravings, feel “fuller” and stay in better control.

### Beware of Tiny Tastes

Sometimes it's easy for extra calories to sneak their way in. Look at how these “tiny tastes” throughout the day can quickly add up:

- You are in charge of bringing cookies to the bake sale today. You should probably sample one of the cookies to make sure they're good! (90 calories)
- You pass by your co-worker's desk and notice that she has miniature candy bars in the candy bowl. One small piece won't hurt! (50 calories)
- Your favorite coffee shop is finally featuring your favorite

seasonal coffee. You need a little extra caffeine from getting up early to bake the cookies. (250 calories)

- Standing next to the snack table may not be the best idea; this is your third helping of cheese and crackers! (185 calories)

That totals 575 extra calories!

An extra 500 calories per day can cause about 1 pound of weight gain per week. Consuming these extra calories occasionally isn't a big deal, but doing it consistently can contribute to weight gain.

### Slow Down and Savor

How many times have we spent hours preparing a meal only to have scarfed it down in about 10 minutes? Eating our meals too fast can cause us to consume more calories than we would otherwise.

It takes 20 minutes for our bodies to digest food and for our stomachs to signal to our brain that we are “full.” Making a conscious effort to slow down our eating allows us greater satisfaction with our meals while also having positive health benefits, such as improved digestion and weight maintenance.

### Cook From (and For) the Heart

Show love to family and friends with healthy cooking. Many holiday foods contain a higher amount of fat, sodium and sugar but can be modified with small and simple recipe swaps. Switch the butter in mashed potatoes for chicken

broth, substitute plain Greek yogurt for sour cream, and look for low-sodium and reduced-sugar products.

### Other Holiday Party Tips

- **Keep your hands busy** with something to drink such as water, coffee or tea. If your hands are busy, it's less likely that you will mindlessly munch on foods.
- **Curb cravings with mints, gum or flavored water.** This gives the sweet flavor, but without all the calories and sugar.
- **Focus on the reason for the season.** Remind yourself why

the holidays are important to you.

- **Allow yourself the occasional treat** but make sure to practice portion control.
- **Don't mingle around the snacks.** It's easy to mindlessly munch without even realizing it.
- **Rethink your drink.** Aim to drink 64 ounces of water per day and watch for those hidden calories and sugar in beverages such as alcohol, juice and eggnog.
- **Don't go to parties hungry.** Eat a small snack before you go to help curb cravings and hunger. **lw**



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# Living At Home

## Safe Homes for Seniors Service Helps Protect Against Toxic Chemicals

Over the years, we purchase various products that help us clean our homes or make our yards free of weeds, but that doesn't mean we should hold onto these items forever. As we age, we spend more time in our home and are more at risk for exposure to dangerous household products or we have chronic health conditions that can worsen due to exposure to toxic chemicals.

A partnership between the Lincoln-Lancaster County Health Department and Aging Partners, the Safe Homes for Seniors Service is a free program for eligible adults 60 and over and the homebound to manage dangerous household chemicals and related products. Funded in part by a grant from the Nebraska Department of Environment and Energy, the program provides convenient home assessments for older adults

in Lincoln and Lancaster County.

"Toxic chemicals and hazardous waste are dangerous to human health and the environment," said Dan King, senior environmental health specialist at the Health Department. "Safe Homes for Seniors is available to help eligible seniors with the assessment, sorting and removal of toxic chemicals and hazardous waste, which include pesticides, lawn and garden chemicals, old fuel, mercury-containing products, automotive fluids, cleaning supplies and so on."

During an appointment, a trained Home Handyman visits with the resident and assesses the home for dangerous chemicals. The handyman can inspect places such as basements, garages and garden sheds that some seniors may not be able to access due to limited mobility.





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“Sometimes seniors have already gone through the process and identified what they don’t need,” King said. “Other times, the handymen are trained and more suited to look throughout the house and identify toxic products that are no longer being used.”

