

LivingWell

Fall 2023 • Volume 19 • Issue 4

A publication of
**AGING
PARTNERS**

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John Goodwin, Malone Center executive director, looks forward to a new facility which can better help youth today eliminate multigenerational poverty.

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Saving Seniors Money

**New Medicare
Information for 2024**

**Supplements
Drug Plans
Advantage Plans**

**Listen Learn Leave
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**Lincoln Fire Fighters Reception Hall
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Mornings	Afternoons	Evenings
9:00 Refreshments 9:30 -11:00 Seminar	1:00 Refreshments 1:30 - 3:00 Seminar	5:30 Refreshments 6:00 - 7:30 Seminar
October	October	October
4, 13, 25, 31	9, 15*, 19, 27	17
November	November	November
10, 15, 20, 30	3, 12*, 19*, 27	7
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Director's Corner

Aging Partners Centers Important to Neighborhoods, Communities

Our relocation to Victory Park has received a lot of attention recently, and rightfully so – the fact that our senior center and fitness center client numbers have doubled and tripled, respectively, is a testament to the way the city of Lincoln has embraced our new Aging Partners headquarters.

The highly favorable reviews also reinforce the vital need for our other centers throughout Lincoln and Lancaster County to remain strong and relevant. Our Belmont, Northeast and Washington Street Centers continue to give us a location in all four of Lincoln's quadrants where older adults can gather with friends, enjoy a delicious meal, participate in

various activities and learn more about additional services Aging Partners offers.

Our Lancaster County "rural" Centers in Bennet, Firth and Hickman offer similar benefits to the residents of those great communities.

Washington Street Center Manager Kelle Brandt helped guide the relocation of her facility last year – a move that has proved to be very successful. Denise Howe is in her second decade of leading one of our centers – first the former Downtown Center and currently the Northeast Center. Paula Chamberlain has been engaging patrons at our rural Lancaster County Centers for over eight years, in addition to

spearheading our efforts to offer services and resources to the communities of Malcolm and Waverly on a monthly basis.

Neighborhood centers continue to be fixtures in our Lincoln neighborhoods and rural county communities. I'm grateful to the many people who work so hard to enhance their significance to the people we serve. **lw**



Randall S. Jones



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

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Malone Center Changing Trajectory for Today's Youth

Found in the heart of where many of the city's first African American residents lived, the Clyde Malone Community Center appears as an unassuming building — but its rich history makes it the heart of the African American community in Lincoln.

Shortly after slavery was outlawed, segregation in schools and other public accommodations continued, however. During the Great Migration beginning in 1910, African Americans began moving into industrial cities to find work but instead found employment exclusion and discrimination.

Lincoln Urban League (LUL) was created in 1931, offering African Americans an outlet for self-expression, a means for recreation and to promote more abundant social, economic and educational opportunities. Millard T.

Woods led LUL, while other community members worked tirelessly for the integration and betterment of African Americans in Lincoln.

To alleviate suffering from the Great Depression, President Franklin D. Roosevelt's New Deal in 1933 also provided more federal support to African Americans and channeled funds to Urban League affiliates, allowing the expansion of LUL services and the establishment of a physical facility. The first two dwellings fell through — one to fire — before the LUL Community Center, 2030 "T" St., opened with the help of Nathan Gold, who underwrote the loan. When Woods resigned in 1942, Clyde W. Malone was chosen as executive director and would later be chosen as the center's namesake.

In a complex series of events, the

LUL Board of Directors voted to cut ties with the Nebraska Urban League and reorganize itself in 1955 as an independent organization dedicated to the operation of the community center, creating what we know today as the Clyde W. Malone Community Center at 2032 "U" St.

"The area around the center was redlined, and this is where African American people had to live in this city," Ed Wimes said. "Other places where kids could go, they weren't welcome."

Wimes, retired University of Nebraska administrator, grew up down the street from the Malone Center and spent much of his youth there.

"I came here every day because I could," he said.

Due to discrimination and low wages, many African American parents



Clyde
MALONE
COMMUNITY
CENTER
2032 "U"

From left, John Goodwin, Malone Center executive director, and Ed Wimes, Malone Center alumnus and champion, look forward to seeing what youth can achieve.



had to work multiple jobs, leaving the Malone Center as a gathering place for youth that provided recreation, education and connection.

“The center was a hub of the community,” Wimes said. “We had a library, gym, auditorium where we held plays, concerts, dances, balls, weddings and other entertainment. I even met legendary athletes Jackie Robinson, Bill Russell and Meadowlark Lemon here as a kid.”

Wimes spent much of his youth in the library.

“My mom went through the ninth grade,” he said. “Back then, that was all many were able to do. Malone was instrumental in providing the kind of intellectual assistance students needed in terms of being prepared to go through high school and beyond.”

Wimes remembers painting houses in the neighborhood in the summer heat, learning lessons on teamwork, hard work and how to earn a little money.

“The people in this neighborhood dealt with great injustices,” Wimes said. “But we went to church every Sunday, loved our neighbors and didn’t return that evil. My mom, she wasn’t bitter. She instilled in me that everyone has great

value and not to let anyone take that from you. You can do what you want if you put your brain to it; and through the blessing of God, it’ll happen.”

There are countless success stories of individuals who were impacted by the Malone Center.

“Name a profession — doctor, dentist, lawyer, teacher — and someone impacted by Malone has done that,” Wimes said. “This is what’s going on with the center — generations of people have seen this as a special place; and the center has been an important part of their social, academic and recreational life.”

At the Malone Center, many students have learned how to cook, sew, dance and to communicate effectively.

“We still have the same foundation today,” Executive Director John Goodwin said. “We’re still cooking, gardening, and teaching kids how to be leaders — we’ve just caught up with technology. Our mission is to create unity and prosperity throughout Lincoln, to move forward and build connections while honoring and recognizing the heritage of the people who have gone before us so we know where we come from and where we need to go.”

Nurturing Today

Malone Community Center continues to be more than just a building. Its programs and initiatives extend beyond its walls to support a mission to end multigenerational poverty by serving neighboring families, youth and the Lincoln community with inclusive, social, cultural, educational, employment and welfare services; constantly re-evaluating programs to ensure current needs are met.

The Malone Center is a hub for youth, providing safe, fun and educational child care solutions and serving about 1,000 kids and their families. Young students ages 3 to 5 gain a love for learning at the all-day, affordable Early Achievers Academy, a partnership with Educare. Children ages 5 to 12 are picked up from 13 local Lincoln Public Schools and brought to the center for safe, enriching programming as part of the Malone Out of School Program. It doesn’t stop there; Malone runs the Culler Middle School Community Learning Center to provide free and safe afterschool programming to extend learning opportunities by focusing on sports and recreation, health and wellness, arts and communication and STEM (Science, Technology, Engineering and Math).

The Malone Center offers a variety of youth programming — including afterschool clubs for gardening, cooking, reading, photography, dance,

Continued on Page 6



Generations of people have seen this as a special place; and the center has been an important part of their social, academic and recreational life.”

– Ed Wimes, Malone Center alumnus and champion

Malone Center Changing Trajectory for Today's Youth

Continued from page 5.

mindfulness, art, Spanish, poetry, sports, cosmetology and more. STEM programs teach students about the human body, solar system, and how to fly a plane through the virtual Flying Classroom — the only such program in Nebraska. With the use of the center's "Think Make Create" Mobile Lab, students can experience these programs anywhere.

The Young Men and Women's Business Leadership Academy positively influences participants to be accountable for their actions and think proactively and cooperate with community entities and individuals. This helps students acquire new social skills, emotional regulation skills and cooperative qualities relative to business skill sets, preparing them to be servant leaders in their communities and future careers.

"We work to teach our teens how to be entrepreneurs, engage in positive activities and conversations, as well as stress the importance of relationships," Goodwin said.

Take Pause works to create positive interactions between teens and Lincoln Police Department to foster trust, respect and understanding. Youth learn teamwork and an active lifestyle through athletics such as basketball, football, track and field and volleyball.

Going beyond youth programs, Malone Center is focused on holistic health and wellness of youth and their families. Through the Health and Healing program, staff work with families to create individualized health journeys for support and empowerment to grow and make life changes related to mental health, recovery, chronic disease, access to health care and more.

"We offer licensed therapists for our youth and families, and peer support groups which all focus on mental health," Goodwin said.

The Maternal Wellness program

works to decrease African American infant and maternal mortality and morbidity rates as well as increase breastfeeding success through education, empowerment, support, access to health care resources and services during pregnancy and the year after childbirth. Available in Lincoln and Omaha, the program supports mothers through birthing classes, labor and postpartum doulas, breastfeeding support, peer counseling and father support.