Once all the chemicals are identified, and if the senior wants everything removed, the handyman sorts and reviews the chemicals, determining which can be thrown away and which must be properly disposed as household hazardous waste.

“If they want to keep some of the products, the handyman can sort and inform the resident what they have, how much and where it can be safely stored,” he said.

Handymen can help with keeping products up and away from the reach of grandchildren and ensure containers are not leaking. They also can provide guidance on which chemicals can be kept in the garage and will not be negatively impacted by extreme temperature changes.

Interested older adults are encouraged to call Home Handyman at 402-441-7030 to schedule a Safe Homes for Seniors appointment. Again, this service is free and available for

those 60 and over who are actively living in their homes.

For those ready and able to dispose of chemicals themselves, transitioning to an extended care or assisted-living facility, or younger than 60, Lincoln’s Hazardous Waste Center, 5101 N. 48th St., provides local residents with a safe and easy drop-off location for toxic chemicals and hazardous waste. There is no cost to use the facility for Lincoln and Lancaster County residents.

Lincoln’s Hazardous Waste Center is open by appointment-only several times a month. Residents must make an appointment online or via phone. Interested individuals will be asked to choose an appointment time along with giving a rough indication of the quantity of hazardous waste they plan to drop off. For questions or to make an appointment, call 402-441-8021 or visit Lincoln’s Hazardous Waste Center website at [haztogo.com](http://haztogo.com). 



*Lincoln’s Hazardous Waste Center, 5101 N. 48th St., provides local residents and small businesses with an environmentally responsible and convenient drop-off location for toxic chemicals and hazardous waste.*

### Accepted items at the Hazardous Waste Center:

- Adhesives
- Bleach cleaners
- Brake fluid
- Compact bulbs (CFLs)
- Drain/oven cleaners
- Flea/tick products
- Fluorescent tubes
- Furniture strippers
- Glues
- Grease removers
- Herbicides
- Insecticides
- Lighter fluid
- Mercury thermometers and thermostats
- Mixed gasoline
- Mothballs
- Oil-based paint
- Oil-based stains
- Old gasoline
- Paint thinner
- Pesticides
- Pool chemicals
- Power steering fluid
- Small capacitors
- Small propane cylinders (grill-size)
- Solvent-based polishes
- Spot removers
- Torch fuel
- Transmission fluid
- Turpentine
- Upholstery cleaners
- Wood preservatives

### Items not accepted:

- Ammunition and explosives
- Antifreeze
- Asbestos
- Batteries
- Electronics and computers
- Fertilizers
- Fire extinguishers
- Household trash
- Large propane grill cylinders
- Latex paint
- Medications
- Tires
- Used oil

# Staying Self-Sufficient

*By Mitch Sump, Aging Partners  
program coordinator*

**A**s I craft my quarterly column, it is your typical mid-August day in Nebraska with temperatures in the 90s and humidity resembling an Amazon rain forest! So please forgive me if writing about fall activities is difficult!

In our Handyman area, the men and women who keep folks safe and sound in their homes are probably busy with fall cleanups. One last trip around the yard with a mower makes for a healthier and more easily maintained yard next year. Also, make sure the majority of leaves are raked up and bagged prior to the first snowfall. Leaves left on yards over the winter can damage the lawn by providing cover for insects and their larvae. As leaves break down, some tree species will release chemical toxins that can kill grass or perennial flowers. The most important thing for fall, however, is making sure your gutters are cleared for winter. Clogged gutters and downspouts will trap rain and any early snow as it melts. They are just the first problem in a series of problems that can occur, so if you do nothing else to prep your home, make sure and clean those. We will be accepting work orders through Nov. 29, but Mother Nature always can speed that time table up. We are taking names for our snow-shoveling program on a first-come, first-served basis. We have a limited number of Handymen and Handywomen who do this chore, so make sure and get your name on the list quickly. Once we are full, we can't accept any more names. Another event that will be


occurring soon is the Free Furnace Checkup. Local furnace and air conditioning companies provide a seasonal checkup of burners and fans at no cost to the homeowner. If they find any concerns, they will share them with the homeowner, but you are under no obligation to use that company for any suggested repairs. The checkup is free; but any repairs you choose to do are the responsibility of the homeowner. To get a work order scheduled or to get on the lists for snow removal and/or furnace checks, please call Diana at 402-441-7030 or Linda at 402-441-7032.