"We offer 24-hour support to the 140 families we are supporting right now," Goodwin said.

Malone Milk Share Mobile delivers human milk to the doorsteps of moms and babies in need within a two-hour radius of Lincoln and Omaha. The milk is picked up, screened, tested and delivered all for the health benefit of the baby.

Advancing Tomorrow

Since 2019, Malone Center has grown exponentially. To better serve the community, the center plans to demolish its current building in early 2024 and work toward building a \$20 million three-story 52,000-square-foot facility and additional parking through its Breaking the Cycle

Capital Campaign. This long overdue expansion will replace the small 14,000-square-foot, old, leaky building from the 1980s.

"We preach wealth and abundance from a building that is falling apart," Goodwin said. "Our new space will reflect our commitment to growth and excellence and serve as a platform for our work building the path out of poverty for those we serve."

The new facility will provide each program with a dedicated space, along with offices, classrooms, homework space and modern kitchen. It will also offer shared spaces for the community including a computer lab, lounge and game rooms, modern conference rooms and breakout rooms for meetings and gatherings. A new gym will continue to serve as the cornerstone of the center, with locker rooms and restrooms for athletes, coaches and officials; and it will be a rental space for community events.

"The kids call it a mansion, and that's what we want them to strive for," Goodwin said. "When they see it, they have a visual of how they need to live. When they walk into this place, they won't leave the same way. They're going to learn something and have a desire to learn and hope to get better."



Through its Breaking the Cycle Capital Campaign, the Malone Center looks forward to better serving the community with its new three-story building to be completed in fall 2025.


Goodwin is thankful for the support of the community — both past and present.

“This is for all of those who helped establish and build up the center; this is their legacy,” Goodwin said. “This building represents growth, not just for our programs, but for this community to eliminate multigenerational poverty. It’s a mindset: you are who you are based on your experiences in life. This is our chance for the community to start thinking differently, to get out of the poverty mindset and change behaviors that lead to more successful outcomes.”

Wimes said his mother’s generation was limited because society said this is where they could go and they couldn’t go further.

“But they knew they didn’t want that for their kids, so they kept stepping up that ladder,” he said. “This new facility is because of all those generations who stepped up that ladder for the community. Hopefully in my life, I’ve done that for others — kept a lot of doors open to help future generations walk a smoother path. If someone at the Malone Center asks me for help, I’m there because I know what it did for me. It’s simple — it’s all about giving back.”

Programs will continue at other locations during construction, which is expected to be completed fall 2025.

For more information about the Malone Center and its programs, visit www.malonecenter.org or call 402-474-1110. 



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Colleen and Debbie laugh as they gather material.

Washington Street Center Move Successful

A location change for what is now the Washington Street Senior Center has proven beneficial.

The longtime Lake Street Senior Center closed Nov. 30 when the host facility sold the building. The new Washington Street Senior Center

opened Dec. 5 in Grace Lutheran Church, 2225 Washington St.

The new facility boasts more space, parking and accessibility as the center is on ground level.

“We are ADA accessible, have ample parking, a kitchen facility and space for recreation and other activities,” said Kelle Brandt, center manager.

Many new attendees join the previous Lake Street Center attendees who have transitioned to the different location just over a mile away.

“We’ve grown since we moved,” Brandt said. “Many people are willing to try out the new location. It piqued everyone’s interest, and we’ve had a lot of visitors from the neighborhood and individuals from across Lincoln.”

The center continues to offer many of the same services, such as a meal, events and entertainment. The Lied Bookmobile still visits, but it is now easier for participants to access because

of the larger parking lot.

The center has had great success with its centerwide book reads, in which participants read the same book and enjoy a discussion.

“The library has been a wonderful partnership with us in suggesting books and help us with these centerwide book reads,” Brandt said.

Brandt continues relationships with community agencies such as Bryan Health Sciences and its student nurses. Grateful Growers members come in to discuss nature, herbs and other nature-minded things; and they bring flowers for participants to make bouquets and take home to enjoy.

Other new relationships have come from partnering with Grace Lutheran Church, which has been supportive of the center.

“They have been a wonderful host facility, and the staff is so kind,” Brandt said. “I can’t say enough kind words about how fantastic they have



Liz of the Grateful Growers names flower types to Merwin.



Liz of Grateful Growers talks to people at Washington Street Center.



Fran is thankful for the center after moving from Ohio.



Participants gather flower material from the Grateful Growers to make their own flower bouquets.

been. They are true partners in helping us grow. They are community-minded and really encouraging their congregation to look and see how we can all work together.”

The church invited center attendees to join the quilting group, creating quilts for charity.

“It’s been nice to have some ladies go there and meet others,” Brandt said. “The church also got a ping pong table, so there’s been a few games going on.”

Why a Senior Center?

Aside from managing the center, Brandt does outreach speaking to older adults and groups about senior centers.

“What’s funny about senior centers is that many think they’re not old enough to come — I’ve had people in their 90s think that,” she said. “But I have people from their 60s to 90s come, and you get what you put into it.”

Brandt sees the center as a way to meet friends, socialize and have another reason to get up and go in the morning. She will see individuals come in without knowing anyone; and after a few days, they are getting together with other attendees outside of center hours.

“They talk over coffee and end up enjoying each other’s company,” she said. “The center has a way of creeping up on you, and you’ll find you might enjoy it more than you expected.”

Brandt knew a gentleman who didn’t think a senior center would work for him and continually turned down her invitations despite his daughters encouraging him to attend.

“I finally wrote him a letter explaining what the senior center was about and just mentioned he could give me a call if there was anything I could do,” she said. “A few weeks later, he called and asked if we could meet for coffee.”

They met, and he noted that the letter is what really changed his opinion.

“He now attends five times a week and is one of my volunteers,” she said. “He’s become a dear friend of mine.”

Sometimes, taking the first step is the hardest.

“We offer a meal, events and entertainment,” Brandt said. “But there’s more than that – there are people. Come have lunch, play a game, or listen to some entertainment. You don’t have to stay the whole day. Just come for a cup of coffee and

check it out. Just walk in the door and see what you like.”

To see what events are happening at a senior center near you, check out pages 36 to 39 of this magazine or My Center News.

“Just come check it out; and if you don’t like it, that’s fine,” Brandt said. “The coffee and cookie are on me.”

The Washington Street Center is located within Grace Lutheran Church, 2225 Washington St., and is open Monday through Friday from 9 a.m. to 1 p.m. Lunch is served at 11:30 a.m. For meal reservations, call 402-441-7157 by noon two business days in advance.

Transportation to Aging Partners senior centers is available upon request. Voluntary contributions for transportation are accepted. **LW**

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Streich Gives Back Through Fitness

Easily fitting the description of an avid runner, Clayton Streich has ran in more than 30 marathons and tallied 42,000 miles since 1978.

He's participated in marathons in places such as Lincoln and Omaha, as well as Minnesota, the Big Sur International Marathon in California, Boston Marathon and even the Dublin (Ireland) Marathon. Streich won the masters division of the 1981 Omaha Marathon. That same year, he achieved his personal record of 2 hours and 42 minutes in Minneapolis for the 26.2-mile course.

Running was always fun for him, and it was a way to build friendships. He frequently hit the running trails with Lancaster County Commissioner Ray Stevens and Lancaster County District Court Judge Jeffre Cheuvront.

Streich's love for running eventually morphed into coaching, spending 10 years coaching cross country at Lincoln Northeast High School.

"I loved getting to know the young runners and

encouraging them," he said. "I felt if you wanted to get the most out of running and give the most back, you should do all aspects — racing, coaching and event organizing."

As director, Streich organized the first Mayor's Run in 1988, a 1-mile kids run around the Capitol building. The goal was to see 500 kids participate. The first year, 700 kids signed up; and the next year, it was 1,000. At one point, the Mayor's Run was the largest kids run in the Midwest and one of the largest in the country with 3,900 kids competing. Streich continued to organize the event for 25 years.

In 2001, fellow runner Stevens talked Streich into doing the Tour de Nebraska, a five-day, non-competitive bicycle tour of rural Nebraska. Although he was in shape, Streich found it more difficult than he anticipated.

"The first year was rough," he said. "Nonetheless, I found myself saying, 'Next year I can do better.'"

A few years later, Cheuvront joined — reuniting the running trio on the bike trails, which is an activity they continue to this day.