If you haven't already read the article from Dan King at the Lancaster County Health Department regarding our shared program, Safe Homes for Seniors, please do so. This program is something Dan started himself when he recognized the danger of old, outdated chemicals in people's homes. Dan and his team are passionate about the safety of seniors in our community, and the Home Handyman Service is glad to work with them to provide this service to our clients. To schedule a home review, contact Diana or Linda at the aforementioned phone numbers.

If you have concerns for yourself, family members or friends about what to do should something happen while you or they are alone, please consider Lifeline, our emergency response system. Lifeline was started years ago as a joint project between the St. Elizabeth Hospital Women's Auxiliary and Aging Partners. As the program grew beyond the capabilities of volunteer monitoring, we shifted to a

commercial monitoring service. The Lifeline program continues to provide a secure and inexpensive safety net. It doesn't matter if the client's lifestyle is very active or more sedate, Lifeline has a program that fits the needs of the individual user. No contracts are required, and you can cancel at any time if the program isn't what you expected. For more information about the program and how it might help you, your family or friends, please call Suzanne at 402-441-8816.

Our transit programs are still in full swing, providing rides for seniors to and from their homes to the senior centers in Lincoln. We are experimenting with routes to some of the rural senior centers, but results have been less than what we hoped for. On the rural side, we are still doing routes in the outlying communities using Lancaster County Public Rural Transit. To use the senior center buses, you must be 60 years of age or over and live within the designated area for the senior center you wish to attend. Feel free to attend any senior center you wish, but rides are limited by where you live. Cost to ride the senior center transit buses is a suggested contribution of \$2 and can be placed anonymously at drop boxes at the centers. If you live outside the city limits of Lincoln and want to travel into Lincoln or vice versa, please call 402-441-7031 to determine schedules for Lancaster County Public Rural Transit. The program is "public" transit and has no age limits. Cost to ride is \$2 per boarding.

Now that we're in the midst of football season and the wonderful weather that comes with it, I hope you all have a safe and happy fall! 

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**Mike Roth**

# Aging Partners Services Available in Rural Counties

Outside of the bigger cities in Nebraska lie smaller communities where everyone waves as they drive and time seems to move a little slower.

While the people are friendly, the resources for older adults can be a little more complicated. That's why Aging Partners provides services in Butler, Fillmore, Polk, Saline, Saunders, Seward and York counties to better serve older adults in its eight-county service area.

Care managers provide services in all counties for identifiable needs such as applying for benefits or finding housing, transportation or other in-home care services.

While Aging Partners doesn't necessarily have an "office" for care managers in each county, a dedicated care manager travels to meet with older adults or assists them by phone.

"I help connect older adults to the services they need," said Amy Theis, Polk County care manager. "Our casework services don't necessarily differ from those in Lincoln, it's just that we're the only ones in the county."

Initially, a care manager will visit an older adult to

assess their needs, abilities, circumstances and support. From there, a detailed home care plan is developed.

Theis' colleagues who serve the other counties under Aging Partners' umbrella share her desire to get the word out that help is available for Care Management Services, Medicaid Waiver assistance and general questions.

"We can give information on Medicare, Social Security, veteran's benefits, Medicare Part D, Medicaid, and more," Theis said. "Anyone can call and ask for information."

Care managers provide a confidential source for older adults of all incomes to ask questions or get assistance navigating through information and services.

For those needing assistance living at home, care managers know where to look for things such as cooking, cleaning, personal care and more.

"We don't have as many provider resources in the smaller communities, but we try to be creative and find what we can to help individuals," Theis said.

While some home health agencies come into rural



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communities, they may be limited with what they can offer.