Streich enjoys doing mini-tours, and has ridden in locations across the Midwest and a couple with his wife, Susan, in Europe, through Austria, Czechoslovakia, France, Germany, Hungary, Portugal and Spain.

Giving Back

Nine years ago, Streich heard about the Lincoln Bike Kitchen, a nonprofit run by volunteers to provide refurbished bikes and parts to the community.

"I was a biker, but I didn't know much about bike mechanics," he said. "I went and said I would volunteer if someone would teach me."

At the time, the shop gave away about 50 bikes annually, and it has grown — giving away 960 last year through schools and organizations. It has flourished so much that it plans to move out of the crowded shop at 1635 S. 1st St., to the city's old municipal pool building at 23rd and N streets.

The Lincoln Bike Kitchen often coordinates bike giveaways with Lincoln's elementary, middle and high schools.

"Probably the most gratifying part of our job is working with school staff and having teachers tell us how excited the kids at the schools are as they anticipate the coming 'bike day' knowing they will be receiving one," he said.

Streich regularly can be found at the Bike Kitchen offering free repairs Monday evenings from 5 to 7. Such



Clayton Streich, retired math teacher and runner, now spends his time riding his bike and fixing up bikes for others.


“ Probably the most gratifying part of our job is working with school staff and having teachers tell us how excited the kids at the schools are as they anticipate the coming ‘bike day’ knowing they will be receiving one.”

– Clayton Streich

repairs should take less than an hour and often consist of flat tires, worn out chains, derailleurs that won't shift, grease and lubrication. The shop is otherwise open for donations Mondays and Tuesdays from 9 a.m. to noon, and Thursday evenings from 5 to 7.

“I jokingly tell my wife that we actually have a case of talent overkill,” he said. “It's gratifying to work with these people to help make a good organization run.”

Streich continues volunteering twice a week at the shop, and he takes bikes home to repair when it's closed. Otherwise, he's enjoying his retirement and stays active by going on 20- or 40-mile bike rides.

To find out more about the Lincoln Bike Kitchen, visit www.lincolnbikekitchen.org. 







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What to Know About Medicare Open Enrollment

The Medicare open enrollment period is set each year from Oct. 15 to Dec. 7. During this time, individuals can join, drop or switch to another Medicare Advantage Plan or Part D drug coverage plan; or switch from original Medicare to a Medicare Advantage plan.

For most people, open enrollment is the only time they can switch Medicare drug plans. If no change is made during this time, the current drug plan will continue for the next year.

Any changes to drug plans or Medicare Advantage plans take effect Jan. 1. Once a new plan is selected and enrollment is complete, the previous plan automatically ends Dec. 31. No further action is needed.

For older adults who aren't currently enrolled in a Part D/Prescription Drug Plan, open enrollment is the time to do so. Penalties exist if individuals do not enroll in a Part D plan, whether or not medications are taken.

Those currently enrolled with a Medicare Advantage plan may also make changes to their plans at this time, but they also get an additional open enrollment period from Jan. 1 to March 31.

For individuals on Medicaid with a Part D plan, they are allowed to change drug plans one time every three months.

Why is Open Enrollment Important?

Because insurance companies can make changes to their drug plans just once each year, several changes occur during this time, including changes to drug tiers and pricing, deductibles, as well as updates to the coverage gap and premium prices.

Older adults should review their plan and verify any new or updated medications are covered. It is especially important to check plan options if medications have been changed to ensure the coverage provides the lowest cost. Even if a person has recently retired and enrolled into Medicare coverage and a drug plan, it's important to review the drug plan is still the best option.

Drug plans may also be eliminated at this time.

"Often when this happens, the insurance companies 'cross-walk' participants into a new plan," said Molli Stolz, Aging Partners benefits counselor. "This means that the person is in a drug plan that was eliminated, and they may automatically be put in a new plan of the insurance company's choosing. If no change is made during open enrollment, the insurance-chosen plan will begin Jan. 1. It's important that participants review the plan they were cross-walked to and check that it will work for their medications."

Comparing Drug Plans


To complete a drug plan comparison online, individuals can log in or create an account at www.Medicare.gov. Otherwise, there are a few community resources that can

help at no cost. Aging Partners offers comparisons during open enrollment. To reserve an appointment, call 402-441-7070. Nebraska State Health Insurance Assistance Program (SHIP) also offers help; appointments can be made by calling 402-471-2841.

"Before beginning comparisons, it's important to have a list of all your current medications and dosages," said Clint Solano, Aging Partners benefits counselor.

For a comparison appointment, individuals will also need their red, white and blue Medicare card — the new card, not the old card with the Social Security number. Lastly, knowing which drug plan a person is currently enrolled in will help get an accurate comparison of new plans. If an individual has a Medicare.gov account, bring the login information because much of the information needed is already listed in the account details.

The government also uses this time to make changes to Medicare, including premiums for Medicare A and B, deductibles for each and any additional changes to drug plans.

"During your appointment at Aging Partners, we will review these changes in order to keep individuals as informed as possible," Stolz said. 



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Caregiver Connections Support Group

Join us each month for Caregiver Connections – a free support group for anyone who loves someone with dementia.

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RSVP Optional

Learn more at

CountryHouse.net/LincolnSupportGroup



Day and Respite Stays

CountryHouse offers both day stays and respite stays. Both options are great for families who need to work, travel or simply take a break from care. Your loved one will benefit from a safe and secure environment, can participate in fun activities and outings, while receiving care from our expert team.

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Pets Can Provide Companionship, Purpose



Tish Hughes, volunteer, holds Vincent, an older feline awaiting a home at the Capital Humane Society's Pieloch Pet Adoption Center.

Pets can do so much more than simply provide companionship.

For many, especially those who live alone and may be prone to isolation and loneliness, a pet greeting them at the door can make a difference in daily functions. Additionally, pets can help reduce stress, blood pressure, heart rate, depression, anxiety and isolation, as well as increase physical activity and hormones related to happiness. Meeting the needs of another living thing can instill a sense of purpose, value and increase self-esteem.

"Everyone should experience the companionship and friendship a pet provides," said Matt Madcharo, Capital Humane Society executive director.

Deciding Factors

With so many options and breeds, it can be difficult to choose a pet. Looking at your lifestyle is the place to start.

"It really depends on the person and where they're at with their activity level and what they're looking for in a pet," Madcharo said. "Cats tend to be less work overall, and dogs need more attention including daily walks for exercise. But it really depends on the temperament and breed of dog. A smaller, older dog isn't going to be as much work as a 1-year-old black lab."

Capital Humane Society receives everything from cats, dogs, rabbits, guinea pigs, hamsters, ferrets, gerbils, rats, chinchillas and birds.

Before getting a pet, ensure everyone in the household is on board and involved in the selection process, as well as making sure you have the time and finances to properly care for a pet. Pets need food, litter, veterinary visits, vaccines, medicine, grooming and other supplies. There are also always potential

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- **Chances "R" Restaurant**
124 W 5th St., York
November 3, 9 and 29 at 11 a.m.

emergency situations, so some may consider pet insurance.

If unsure about taking on a pet, you can visit Capital Humane Society's Pieloch Pet Adoption Center, 6500 S. 70th St., or consider joining the foster care program. Animals available for fostering get out of the shelter temporarily — usually for medical reasons like recovering from an illness or surgery, or a kitten who is not old enough to be adopted. The animals live with a foster parent until they're healthy and ready for adoption, and Capital Humane Society provides all the food, supplies and medical care.

"Fostering doesn't cost you anything," Madcharo said. "It's just volunteering your time, opening your home for a pet until they're ready to come back to the shelter."

Choosing a Pet

It might seem daunting to find a new member of the family, but the Capital Humane Society can help.

"We always encourage people to adopt," Madcharo said. "We are on pace this year to take in 7,000 animals; and last year, we took in just over 6,000. There are a lot of pets that need homes in Lincoln and elsewhere. Please consider adopting over purchasing a pet."

Capital Humane Society lists all eligible pets for adoption on its website, www.capitalhumanesociety.org.

"I suggest coming into the Pieloch Pet Adoption Center to walk through the animal areas to see if there's an animal that catches your eye," Madcharo said. "We have people come in several times a week."

If you find an animal you like, you can go through adoption counseling and learn more about the animal while meeting them in person.

Adoption fees are based on the age and species of the animal, and they often help cover the cost of the animal health checkup, spay/neuter, blood test,

deworming, flea and tick treatment, microchip and registration, and other needs such as dental cleanings and extractions, and other surgeries.

"We have great staff who work to get animals healthy for adoption," Madcharo said.

Capital Humane Society also offers a Seniors for Seniors Adoption Program, designed to match aging pets with aging adults so both can enjoy the benefits of companionship. Individuals age 60 and over can receive 50 percent off their adoption fee if they adopt a senior animal over 8 years old.

Owning a Pet on a Fixed Income

Capital Humane Society believes everyone should experience the benefits of pet companionship regardless of income.

"There are so many homeless pets in our community and around the nation

Continued on page 16.



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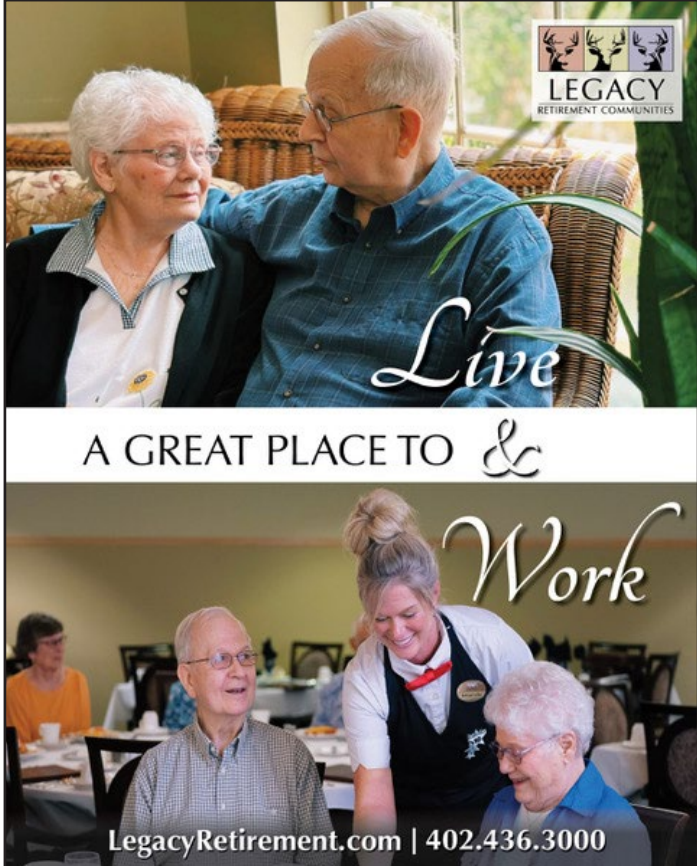
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The Nebraska Gamblers Assistance Program (GAP) pays for confidential counseling with certified problem gambling providers to Nebraskans and their families who suffer a gambling addiction. A list of all GAP-certified counselors in Nebraska is found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



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Continued from page 15.

looking for homes,” Madcharo said, “and older adults who may be empty nesters or widowed can experience companionship and love from owning a pet.”

To help facilitate this pairing, Capital Humane Society also has implemented new programs and resources to help individuals keep their pets. One such program is the Pawsitive Impact Project, which provides access to preventative veterinary care and a pet food and supply pantry for income-qualified pet owners. This includes microchips, dewormer, vaccinations, flea and tick preventatives and vouchers for assistance with canine spay and neuter, grooming, behavior/training and landlord pet deposits.

To be eligible for this program, pet owners must be on some type of government assistance such as SNAP,

Medicaid, Medicare, WIC or other income-qualified government benefit or program; and they must reside in Lincoln or Lancaster County.

“This is a huge benefit for some older adults on fixed incomes who don’t have a lot of extra disposable cash on a monthly basis to care for a pet,” Madcharo said.

Pawsitive Impact Project operates at 1626 South St., Suite 3 during limited days and times. For more information, visit: www.capitalhumanesociety.org/services-resources/pawsitive-impact-project.html.

Capital Humane Society also operates a low-cost feline spay and neuter program and offers end-of-life services and cremation for a fee.

Giving Back


Capital Humane Society has a range of volunteer opportunities — from

walking dogs to socializing animals and helping with general animal care.

“This is a great opportunity for those who haven’t ever had a pet or one for a long time and maybe aren’t ready to commit to owning a pet but still want to have a sense of companionship,” Madcharo said.

For more information on Capital Humane Society, including volunteer opportunities or its online lost pet map, visit www.capitalhumanesociety.org.

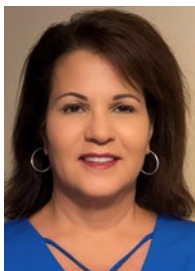
“We want people to enjoy and keep their pets, as well as be a resource for pet owners,” Madcharo said. “If someone needs help, please reach out to us and see what we can do.”

For more information on the Capital Humane Society, including volunteer opportunities or its online lost pet map, visit www.capitalhumanesociety.org or call 402-441-4488. 

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Sandy Stutzman enjoys taking dogs out for walks during her weekly volunteer session.



Everyone should experience the companionship and friendship a pet provides.”

– Matt Madcharo,
Capital Humane Society executive director.

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Hope, Help and Healing for Generalized Anxiety

Have you ever had butterflies in your stomach that were the result of nervousness, fear or worry? Do you suffer from unexplained restlessness, difficulty breathing, headaches, sweating, trouble sleeping or concentrating, fatigue, excessive worry, increased muscle aches or irritability? You may be experiencing symptoms of generalized anxiety.

“Anxiety that interferes with daily activities is not a normal part of aging and can contribute to many health conditions and decreased functioning in life,” said Dr. Dave Miers, Ph.D., LIPC, Bryan Behavioral Health Services.

Mental Health America reports that 3 to 14 percent of older adults meet the criteria for a diagnosable

anxiety disorder. A study from the “International Journal of Geriatric Psychiatry” found that more than 27 percent of older adults under the care of an aging service provider had symptoms of anxiety that may not amount to a generalized anxiety diagnosis, but still affect their functioning.

Aging itself is a risk factor for anxiety disorders because pathways in the brain linked to anxiety change. Females or those who develop chronic health conditions have a higher risk of developing anxiety and/or depression.

Losses as We Age

The loss of friends and family members can heighten the feelings of anxiety and increase generalized anxiety. When we age, lose our

independence or become more socially isolated, the risk for developing anxiety disorders increases. Financial insecurity also is linked to anxiety symptoms.

“It is important to note that ‘normal stressors’ can cause anxiety symptoms,” Miers said. “It is not uncommon for someone to feel muscle tightness, mild sweating or have doubts about their abilities to complete an important task. It is when these worries or stressors begin interfering with everyday life that a person should be evaluated.”

Bryan Health offers a free, confidential online screening for symptoms of anxiety or another mental illness or substance use disorder at: www.bryanhealth.com/services/counseling-mental-health/



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Attend to Loved Ones

Friends and family members should pay close attention to their loved ones as mental health in the aging population can be more difficult to detect. Many times, the signs are masked by atypical symptoms that coincide with a physical illness a person may be experiencing or a situation a person might be going through in their life.

People can try managing their symptoms on their own. Sometimes early intervention is all that is needed to help manage some of the symptoms a person or a friend or family member are experiencing. Some ideas to try include:

- **Social Connectedness:** Many times, we can help family and friends by boosting their social supports. Social connectedness to family, friends and the community have been shown

Continued on page 20.

mental-health-online-screenings.

Bryan Medical Center also has a 24-hour mental health emergency department at Bryan Medical Center West and a specialized senior mental

health unit. For more information, visit www.bryanhealth.com/services/counseling-mental-health/adult-senior and www.bryanhealth.com/services/counseling-mental-health.



Participants Needed: Brain Imaging Research Study on Alzheimer's Disease and Mild Cognitive Impairment

The DCoN Lab at the Boys Town Institute for Human Neuroscience is conducting research investigating **Alzheimer's disease (AD)** and **mild cognitive impairment (MCI)** and is in need of healthy participants and individuals living with AD or MCI to participate in a brain imaging research study.

Eligible participants:

- » Are at least 55 years old
- » Are able to complete mental tasks in English
- » Have not had a stroke or been diagnosed with neurological or psychological disorders (other than AD or MCI)

Participants will be compensated for their time. Those with AD and MCI will also receive a free amyloid PET/CT scan that can be valuable in confirming an Alzheimer's diagnosis and is often expensive and not covered by many insurance companies.

For more information about the study, please visit diconlab.org/participate or contact **Grant Garrison** at grant.garrison@boystown.org or by phone at **531-355-8929**.

Hope, Help and Healing for Generalized Anxiety

Continued from page 19.

to ease mental illness. This could include volunteering, or getting involved in hobbies a friend or loved one enjoys, such as painting, riding bikes, stamp collecting, etc. Perhaps there is a club to get involved with for them.