“We look for informal support for older adults,” Theis said. “If a caregiver needs support, we can try to provide resources for them to manage stress or if they just want to visit about what they’re going through.”

Care managers help implement the identified services. The care plan is reviewed regularly and adjusted as necessary to maintain the client’s safety and quality of life at home.

### Medicaid Waiver


For older adults who qualify for low-income services, Theis and her colleagues can assist with Medicaid Waiver and connections to services.

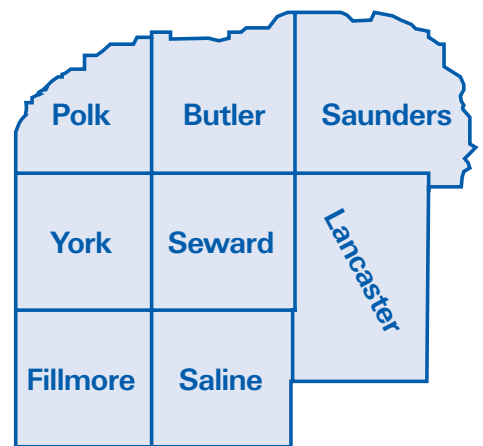
“I help older adults who are on Medicaid and meet nursing home level of care, but choose to

stay home or be in assisted living,” she said.

Medicaid Waiver programs help provide services to those 19 and over who would otherwise be in an institution, nursing home, or hospital to receive long-term care in the community and in their home. Prior to 1991, the federal Medicaid program only paid for services if a person lived in a care facility.

“The purpose is to help people safely remain in their homes if they can,” said Sandy Lutz, Aging Partners program supervisor. “To help, individuals need to be Medicaid-eligible and require assistance at home that would otherwise require them to live in a nursing home.”

For questions regarding Medicaid Waiver, call 800-247-0938. 



### Care Managers by County

**All counties**, 800-247-0938

**Butler County**, Becky Romshek, 402-367-4537

**Fillmore County**, Rhonda Stokebrand, 402-759-4922


**Polk County**, Amy Theis, 402-747-5731

**Saline County**, Michele Tesar, 402-826-2463


**Saunders County**, Mary Dailey, 402-443-9376

**Seward County**, 800-247-0938

**York County**, Jerri Merklinger, 402-362-7626



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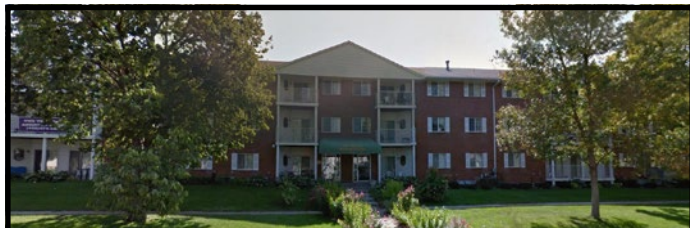
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# Caregiver Corner

## Mental Health Issues Not Normal Aging

**I**t's important for caregivers to remember that an older adult's mental health needs to be monitored.

However, saying mental health issues come with the territory of the normal aging process is simply not true, according to Christopher Kelly, University of Nebraska at Omaha Department of Gerontology associate professor. He said there are some who believe it's natural to become more vulnerable to depression and anxiety as people become older.

He points out how older adults suffer the same psychological issues as younger adults, but it is possible for them to be susceptible to mental health issues resulting from factors such as stress, poor health, loss of a loved one, decline in cognitive skill and changing life situations. Because of this, depression, anxiety and bipolar issues can often be found among those living in long-term care facilities, where older adults are not with their families and many have been diagnosed with dementia.

"There are higher rates of mental health issues among the residential care facility population compared to those aging at home, but the problem is that mental health issues both in and out of a facility are underdiagnosed," Kelly said.

Dementia is caused by brain damage to the sensory, thought, memory and behavior parts of the brain. It also causes the loss of memory and cognition, the ability to make sound judgments and expressing ideas. Many of those

symptoms can also be related to depression, anxiety and bipolar disorder.

"Rather than assume someone has dementia causing changes in personality, we should first rule out a psychiatric disorder, which can be treated. In many cases, dementia cannot," Kelly said. "Some symptoms of these mental illnesses resemble dementia."

In some cases, mental illness can accompany those with dementia. But often, it is diagnosed when an individual might be suffering from anxiety, depression or bipolar disorder.

"For example, if someone is diagnosed with Alzheimer's disease, it is stressful and gives a lot of reason to be depressed and treatment should be given," Kelly said. "Even for those with dementia, talk therapy and medication can be effective in terms of addressing the symptoms of depression."

Mental health issues are often ignored or medicated, but not diagnosed or treated effectively. According to Kelly, the most effective treatment is individual or group therapy.

"Medication can help," he said, "but there is an increased risk of an adverse drug reaction when an older adult is on multiple medications."

Screenings for bipolar, depression and anxiety among older adults are similar to those for younger age groups.

"I think we can do a better job of screening for mental health conditions among older adults and removing the stigma," Kelly said. "There is often a negative



*Christopher Kelly, University of Nebraska at Omaha Department of Gerontology associate professor*

association that mental illnesses have with our older generations because of how, in the past, mental health conditions were treated."

For those who grew up in the 1940s and '50s, they saw how mental health was treated by being admitted as patients in a mental health facility.

"The idea of that can be frightening or intimidating for older adults, especially men, because of that negative association and stigma depression has," Kelly said. "It is not like that now, and it should be properly treated."

He said that early diagnosis and effective treatment can increase the well-being for those facing these challenges.

Caregivers and loved ones are encouraged to become familiar with the symptoms of mental illnesses to better ensure older adults receive the proper diagnosis and treatment. Family members should also note



that there is a genetic link for some mental health issues.

“One could assume if a parent faces a mental illness, a son or daughter is at heightened risk of developing it,” Kelly said.

He said caregivers should recognize the symptoms in their own health and seek treatment or respite on the caregiving journey as needed. <sup>14</sup>

### Anxiety symptoms:

- Excessive worrying.
- Racing thoughts.
- Expecting the worst is going to happen.
- Difficulty sleeping.
- Difficulty concentrating on tasks.

### Depression symptoms:

- A loss of interest in activities they enjoy.
- Unexplained weight loss/weight gain.
- Changes to mood or behavior such as more irritable, quick to anger.
- Thoughts of harm or self-harm.
- Feeling severe fatigue or lack of energy.

### Bipolar symptoms:

- Someone depressed part of the time and, at other times, in a manic or euphoric state.
- Extreme irritability.
- Poor concentration.
- Increased energy, activity and restlessness.
- Overconfidence in abilities.
- Difficulty sleeping.



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## 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 (ALLO Channel 2, Spectrum Channel 1300 and Kinetic Channel 1005) and LNKTV Health (ALLO Channel 3, Spectrum Channel 1301 and Kinetic Channel 1010). ▲
- **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.
- **Durable Medical Equipment** - Providing items that address short- and long-term needs. Lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers.
- **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 assists 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 and 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

### HEALTH INSURANCE AND FINANCIAL COUNSELING

402-441-7070 or 800-247-0938

- **Medicare** - what you need to know when you turn age 65; working past age 65; Parts A, B, D and Advantage Plans; Medicare supplements, yearly changes, updates and open enrollment; complaints, errors and appeals; low-income assistance programs.
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### SENIORS FOUNDATION

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

## 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. Five 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  
Hickman Community Center  
115 Locust St., Hickman
- 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  
13820 Guildford 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**  
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▲ 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](mailto:dnorris@lincoln.ne.gov). To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov).