- **Exercise:** A consistent exercise routine has been shown to provide great benefits to all ages. Any type of exercise — including a walk — is helpful. Exercise doesn't always mean joining a gym. Think of the things you or your loved one enjoy such as hiking, swimming, dancing, etc.
- **Mindful Breathing:** To practice mindful breathing, breathe in and out slowly. One breath cycle should last six seconds. Breathe in

through your nose and out through the mouth. Focus on each breath and relax the body. Doing this for several minutes is a great way to manage physiological symptoms of anxiety by soothing parts of your brain that feed anxiety.

- **Diet:** Eating a balanced, healthy diet is a vital part of keeping your entire body healthy. Caffeine, nicotine and alcohol all contribute to feelings of anxiety. Consider connecting with a dietitian to help set up a healthy approach to eating habits.
- **Sleep:** Stay on a consistent sleep schedule. Going to bed and rising at the same time each day can ensure the body stays on the same rhythm and makes sleep come more naturally.

Getting Help

Many people wait a long time before seeking professional help. There is no need to wait. Contact your primary health care provider.

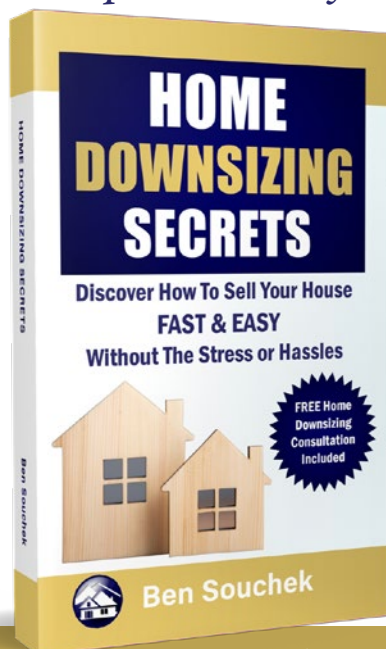
"If, after trying some of the alternative approaches, you find that the symptoms are interfering with your daily functioning, don't hesitate to seek professional help," Miers said. "It can feel overwhelming asking for help, especially when the symptoms of anxiety affect so many facets of your life. You don't have to suffer in silence. There is hope, help and healing."

When seeking help, consider both medication and/or therapy.

"The best results likely will come with a combination of both," Miers said. "A treating provider will help you develop a treatment plan that is best for you." ^{lv}

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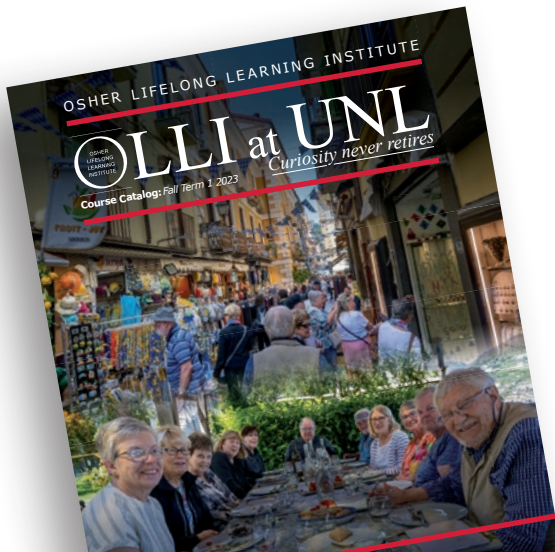
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Living Well | 21

Vaccines for Older Adults Help Prevent Disease

In 1958, the U.S. launched its first satellite and established the National Aeronautics and Space Administration. The average cost of a new home was just under \$13,000, and the majority of households had a television.

Hula hoops also was a national craze, but there was a young girl named Gloria who couldn't be outside enjoying the activity because she was stuck inside with the mumps. Showing the classic chipmunk cheeks, Gloria's mother took a flannel cloth that she put underneath the girl's chin and tied at the top of her head. It wasn't just Gloria who had the mumps though — one after another, many of her elementary classmates got the disease.

Back then, mumps was considered a childhood rite of passage. There were about 186,000 cases reported each year, according to the Centers for Disease Control and Prevention until the mumps vaccine was introduced in 1967.

Fast forward to 2022, and there were 322 mumps cases in the U.S.

"Vaccination is considered one of the greatest public health achievements of the 20th century," said Kerry Kernan, assistant health director of the Lincoln-Lancaster County Health Department and a registered nurse. "When a person gets vaccinated, the body builds protection through a shot in the arm versus having to get sick with the disease."

Safe and effective vaccines play a critical role in overall health at any age, especially for older adults who are at higher risk for severe illness and serious health outcomes. Vaccines prevent disease and save lives. They help older adults stay healthy and active, and having that protection also provides peace of mind. Getting vaccinated not

only protects you, it can also protect others such as grandchildren who may be too young to receive a vaccine.

Vaccinations can help prevent more than a dozen diseases.

RSV

Respiratory Syncytial Virus (RSV) is another disease added to the list. The CDC approved two RSV vaccines in June for older adults age 60 and over. The vaccines are expected to be available this fall.

RSV is a common respiratory virus that spreads easily and causes cold-like symptoms. Older adults, infants, young children and those with weakened immune systems are at higher risk for severe illness from RSV.

The CDC estimates that annually RSV causes approximately 60,000 to 160,000 hospitalizations and 6,000 to 10,000 deaths among older adults.

Once vaccines are available, older adults can receive a single dose after talking to their health care provider about whether RSV vaccination is right for them.

It's important to receive the recommended vaccines for your age group and stay up to date if additional doses are needed so you have the benefit of the best protection.

Here's a brief rundown of some other vaccines recommended for older adults:

COVID-19 Vaccine

Even though COVID-19 levels fluctuate, it remains a risk for many people. Health officials continue to encourage older adults to stay current on COVID-19 vaccinations to help maintain protection against severe illness.

Flu Vaccine

Everyone 6 months and over should get a flu vaccine every year. Vaccination is particularly important for people who are at higher risk of serious complications from flu, including adults 65 years and over. Flu vaccines recommended for older adults are made to help create a stronger immune response.

Tdap Booster

Adults should receive a booster dose of Tdap vaccine every 10 years. This vaccine prevents serious diseases tetanus, diphtheria and pertussis (whooping cough). Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

Pneumonia Vaccine

The pneumonia vaccine is a way to help prevent some of the most severe cases of pneumonia. Pneumonia is an infection that causes inflammation in the lungs, and it can lead to serious complications like respiratory failure. The CDC also recommends this vaccine for people 65 years or older.

Shingles Vaccine

Many people who have had shingles know the disease can be very painful. Some experience long-lasting pain for months or even years after they've had shingles. About one in three people in the U.S. will have shingles in their lifetime; and the risk increases with age. The shingles vaccination is recommended for adults 50 years and over.


No vaccine is perfect but it's the best defense against serious disease and one of the most convenient and safest preventive care measures.



Where to Find a Vaccine

Vaccines are offered through health care provider offices, clinics and local pharmacies. Many local health departments may also offer vaccines based on eligibility.

“Not everyone knows what vaccines they may need, so talk to your health care provider about which are right for you and then choose today to get vaccinated,” Kernens said.

Recommended vaccines for older adults can be found on the CDC’s website: cdc.gov/vaccines. 

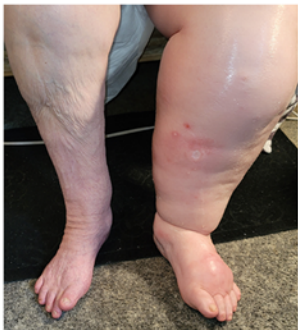
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Caregiver Corner Caring for Those With Diabetes

More than 60 percent of lower-leg amputations in people ages 20 or over are directly due to diabetes. Diabetic Outreach, 1941 “K” St., is a locally-owned business working with patients and families to minimize the negative impacts of diabetes, especially to the feet.

For nearly 20 years, Diabetic Outreach has focused on preventative, non-invasive footcare for persons with diabetes through custom shoes, orthotics, diabetic socks and education, all toward bettering long-term outcomes.

“Our goal is to reduce the risk of foot ulcerations and amputations,” said Rebecca Carey, owner. “It’s very easy for a sore to grow into a wound or ulcer without knowing. It’s very easy to forget about what we can’t feel.”

Due to neuropathy, diabetics may not feel wounds and they take longer to heal because of lower oxygen levels in the blood.

Prevention is critical, as research indicates the five-year survival rate for individuals having undergone a lower extremity amputation due to diabetes is about 50 percent.

“Once an individual has an ulceration or amputation, their mobility is hampered and their life expectancy decreases,” Carey said. “They’re just not moving as much and have a decreased ability to heal because of the diabetes.”

Foot Evaluations

Diabetic Outreach provides no-cost, in-home or facility foot evaluations by certified pedorthist Jack Pietenpol to check for neuropathy, circulatory issues, foot

sores and deformities which could cause sores due to rubbing.

“Jack will discuss with the patient any concerns, and note callous or corn issues, which will identify that we need to stretch the shoe in a certain area or lace the shoe differently to accommodate,” Carey said.

Specialty diabetic shoes and custom orthotics can be beneficial to callousing which can lead to ulceration. Pietenpol also provides preventative footcare education.

“When Jack walks into a facility, people know him by name and he knows the patients,” Carey said. “Our patients love to see him. Yes, he helps them with their foot care, but he leaves them with much more. The fact that they remember him when he sometimes only sees them

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once or twice a year is a testament to his impact on their wellbeing.”

Footwear

Research shows 40 percent of diabetic ulcerations are due to improperly fitted shoes. Because of that, Diabetic Outreach encourages diabetics of all ages to wear the proper footwear.

For older adults, Medicare does cover therapeutic shoes and inserts each year for persons with diabetes who present with predetermined risk factors. A doctor who treats a patient’s diabetes must certify the need for therapeutic shoes and inserts, a podiatrist or other qualified doctor must prescribe shoes and inserts, and it must be received from a certified supplier. It’s always best to check if a supplier participates with Medicare; and if and how much Medicare will pay for each item prior to ordering.

“As we get older, our toes and feet change,” Carey said. “One difference in diabetic shoes is the depth. We often do inserts to offload pressure points for diabetic folks, and they need to have a little more depth to accommodate for that.”

There is a wide variety of custom orthotics and shoe styles, widths and depths to accommodate a patient’s needs.

“Once we’ve done an evaluation, we work closely with our patient’s primary health physician to determine if footwear would benefit the patient,” Carey said. “During our own evaluation, we complete a monofilament test for neuropathy, identify foot deformities and document any areas of concern. Once we have the needed prescription, we will schedule a fitting time for the orthotics and footwear and do needed follow-ups.”

To set up an evaluation appointment, call 402-477-1110. **LW**

Preventative Footcare Tips

- Look at the bottom of your feet daily.
- Always clean and dry between the toes during and after bathing.
- When applying lotion, do not put lotion between the toes.
- Always wear foot protection — even when at home.
- Always check the inside of a shoe before putting it on. Because neuropathy reduces the ability to feel, diabetics can walk all day without knowing something is in the shoe.



Diabetic Outreach's certified pedorthist Jack Pietenpol helps those with diabetes with proper footwear and foot health tips.

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Aging Partners Health and Fitness

The First 100 Days of Aging Partners Health and Fitness at Victory Park

By Karen O'Hara, Health and Fitness Manager

On May 8, the Schmieding Foundation Center for Active Living opened to the public at our new Victory Park location at 600 S. 70th St. Aging Partners Health and Fitness staff are excited to show our beautiful new fitness center to the public, and the response has been overwhelmingly positive. During these first 100 days, we have welcomed 334 new participants to the center, and the number of daily users has nearly tripled since we moved from our previous location in downtown Lincoln.

One highlight of the fitness center is our new, state-of-the-art suite of Keiser brand fitness equipment. Keiser machines are pneumatic (air-powered) strength training units specifically designed for older adults. They are easy to use, and the weights can be adjusted with the push of a button. We have seen a significant uptick in the use of our strength equipment since adding these machines, and our participants really enjoy using them.

In addition to the new Keiser equipment, the fitness center features a variety of cardiovascular and strength machines. The cardio equipment includes NuStep recumbent cross trainers, exercise bikes, treadmills, an elliptical machine and a Helix lateral training bike. We also offer a stretching station, vibrational platform, free weights, kettlebells and

more! There is something at the fitness center for all abilities and fitness levels.


The fitness center is open from 8 a.m. to 4 p.m. Monday through Friday. For adults age 60 and over, there is a \$10 per month suggested contribution. Adults under age 60 pay a fee of \$15 per month. Personal training services are offered on Tuesdays and Thursdays by appointment only. To schedule an appointment with a trainer or if you have questions about the fitness center, please call 402-441-7575.

Aging Partners Health and Fitness is also excited to showcase our new in-house Health Promotion Clinic at the Victory Park location. Aging Partners and the UNMC College of Nursing have a long, ongoing partnership to offer foot care services as well as bone density screening, blood glucose screening, cholesterol checks, ear wax removal and other services by supervised student nurses. In addition to the student nurses, Aging Partners has registered nurses on staff who provide foot care and other services during the summer months and over the Christmas school break. Our new clinic at Victory Park has a comfortable waiting room as well as individual patient care rooms for privacy. The clinics are offered by appointment only with a suggested contribution of

\$20 per clinic appointment. To schedule an appointment, please call 402-441-7506.

Our Health and Fitness staff will soon be offering a new program at Victory Park called StrongBodies, an evidence-based strength training group class that is proven to help prevent falls. In addition to StrongBodies, we plan to offer an evidence-based falls prevention class called Bingocize at the Victory Park Center. Bingocize combines health education and exercise with the always-popular game of Bingo to create a fun, challenging class. Call for more information and class schedules for these outstanding new programs.

Our Health and Fitness staff will continue to offer other group exercise classes throughout the community. We currently offer Chair Yoga, Dance for Life, Qigong, and Tai Chi for Arthritis and Fall Prevention at various locations in Lincoln. We also offer Stepping On Falls Prevention, Living Well with Chronic Conditions and Living Well with Diabetes classes. Please call 402-441-7575 for more information on these offerings.

Aging Partners Health and Fitness is very grateful to the Schmieding Foundation for their generous support of our fitness center. If you haven't had the chance to visit us, we hope you will soon! 



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402-261-2485



Soup for the Soul

By Jill Engel, Aging Partners Nutrition



Soup is a comfort food that is perfect for a cold day or when you're in a bind at dinner. It is a versatile food that can incorporate proteins, legumes, grains and vegetables. Soups can be used as an appetizer, side dish or main entrée. It can be thick and hearty, smooth and creamy, or savory.

Types of Soup

Broth based – Thin soups that are made of clear stock and often served with vegetables, meat or seafood.

Bisque – Traditionally a creamy soup that is made with crustacean, such as lobster, shrimp or crab, that is ground into a paste and stirred into the broth. Recently, bisque recipes have evolved to a creamy

soup with ingredients blended in such as butternut squash or tomato bisque.

Cream (of) – This type of soup typically starts with a roux and thinned with milk, broth or cream. The base flavor of cream soups typically goes with the main ingredient such as chicken, mushroom, broccoli or celery.

Chowder – Creamy soup that is traditionally made with seafood but can also be vegetable based. It is typically made with cream or milk and is thickened with a roux, crushed crackers or root vegetable such as potato.

Health Benefits

The specific ingredients in soups are key to how healthy they

can be. Soup broths made with vegetables, meats or bones provide essential vitamins, nutrients and minerals, which means less calories and added fats. Increasing intake of vegetables can limit weight gain and lower chances for Type 2 diabetes, certain cancers and heart disease.

Most soups usually have some sort of vegetable or produce added to them for texture, flavor and nutritional purposes. Eating soup more frequently may lead to a reduced intake of fat and increase protein and fiber intakes. It may also help reduce hunger and increase hydration.

Get Creative!

Try incorporating seasonings such as black pepper, garlic

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powder, cumin, dill, basil, ginger, bay leaves, coriander and onion. Choose minced or powdered versions of garlic and onion instead of salted.

Consider “no-salt added” or low-sodium broths as well as canned beans and tomatoes. Make sure to read the Nutrition Facts label and compare different products, especially the sodium content. Make healthier substitutions with low-fat cheese and sour cream and whole wheat pastas and rice. Consider substituting plain Greek yogurt for sour cream or adding in mashed legumes as a thickener.

Soups can be a healthy, inexpensive meal that doesn’t

require a lot of ingredients. They can be cooked on the stove in less than 30 minutes or simmered in the crockpot during the day.

Keep staple foods on hand that will make it convenient to stir-up a batch of soup when you’re in a bind. Pantry items include broths, canned tomatoes, tomato paste, whole-wheat pasta, rice, beans, potatoes, onions and olive oil. Refrigerator staples include carrots, milk, cheese, lemons and limes. Freezer foods, such as vegetables and leftover cooked meat, are great additions and convenient to have on hand.