### LIVE & LEARN

A monthly TV show for and about older adults on LNKTV City (ALLO Channel 2, Spectrum Channel 1300, Kinetic Channel 1005) and video-on-demand at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: vod) or Live & Learn's YouTube channel at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: live & learn). View on LNKTV City or online at [lincoln.ne.gov](http://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  
Michele Tesar, 402-826-2463
- Saunders County  
Mary Dailey, 402-443-9376
- 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  
402-764-2252
- Saline County Aging Services  
Lori Moldenhauer, 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 Dinners  
c/o Village Hall  
323 E. "M" St., McCool Junction  
402-724-2525
- York Leisure Home  
215 N. Lincoln Ave., York  
402-362-2900
- York Area Senior Center  
725 Nebraska Ave., York  
402-362-2496

### SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

# 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](mailto:delrod@lincoln.ne.gov) to sign up.



## Health and Fitness

### Aging Partners Fitness Center

555 S. 9th St.  
Monday through Friday  
8 a.m. to 4 p.m.

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 and family caregivers of any age. \$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 and family caregivers of any age 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 canceled.*

## New for Family Caregivers

Family caregivers do a lot to enhance the health and well-being of the person they care for. It is important that they remember to take good care of themselves. One of our certified personal trainers or instructors would be happy to assist you in developing a home-based exercise program designed to meet your needs. Appointments can be set up at a time and location convenient to you. We would also like to encourage family caregivers to take advantage of our fitness center and classes if they can. Call 402-441-7575 for more information.

### Chair Tai Chi (New)

Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.

- St. Paul United Methodist Church  
1144 "M" St. (dining room)  
Tuesdays and Thursdays  
9:30 to 10:15 a.m.  
Sept. 10 through Dec. 3  
(no class Nov. 28)

This evidence-based program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants meet twice weekly for 12 weeks and are taught simple movements they can practice sitting or standing near a chair. \$2 suggested per class contribution or \$4 per week.

### Movement with Mitzi

Auld Pavilion  
1650 Memorial Drive  
Wednesdays, 1:30 to 2:15 p.m.

- Sept. 11 through Nov. 27  
(Please note: Class on Sept. 11 is in a temporary location – Antelope enclosed shelter)  
Mitzi Aden, certified personal trainer and fitness instructor,

will lead this four-part miniseries designed to give you a chance to sample different types of exercises.

- Oct. 2 and 23, Nov. 13 - Bands and Balls: This is a fun class that uses balls and bands to improve flexibility, strength and tone muscles.
- Oct. 9 and 30, Nov. 20 - Movement with Mitzi: This class includes low-impact movements done while seated and standing near a chair. Upbeat oldies and modern music make this an empowering and fun workout.
- Oct. 16, Nov. 6 and 27 - Bend, Stretch and Breathe: Exercises in this class are based on concepts from Aging Backwards and geared toward lengthening and strengthening muscles. Movements are done from a chair but those who choose to can do some from the floor with a mat. Please bring a mat if you would like to do some floor work.

### Qigong Refresh and Recharge

This ancient, meditative practice focuses on slow, gentle movements which help to relieve aching muscles and stiff joints, improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches and stimulating breathing exercises. This class is appropriate for individuals at all levels of ability.

- Cotner Center Condominium  
1540 N. Cotner Blvd.  
(use Cotner Blvd. entrance)  
Mondays, 10:30 to 11:30 a.m.  
Sept. 9 through Dec. 2  
(no class Nov. 11)
- Auld Pavilion  
1650 Memorial Drive  
Thursdays, 9:30 to 10:30 a.m.  
Sept. 12 through Dec. 5  
(no class Nov. 28)



### Dynamic Movement

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

- Cotner Center Condominium  
1540 N. Cotner Blvd.  
(use Cotner Blvd. entrance)  
Mondays, 2 to 3 p.m.  
Sept. 9 through Dec. 2  
(no class Nov. 11)
- St. Mark's United Methodist  
8550 Pioneers Blvd.  
(church gymnasium)  
Thursdays, 3:30 to 4:30 p.m.  
Sept. 12 through Dec. 5  
(no class Nov. 28)
- Auld Pavilion  
1650 Memorial Drive  
Tuesdays, 9:30 to 10:30 a.m.  
Sept. 10 through Nov. 26

### 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.

- East Lincoln Christian Church  
7001 Edenton Road  
Fridays, 11 a.m. to noon  
Starting July 19 this will be an ongoing class; however, preregistration is still required if you have never attended this class.