Refrigerate homemade soups and eat within three to four days. Freezing soups is easy and

convenient to have later. Place leftover soup in a freezer bag and lay flat in your freezer. This will help remove excess air and take up less room.

Soups for the Soul

Tomato soup – Its main health benefits come from the antioxidant lycopene, which helps to compact the negative effects of free radicals in your body. High levels of free radicals can be linked to increased risk and development of Type 2 diabetes and heart disease. There is some research that shows tomato soup helps with your immune system, increases heart health and lowers your chance of certain types of cancer. Remember to aim for

Continued on page 30.



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Soup for the Soul

Continued from page 29.

homemade or low-sodium canned versions.

Chicken noodle soup – This soup is an All-American favorite. Studies suggest this soup might help clear up a stuffy nose when you are sick. Chicken noodle soup can regulate your appetite, boost your metabolism and reduce body fat. Remember to aim for homemade or low-sodium canned versions.

Bone-based broth soups – These soups are highly nutrient dense with collagen, magnesium and calcium. Since this soup contains collagen, some research suggests it can have a positive impact on skin, bone and joint health.

Soups can be an easy and nutritious addition to our diets. By keeping staple ingredients on hand and getting creative with different recipes and seasonings, we can create a uniquely delicious meal each time. [lw](#)

Sources: www.unl.edu, www.tasteofhome.com, www.healthline.com



GRANDMAS & GRANDPAS NEEDED

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

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

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



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

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Trust UNICO to answer your Medicare questions such as:

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 - Should I use a Medicare Supplement and separate Prescription Drug card or a Medicare Advantage Combination plan?
- ▶ Is the prescription drug benefit portion of that plan “creditable” by federal definition or will I face a future penalty?

For more information, visit unicogroup.com/medicare or contact Karla, Nikki and Jennifer



Karla Wilson
Vice President
Individual Health
Medicare Product Advisor
402.434.7242
kwilson@unicogroup.com

Nikki Bruns
Individual Health
Insurance Advisor
402.975.8642
nbruns@unicogroup.com

Jennifer Farnsworth
Individual Health
Insurance Advisor
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Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator



The temperature dropped from 95 to 55 like it just saw a State Trooper!"

– Staying Self-Sufficient columnist Mitch Sump (on many occasions when describing the Nebraska weather)

Hello, all! I have said many times over the years that I like all the seasons; but if forced to pick, fall might be the winner! Crisp temperatures, good fishing with no mosquitos, football and my birthday all give it a special place in my heart.

I have some exciting news to share with you. I had a meeting with Habitat for Humanity of Lincoln, which recently started a new program. I am sure several of you are aware of how Habitat for Humanity builds homes in the community for low-income individuals; but how many of you know they also do repairs? Now, I am not talking about simple chores like our Handy Home Services program provides. We're talking about major projects! Some items mentioned during the meeting were building and repairing of ADA ramps, roof repair and replacement, and replacement of electric and gas water heaters. All things Handy Home Services can't do! If you have reached out to us in the past about these projects or similar ones and we were unable to help, you probably want to contact them at 402-477-9184. Their website is www.lincolnhabitat.org. Please understand this is a separate and independent program from Handy Home Services, so there will be additional paperwork in addition to what you've submitted to use Handy Home Services. I am pleased to share this information with you, so you can continue to be self-sufficient in your home.

More exciting news! We are completely moved into our new home at Victory Park! As like most moves, this one has had its challenges, but the programs team pulled together as they always do and got it done. I publicly thank Diana, Linda and Mike, and all our drivers and Handy Home Services techs for getting this done with a minimum of chaos!

I also take this opportunity to thank Diana for eight great years of service to Aging Partners in general and Handy Home Services in particular. She decided to retire and spend time with her family, and we wish her all the best. Her knowledge of the programs and relationships she formed with clients and staff will be hard to replace. Thank you, Diana!

Handy Home Service techs are finishing up their summer chores while gearing up for fall yard cleanup in addition to our year-round indoor tasks. We strongly encourage you to do one last cleanup after the leaves have fallen. Leaving them on the lawn over the winter can cause issues. Insect infestation is a real concern when leaves are allowed to remain on the lawn and under snow cover. Although there can be benefits to allowing leaves to break down on lawns over the winter, they can also cause grass to die in areas where they are too thick. So, play it safe and get them picked up before the snow falls. Another task we suggest before winter is to clean your gutters one last time. Slow draining gutters can create ice dams that can potentially damage roofs and create leaks

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during freeze-thaw cycles. Regarding snow removal, please explore multiple options as the demand always exceeds our ability to help everyone who calls in.

As we approach the colder months, our transit program can help you beat the winter blahs. We offer two transportation options. The first is our CAS transit, which picks clients up from their homes and transports them to senior centers in their area. Our clients can take part in programs, play games and enjoy a nice meal. To register for this program, you can schedule a ride with the senior center in your area. If you need assistance in finding out which center is in your area, please call 402-441-7030. The other option you have is more flexible, but it does have one major stipulation! Lancaster County Public Rural Transit is available to anyone to use for trips anywhere in the county. The limitation is that one of your stops **MUST** be outside the city limits. So, if you want to visit friends in communities outside of Lincoln or come into Lincoln from outside the city limits, we are here for you. Cost to ride is \$2 per boarding. You can schedule a ride by calling 402-441-7030.

As usual, I have my editor counting my words and raising an eyebrow, so I've got to wrap this up! Stay safe and self-sufficient while enjoying a Midwestern fall! 



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October 7 - Star City Shores	9 AM- 1 PM




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

AGING PARTNERS

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402-441-7070 or 800-247-0938
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Serving Butler, Fillmore, Lancaster,
Polk, Saline, Saunders, Seward and York
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Key for Services: ▲ = Lancaster only

MISSION

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

BENEFITS COUNSELING AND LEGAL ASSISTANCE

402-441-7070 or 800-247-0938

- **Medicare** - what you need to know when you turn age 65; working past age 65; Parts A, B, D and Advantage Plans; Medicare supplements, yearly changes, updates and open enrollment; complaints, errors and appeals; low-income assistance programs.
- **We also help with:** Social Security overview; Medicaid; long-term care insurance; budgeting and bill paying; and Homestead Tax Exemption.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.

HEALTH, FITNESS AND NUTRITION

- The Schmieding Foundation Center for Active Living Fitness Center - Cardio and strength training equipment. A certified personal trainer is available by appointment.
▲ 402-441-7575
- **Exercise** - Tai Chi, chair yoga, Qigong and dance classes are available at

several locations. Daily fitness programs on LNKTV City (ALLO channel 2, Spectrum channel 1300 and Kinetic channel 5) and LNKTV Health (ALLO channel 3, Spectrum channel 1301 and Kinetic channel 10). ▲

- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide comprehensive foot care along with blood pressure, cholesterol, glucose and bone density screenings by appointment. ▲ 402-441-7506

HANDY HOME SERVICES, LIFELINE® AND TRANSPORTATION

- **Durable Medical Equipment** - Providing items that address short- and long-term needs. We have various lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers. 402-441-7032
- **Handy Home Services** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Lifeline® Personal Emergency Response System** - A 24-hour emergency access at the press of a button. ▲ 402-441-8816
- **Ride within Lincoln to the Centers** - Schedule a ride to your Aging Partners Center (handicap accessible).
▲ 402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln to rural Lancaster County areas. (handicap accessible).
▲ 402-441-7031

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

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

LIVING WELL MAGAZINE

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

LIVE & LEARN

A monthly TV show for and about older adults on LNKTV City (ALLO channel 2, Spectrum channel 1300, Kinetic channel 1005) and LNKTV.lincoln.ne.gov, or Live & Learn's YouTube channel at <http://lincoln.ne.gov/LiveAndLearn>.

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

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

NEIGHBORLNK

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

▲ 402-441-6076 or 402-441-7575

SENIOR CENTERS, EVENTS AND ACTIVITIES

Social events and activities, health and educational programs. We offer noon meals, selected evening meals with entertainment and special holiday meals. Transportation to the centers is available for a suggested contribution. Four centers in Lincoln and three in Lancaster County.

▲ 402-441-7158

Lincoln/Lancaster County Centers

- Belmont Center: 402-441-7990
Belmont Recreation Center
1234 Judson St., Lincoln
- Northeast Center: 402-441-7151
6310 Platte Ave., Lincoln
- Washington Street Senior Center
402-441-7157
Grace Lutheran Church
2225 Washington St., Lincoln
- Victory Park Center: 402-441-7154
600 S. 70th St., Lincoln
- Bennet Center: 402-416-7693
American Legion Hall
970 Monroe St., Bennet
- Firth Center: 402-416-7693
Community Center
311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693
Hickman Community Center
115 Locust St., Hickman

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.

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.

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Aging and Disability Resource Center (ADRC)** - The Aging and Disability Resource Center goal is to assist Nebraskans in accessing services and support to help meet their long-term care needs.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible and choose to live at home or use community-based services.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Assisted Living and Nursing Facilities Resource Listings**

MULTI-COUNTY CARE MANAGEMENT SERVICES

Providing professional assistance in assessing needs, planning and coordinating home care.

All Counties: 800-247-0938

Jean Holt, Coordinator

Providing professional assistance in assessing needs, planning and coordinating home care.

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Becky Romshek, 402-747-5731
- Saline County
Kelly Grimes, 402-441-7070
- Saunders County
Allison Blake, 402-416-9376
- Seward County: 402-441-7070
- York County
Christina Kaping, 402-362-7626

MULTI-COUNTY PROGRAMS

Coordinator Jill Engel

- Butler County Senior Services
Diana McDonald, 402-367-6131
- Fillmore County Senior Services
Brenda Motis, 402-759-4922
- Polk County Senior Services
Erin Dickey, 402-764-2252
- Saline County Aging Services
Lori Moldenhauer, 402-821-3330
- Seward County Aging Services
Sandy Shaw, 402-761-3593
- York County Aging Services
Lori Byers, 402-362-7626

MULTI-COUNTY SENIOR CENTERS

Butler County

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

Fillmore County

- Exeter Senior Center
217 S. Exeter Ave., Exeter
402-266-2133
- Fairmont Senior Center
519 6th Ave., Fairmont
402-268-2831
- Geneva Senior Center
1120 "F" St., Geneva
402-759-6729

Polk County

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

Saline County

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

Seward County

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

York County

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

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

Aging Partners News and Events

Call 402-441-7575 for Health and Fitness classes or 402-441-7158 for event information.
aging.lincoln.ne.gov

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wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Fitness

Schmieding Foundation Center for Active Living Fitness Center

600 S. 70th St.

Monday through Friday

8 a.m. to 4 p.m.

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

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

sufficient enrollment will be cancelled.

Evidence-Based Tai Chi Classes

NOTE: Because all Tai Chi for Arthritis and Fall Prevention classes are progressive, no registrations will be accepted after the fourth class of each session. Tai Chi class sizes are restricted due to space limitations; therefore, classes fill up quickly.

Tai Chi for Arthritis and Fall Prevention Level I

Eastridge Presbyterian Church
1135 Eastridge Drive

Tuesdays and Thursdays

Two class options - 11 a.m. to Noon or 1 to 2 p.m.

Sept. 19 through Dec. 12
(no class Nov. 23)

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

Tai Chi for Arthritis and Fall Prevention Level II

American Lutheran Church
4200 Vine St.

Mondays and Wednesdays
10 to 11 a.m.

Sept. 11 through Nov. 29

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

Dance for Life

Each class focuses on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Synchronized

movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm up from the chair, move to standing, transition to dance then cool down with standing and seated movements.

- American Lutheran Church
4200 Vine St.
Mondays, 1:30 to 2:30 p.m.
Sept. 11 through Nov. 27
- Auld Pavilion
1650 Memorial Drive
Wednesdays, 10 to 11 a.m.
Sept. 13 to Nov. 29

Qigong Refresh and Recharge

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

- American Lutheran Church
4200 Vine St.
Tuesdays, 10 to 11 a.m.
Sept. 12 through Nov. 28
- St. Mark's United Methodist Church
8550 Pioneers Blvd.
Thursdays, 1:30 to 2:30 p.m.
Sept. 14 through Nov. 30
(no class Nov. 23)

Chair Yoga

Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 9 to 10 a.m.

Sept. 20 through Nov. 29 (no class Oct. 4)

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated, or the chair is used for support during standing and balance poses. Emphasis will be

on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners are welcome.

Stepping On – Building Confidence and Reducing Falls

Victory Park
600 S. 70th St.

Mondays, 12:30 to 2:30 p.m.

Oct. 9 through Nov. 20

This is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls. Suggested contribution of \$4 per class for age 60 and over.

Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only. They are held at our new location at Victory Park Center (600 S. 70th St.). Sanitation guidelines are followed. Please call 402-441-7506 for more information or to make an appointment for clinic services.

Services are available to those age 60 and over. The following services will be available: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care, and health education. A \$20 suggested contribution will help these services continue.

For location and schedule, please call 402-441-7506 or 402-441-7575.

Aging Partners Events

Jimmy Mack Performance

Victory Park Center
600 S. 70th St.

Thursday, Oct. 26

10 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7154 to reserve a meal.

We will celebrate our October birthdays and enjoy the musical talents of Jimmy Mack! One of Lincoln's finest performers, Jimmy always draws a crowd with his renditions of rock, country, and crooner favorites!

Continued on page 38.

Nebraska **Family Caregiver Support**

LIFESPAN RESPITE NETWORK

*Are you in need of temporary
relief from ongoing caregiving?*

Respite can help.

**Respite allows the family
caregiver time away to:**

- Have a cup of coffee
- Take a nap
- Spend time with friends
- Go shopping
- Run errands or go to personal appointments
- Read a book

The family caregiver provides emotional support and companionship, as well as, assistance with daily activities of living. The caregiver provides ongoing care for a loved one who is unable to care for themselves. Caregiving is rewarding but also challenging. Nebraska Lifespan Respite Network offers information, education, and most importantly support.

For more information about the Lifespan Respite Services Program, becoming a respite provider, or any other respite-related questions, please call:
866-RESPITE (737-7483) or (402) 471-9188
or visit the Nebraska Lifespan Respite Network website at respite.ne.gov.

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Aging Partners News and Events

Continued from page 37.

Halloween Costume Party

Victory Park Center

600 S. 70th St.

Tuesday, Oct. 31

10 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7154 to reserve a meal.

Dress up as your favorite ghoul, ghost, or pop culture icon and take part in a costume party! Prizes will be awarded for the best costumes!

Native American Flute Concert

Northeast Center

6310 Platte Ave.

Friday, Nov. 3

10 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7154 to reserve a meal.

We're in for a special treat! Eldonna Rayburn will perform a Native American flute concert along with history, storytelling and humor thrown in. Reserve your lunch and join us for this relaxing and beautiful time of music.

Aunt Bunnie's Parlor Performance

Victory Park Center

600 S. 70th St.

Thursday, Nov. 9

10 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7154 to reserve a meal.

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

Heidi Beran Performance

Victory Park Center

600 S. 70th St.

Thursday, Dec. 21

10 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7154 to reserve a meal.

We'll celebrate our December birthdays and get into the holiday spirit with harp music by Heidi Beran, an Aging Partners holiday tradition!

Aging Partners Rural Foot Clinics

Appointments are required, please call 402-416-7693. \$20 suggested contribution.

- Friday, Nov. 3 – Waverly; 9 to 11 a.m.
- Thursday, Nov. 16 – Bennet; 9:30 a.m. to 12:30 p.m.
- Friday, Nov. 17 – Malcolm; 9 to 11 a.m.

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- Monday, Nov. 27 – Firth; 9:30 a.m. to 12:30 p.m.
- Wednesday, Nov. 29 – Hickman; 9:30 a.m. to 12:30 p.m.

Support Groups

Aging Partners Caregiver Support Group

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

Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information, and a safe environment to share concerns. The Aging Partners Caregiver Support Group is led by a Licensed Independent Mental Health Practitioner.

Eligible caregivers are:

- An individual of any age providing care for an older adult, age 60 and over
- Providing care for a person with

Alzheimer's disease, brain injury or a related brain disorder

- Over the age of 55 and raising a grandchild
- Registrations are not needed, walk-ins welcomed.

Lincoln Parkinson's Disease Support Group

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

Where understanding, encouragement, and camaraderie await for families, caregivers, and loved ones.

Each month, we will share key information, tips, ideas, and best practices for Parkinson's patients and care partners.

Attendees will receive resources from the Parkinson's Foundation; "Living better with Parkinson's."

- Free event
- Family and friends welcome

For more information, visit LPDSG.org or call 402-780-1211.

Lincoln Alzheimer's Caregiver Support Group


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

Build a support system with people who understand.

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

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

For questions, contact Karla Frese at 402-780-1211.

Visit www.alz.org/nebraska to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected, our online community, at alzconnected.org. 

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

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

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