- Eastridge Presbyterian Church  
1135 Eastridge Drive  
Wednesdays, 1:30 to 2:30 p.m.  
Starting July 24 this will be an ongoing class; however, preregistration is still required if you have never attended this class.

### Tai Chi – Moving for Better Balance

Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.

Tai Chi – Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. \$2 suggested per class contribution or \$4 per week.

- Auld Pavilion  
1650 Memorial Drive  
Tuesdays and Thursdays  
11 a.m. to noon  
Sept. 10 through Dec. 3  
(no class Nov. 28)
- Eastridge Presbyterian Church  
1135 Eastridge Drive  
Mondays and Thursdays  
1 to 2 p.m. or 2:30 to 3:30 p.m.  
Sept. 9 through Dec. 5  
(no class Nov. 11 and 28)

### 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.  
Sept. 9 through Dec. 2  
(no class Nov. 11)

### Free OsteoBall Class

Aging Partners Fitness Center  
555 S. 9th St.

Thursdays, 1:30 to 2:15 p.m.

Oct. 10, 17, 24 and 31

Give this unique class a try. The OsteoBall is an exercise ball with handles that was invented by osteoporosis expert Dr. Robert Swezey. You will strengthen muscles and bones, improve flexibility and range of motion and alleviate joint stiffness. These effective isometric exercises are done while in a seated position.

Equipment and space are limited. Preregister by Friday, Oct. 4, to assure your place in class. All ages welcome.

### Diabetes Self-Management Workshop

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!

- Hillcrest Firethorn Health Services  
8601 Firethorn Lane  
Wednesdays, 1:30 to 3:30 p.m.  
Oct. 9 through Nov. 13
- Belmont Senior and Recreation Center  
1234 Judson St.  
Tuesdays, 10 a.m. to noon  
Nov. 12 through Dec. 17

*Continued on page 38.*

# Aging Partners News and Events

*Continued from page 37.*

## UNMC/Aging Partners Health Fairs

Please join us at one of our upcoming health fairs! Services available: balance checks, Sahara Bone Density screenings, blood pressure checks, grip strength checks, and finger stick cholesterol and glucose checks.

- Belmont Senior and Recreation Center  
1234 Judson St.  
Thursday, Oct. 17, 10 a.m. to 1 p.m.
- Asian Cultural & Senior Center  
144 N. 44th St.  
Wednesday, Oct. 30, 9 a.m. to noon
- Bennet Senior Center  
970 Monroe St., Bennet  
Thursday, Nov. 14, 10 a.m. to 1 p.m.

## Vermeer Education Center

Senior Health Promotion Center  
4000 S. 84th St.

(located north of St. Mark's Church)

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. 2, 9, 16 and 23  
Nov. 6, 13 and 20  
Dec. 4 (all services) and 18 (foot care only)

## Downtown 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. 3, 10, 24 and 31  
Nov. 7 and 21  
Dec. 5 (all services) and 19 (foot care only)

## Senior Center Events

### Urban Legends Art Studio

Thursday, Oct. 24

2632 N. 48th St.

10 to 11 a.m.

Join us as we discover our creative side. Each person will create a door hanger of your choice. There are several to select from which include fall or holiday door hangers. Get into the season and have fun! Limited to 20 people.

\$10 studio fee

\$5 transportation fee

Reservations call 402-441-7158 by noon Friday, Oct. 18.

### Downtown Fright Fest

Thursday, Oct. 31

1005 "O" St.

9:30 to 11:30 a.m.

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

What isn't there to love about Halloween? Candy, movies, decorations, costumes – and that's just barely scratching the surface! C.A. Waller will be performing from 10:30 to 11:15 a.m. Join us for the costume contest, scary treats and ghoulish games at our annual Halloween party! Call 402-441-7154 for details and meal reservations.

### Bob Ross® Oil Painting Class

Saturday, Nov. 2

9:30 a.m. to 3:30 p.m.

Lake Street Center

2400 S. 11th St.

Blood Moon: A blood-red moon peers over a cold, wintry sky. Paint along with certified instructor Donald R. Belik. No experience required. All materials and supplies are provided. Registration required; call 402-441-7158. Payment due by Friday, Oct. 25. Mail payment to Aging Partners, Attention: Art Class, 1005 "O" St., Lincoln, NE 68508. Cost: \$50.

### Bison Bones by Ord

Thursday, Nov. 14

Downtown Center

1005 "O" St.

10:15 a.m.

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

Paleontologist Shane Tucker will talk about his summer digs and what he discovered along the way! Join us for lunch and this special presentation. Call 402-441-7154 for details and meal reservations.

### Thanksgiving Meal

Don't miss this year's nutritious and delicious meal at your Aging Partners Senior Center (meals to be served at each center's usual meal time).

- Monday, Nov. 18 – Firth
- Tuesday, Nov. 19 – Bennet
- Wednesday, Nov. 20 – Asian, Belmont, Downtown, Lake Street, Northeast and Waverly
- Thursday, Nov. 21 – Bennet  
MENU: Turkey, garlic knots, cornbread stuffing, toasted almond and mushroom green beans, loaded mash potatoes, cranberry orange sauce and pumpkin pie.

For reservations, call your senior center by noon two days prior to the meal.

### Omaha Community Playhouse

#### A Christmas Carol

Thursday, Nov. 21

Departure: 6 p.m. from Walmart (3400 N. 85th St.)

Play begins: 7:30 p.m.

Return to Lincoln: 11 p.m.

It just isn't Christmas without A Christmas Carol. Experience a holiday tradition as Ebenezer Scrooge takes us on a life-changing journey to discover the true meaning of Christmas. Filled with stunning Victorian costumes, festive music and crisp, wintry sets, A Christmas Carol



is a beautiful reminder of the power of redemption and the generosity that lies at the heart of the Christmas holiday. \$5 transportation fee to pickup site. Cost: \$56

We must have 30 people to make this trip. Reservation and payment due by noon Friday, Oct. 18. For reservations, call 402-441-7158.

### All-Senior Center Holiday Party (for Senior Center members)

Tuesday, Dec. 10

Auld Pavilion at Antelope Park  
1650 Memorial Drive

Doors open at 5 p.m.

Hy-Vee catered dinner at 5:30 p.m.

\$15 suggested contribution for meal and show.

\$5 suggested contribution for round-trip transportation within Lincoln.

Celebrate the holiday season with dinner, door prizes and dance to the

music of Leo Lonnie Orchestra. We may even have a visit from Santa Claus. Make your reservations through your local Senior Center manager by noon Monday, Dec. 2.

### December Holiday Meal

Don't miss this year's nutritious and delicious meal at your Aging Partners Senior Center (meals to be served at each center's usual meal time):

- Monday, Dec. 16 – Firth
- Tuesday, Dec. 17 – Bennet
- Wednesday, Dec. 18 – Asian, Belmont, Downtown, Lake Street, Northeast and Waverly
- Thursday, Dec. 19 – Bennet

MENU: Roasted Rosemary chicken, loaded mashed sweet potatoes, roasted mushrooms and veggies, cranberry apple spinach salad, roll and pecan tassie bars.

For reservations, call your senior center by noon two days prior to the meal.

### Harpist Heidi Beran Performs a Christmas Concert


Thursday, Dec. 19

Downtown Center

1005 "O" St.

10:30 to 11:15 a.m.

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

Enjoy a wonderful Christmas concert performed by Heidi Beran. Heidi is a freelance harpist and private music educator in the Lincoln area. All December birthdays will be recognized. For meal reservations, call 402-441-7154. 

# LivingWell

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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.

\_\_\_ Check or money order payable to *Living Well* enclosed.

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*Questions about subscribing? Contact Deb Elrod at delrod@lincoln.ne.gov or 402-441-6146.*

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